

CENTRAL *Wyoming* COLLEGE

Community Outreach Services

Spring



lifelong learning classes

**Call 855-2125 to
register NOW!**

CENTRAL Wyoming COLLEGE

Riverton Spring

Community Outreach Services

HEALTH and WELLNESS

BE THE BEST BABY SITTER

Join us on your day off from school, for a fun, productive training. Public Health nurse Jan Hubenka will show you how to be the best baby sitter on the block. Geared for students, ages 12-14, who help care for siblings or baby sit to earn money, this class will discuss safety, basic first aid, tips for entertaining youngsters, appropriate responses to emergency situations and much more. We'll provide a snack mid-morning and each student will get a certificate at the end. Caring for little children is a big responsibility; this class will give participants good tools and preparation to handle that responsibility.

Fri/Feb 22 (No school today!)

9 AM- 12:30 PM

\$8

CWC Professional-Technical Center 106

FIRST AID AND HEART SAVER CPR WITH AED

First Aid course trains individuals to act in emergencies and to recognize and care for life threatening situations such as cuts, burns, sudden illness, seizures, and injury. In CPR, learn to use AED and to resuscitate adults, children and infants. These valuable skills could save the life of a loved one in an emergency. Successful completion of the course results in a two year first aid, AED and CPR certification. Diana Cooper is the experienced instructor, certified with American Heart Association. Class is limited to 10.

Sat/March 9

8 AM - 4 pm

\$60

Aquatic Center Classroom

MEDITATION - CALM OUR MONKEY MIND

Our mind gets drawn out to so many distractions and situations throughout our busy day, thus resembling a restless monkey. In this meditation class, Gen Rinzin will give practical advice on how we can calm our monkey mind and connect with our inner peace. Class includes teaching, guided meditation, and time for Q&A. Gen Kelsang Rinzin is an American Buddhist monk, and a disciple of Geshe Kelsang Gyatso. He has been Resident Teacher of Heruka Buddhist Center in Fort Collins since 2005. He communicates his love of Dharma with a down to earth approach and humor that helps others to appreciate and understand the

teachings and put them into practice. You may want to bring a notebook to take notes.

Fri/Feb 22

7-8:30 PM

\$20

CWC Professional-Technical Bldg 106

MEDITATION - HOW TO SOLVE OUR HUMAN PROBLEMS

When things go wrong in our life and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind. If we responded to difficult situations with a positive or peaceful mind they would not be problems for us. In this class, Gen Rinzin will teach how meditation helps us achieve these positive and peaceful minds. Class includes teaching, guided meditation, and time for Q&A.

Fri/March 15

7-8:30 PM

\$20

CWC Professional-Technical Bldg 106

MEDITATION - THE NOBLE TRUTHS

How we feel about the world depends greatly upon the state of our mind. By learning Buddha's teachings on the Four Noble Truths, we can learn effective methods to change our mind from confusion and tension to wisdom and peace. In this class, Gen Rinzin will help us understand how we can change our mind for the better by abandoning negativity and stress, and practicing the path to mental freedom and calm. You may wish to bring a notebook to take notes. Class includes teaching, guided meditation, and time for Q&A.

Fri/ April 19

7-8:30 PM

\$20

CWC Professional-Technical Bldg 106

BEGINNER'S YOGA

An introductory 6 week course for all students, especially those new to yoga. **The class will include the teaching of basic postures and breathwork** as it relates to yoga. The class is taught within the framework of universal principles of alignment and yoga tradition. Please bring a yoga mat and wear loose nonbinding clothing. For ages 15 and up.

Limit: 12

Wed/ Feb 6-March 13

5:30-7 PM

\$60

CWC Art Center, Dance Studio

CONTINUING YOGA

Six weeks of yoga for students with previous yoga experience. The course will build on the basics taught in Introductory Yoga and will expand on the universal principles of alignment as a foundation for working in the postures and with the breath. Students are requested to wear loose, nonbinding clothing and bring a yoga mat. Limit 15

Mon/Jan 28-March 11 (skip Feb 18)

5:30-7 PM

\$60

CWC Art Center, Dance Studio

INTRO TO HEALING TOUCH

Experience how Healing Touch Practitioners gently manipulate the natural human energy field to enhance wellness through body, mind, spirit connections. This complementary work is fully compatible with the western medical model and gaining acceptance in medical facilities around the world. Nancy Sehnert is a Healing Touch Certified Practitioner and maintains a private practice in Riverton. She currently is engaged in the certification process to become an Instructor of Healing Touch.

Tues/Feb 19

6:30-8:30 pm

\$25

CWC Main Hall 200E (upstairs in the library)

INTRO TO MEDITATION

Experience a quiet space to rest the busy active mind. Meditation provides an uncomplicated path to mindful relaxation. Long-time instructor Nancy Sehnert guides these useful sessions.

Tues/Feb 5, 12, 26, March 5

6:30-7:30 pm

\$35

CWC Main Hall 200E (upstairs in the library)

CHAKRAS, AURAS, BIO-FIELD ENERGY

Explore this fascinating topic, learning how these concepts relate to our everyday health and happiness. Nancy Sehnert and Charla Hermann are co-teaching this course. Charla holds a PhD in psycho-spiritual counseling, practices privately in Riverton, and consults in this field throughout the country. Nancy's courses are always very well received. This is a great opportunity to get top notch information and expand your horizons!

Tues/March 12

6:30-8:30

\$25

CWC Main Hall 200E (upstairs in the library)

NEW

Spring 2013

855-2125

ACTIVITIES

SWING DANCE CLASS

Round up a partner and come learn two-step, 10-step, and cowboy cha-cha. Our experienced dance instructor from Cody, Jeff Sherrill, comes with strong recommendations. He will be assisted by Bri Olson, a nursing student at CWC, and avid, enthusiastic dancer. In this 4-week intensive class, you'll get practice time to perfect and really learn your steps each week, as you move on to more complicated, fun moves. Limit: 20 couples
Sun/Feb 24- March 17

6-9 pm

\$80 per person (12 hours of classes)

CWC Art Center 138 (Dance Studio)



ZUMBA®

Join instructor Melissa Garrett for this great exercise/dance class. Zumba® is a Latin dance-inspired workout that is exhilarating and fun. This is a one-hour calorie blasting class. Zumba® features "feel good" moves that are great for all fitness levels (no experience necessary). Melissa comes from a dance background, including Utah State University's ballroom dance team and is a certified Zumba® instructor. She is excited to be teaching Zumba® where she can combine her passion for international dance and fitness. Come try it out and get hooked! Limit 30/session

Session I – Tues/Jan 22-Feb 26

Session II – Tues/April 9-May 14

6-7 PM

\$35

Jackson Elementary Gym

PIYO STRENGTH

PIYO Strength is a unique class that combines the best of Pilates and Yoga with great motivating music. It is designed to improve strength, gain flexibility, and improve your core strength. No previous experience necessary. Please bring a yoga mat and be prepared to sweat! Melissa Garrett is the PIYO certified instructor.

Tues/March 5-26

6-7 pm

\$25

Jackson Elementary Gym



CWC Community
Services Office

855-2125

office location:

CWC Community Outreach &
Training Center, inside the
Professional-Technical Center
(on the northeast corner of
Riverton campus)

FAX: 855-2041



ABOUT PEOPLE

BRIDGES OUT OF POVERTY

Bridges Out of Poverty represents a powerful tool for change. Based in part on Dr. Ruby Payne's myth-shattering A Framework for Understanding Poverty, Bridges reaches out to the millions of service providers, educators, and business owners whose daily work connects them with the lives of people living in poverty. Bridges training examines case studies, role-playing, detailed analysis and specific tools, solutions and strategies you and your organization can implement right away. Your instructors for the class are Bridges certified, Hattie Penny and Tim Thorson of Circles Wyoming. Scholarships for this valuable day of learning are available to those desiring to volunteer in the Circles Anti-Poverty Initiative in Riverton. For more information, please call Hattie at 349-0948.

Fri/Feb 8

9 am-4 pm

\$50 includes book and catered lunch

CWC Student Center Fremont Room

ARCHAEOLOGICAL SNAPSHOTS OF JESUS' LIFE

This slide show is photos of Kurt and Suzanne Schaffli's recent trip to Israel and Jordan where they visited Bethlehem, Nazareth, Capernaum, Bethany, and Jerusalem, among other notable places. Their archaeological research confirms their understanding of the Holy Scripture. An Easter show for the entire family.

Thurs/March 14

7-8:30 pm

Free - donations at door welcome

Riverton Public Library Community Room

HORSE CLASSES

BEGINNING CALF ROPING, BREAKAWAY, AND TEAM ROPING

Now you can learn to rope calves! In this 7-week class you will learn how to rope, dismount your horse, flank and tie calves. Don't wait! Begin your calf roping/breakaway roping or team roping career this semester! (This class is designed for students who have never roped before or who catch 1 in 10 calves that they run). We will work on horsemanship, scoring and reading cattle, roping, dallying, and handling cattle. Taught by Talon Cooper, a 4-time PRCA Mountain States Circuit Finals Qualifier, USCRA #4 World Champion Calf Roper and CNFR Qualifier in Calf Roping and Team Roping. His instruction in previous classes has received rave reviews! Scotty Ratliff is generously providing use of his enclosed arena. Contact Talon at 851-0951 for more information. Limit 10 students

Wed/March 20-May 15 (no class on two Weds)

6-8 pm

\$175 (includes the stock fee)

Wilson Rd, 9 miles north of Riverton on Hwy 26

BEGINNING RIDING

Join Raylee Coyle for this great class for beginning riders of all ages to begin or improve riding skills. Gain experience, confidence, and comfort on your horse. Raylee subbed last fall for an injured instructor and her evaluations were very positive. Class meets 7 weeks. One or two gentle horses may be

available to rent; call Scott Ratliff 851-5678.

Limit: 10

Thurs/March 21-May 16 (skip two weeks)

6-8 pm

\$125

Wilson Rd, 9 miles north of Riverton on Hwy 26

INTERMEDIATE AND ADVANCED ROPING

Students will learn to fine-tune both their horse and their own horsemanship skills and roping techniques. Class meets 7 times. Talon Cooper is the experienced instructor.

Fri/March 22-May 17

6-8 pm

\$175 (includes stock fee)

Wilson Rd, 9 miles north of Riverton on Hwy 26

BEGINNING AND INTERMEDIATE REINING PRACTICE

Students and their horses will work on stops, turnarounds, rollovers, pivots and suppling. New instructor Erin Westover is a current CWC Equine Studies student and comes highly recommended to teach reining. Class meets ten times.

Tues/Feb 19-May 14 (skip two weeks)

6:30-8:30 PM

\$180

Wilson Rd, 9 miles north of Riverton on Hwy 26

EQUINE MASSAGE

Why massage? Refusing leads, acting cinchy, head tossing, swishing tail, and poor performance can be signs of soreness. Massage helps a rider communicate more effectively with his horse resulting in a horse's improved condition and performance. Leslie Van Barselaar, a Certified Equine Massage Therapist, will teach students hands-on feel for the equine skeleton and musculature. Students working in pairs will learn basic relaxation and massage techniques resulting in a win/win outcome for both horse and rider. Back by popular demand! Limit 10 students. Please bring a horse and a sack lunch.

Sat/May 18

10 AM-3 PM

\$35

CWC Equine Center on No. 8th West & Gasser Rd

MOHAIR CINCH MAKING CLINIC

Darin Alexander, the world's leading cinch educator, is coming to Riverton! He will offer a 4-hour hands-on clinic, a lecture open to anyone who wants to learn about the importance of a well-made, correctly fitted cinch, and two full day workshops: **Make Your Own Mohair Cinch** and **Make a Matching Breastcollar**. For a color brochure about Darin and his work, please call the office at 855-2125. I'll be happy to mail it to you. You can also go to info@artcords.com

Sun, Mon, Tues/May 19, 20, 21

Sun: 9 am-1pm – Technique Clinic

Sun: 1:30-3:30 – Lecture and fitting demonstration on several horses

Mon: Make Your Own Mohair Cinch Workshop

Tues: Make a Mohair Breastcollar Workshop

CWC Equine Center on No. 8th West & Gasser Rd



855-2125

Spring 2013

THE GREAT OUTDOORS

FLY TYING

Earland Thompson will guide you through the intricacies and rewards of tying your own fishing flies. Not only can you save money, but you'll become a more successful fisher as you learn which flies to use in specific settings and how to accurately replicate those flies. Share streamside stories and fishing lore as you work in class. Limit: 10

Thurs/Feb 21- March 14

6:30-8:30 PM

\$35 (includes materials)

CWC Administration Wing 138

FLY CASTING

Learn techniques and secrets to improve your fly fishing experience! Course will cover selection of rod, reel, line and leader; selection of the proper fly, how to correctly put the leader and fly on the line, correct casting techniques, and how to present the fly to the fish. Demonstration, practice and personal guidance will improve your fishing success this summer. Students should bring their rod, reel, line, and tapered leader. Experienced fly fisher Earland Thompson has taught this hands-on class many times and it is always enthusiastically received. Limit: 15

Thurs/April 18-May 2

5:30-7:30 PM

\$30

CWC Administration Wing 138 and soccer field

SCUBA

You can become a certified diver with attendance at this weekend course and a following open water dive. This is a beginning class, combining classroom and practical training. Fee includes use of gear in pool, a new video, all books and dive log. Additional open water dive required for certification. Lee Burgess of Western Wyoming Divers is the PADI-certified dive instructor. Please plan to pay \$10 at the pool for use of the pool. Scuba is offered two different weekends this spring, so we can keep class sizes down; register for whichever date works best for you.

Session I - Fri, Sat, Sun/Feb 8, 9, 10

Session II - Fri, Sat, Sun/April 5, 6, 7

Fri: 7-9:30 PM

Sat, Sun: 8 AM - 4:00 PM

\$285

Fri: CWC Professional Technical Center 115

Sat, Sun: High School Pool

HUNTER SAFETY

This is the Wyoming Game and Fish certified hunter safety education course. Successful completion of this course is required for all hunters born after Jan 1, 1966 and it is required for hunters of any age before participation in the Teton Park Elk Hunt. Fee covers all materials. Offered twice this spring at CWC.; last class for 2013 tentatively scheduled for June. Attendance at all 5 class meetings is required. Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. Limit: 50 per session.

Session 1 Mon & Thurs, Feb 4-Feb 21

Field Trials Feb 23 (no class 2/18)

Session 2 Mon & Thurs, April 8-22

Field Trials April 27

6:30-9:30 PM for classroom dates

\$16

CWC Student Center 104 (Little Theater)

CREATIVITY

INTRO TO CREATIVE FICTION WRITING

In this beginning creative writing class, students will be introduced to the basic craft elements of fiction writing. Using mainly the short story, students will build a skill set that will enable them to write original works of fiction and develop their critical reading skills along the way. Amanda Miller is from Riverton and has an MFA in creative writing from Eastern Washington University with her main focus being fiction. She has also studied creative nonfiction and poetry. She is currently working on a novel, a book of short stories, and a young adult series.

Tue/ Feb 5-March 12

7-8:30 pm

\$45

CWC Professional-Technical Center 106

INTRO TO POETRY WRITING

This beginning poetry class will introduce students to the basic craft elements of writing poetry. Students will build a skill set that will enable them to write original poems and develop their critical reading skills along the way. Amanda Miller is also the instructor for this course.

Wed/ Feb 6-March 13

7-8:30 pm

\$45

CWC Professional-Technical Center 106

NATURAL MATERIALS CERAMICS CLASS

Students will collect local materials to use in various traditional building and firing processes. Everything from clay and forming to the fundamental chemistry needed to create slips and glazes from raw materials will be covered. Questions of first methods regarding the history of ceramics will be addressed - interests in specific areas of study are very welcome. Taught by CWC instructor Dan Brown. Outside lab hours available when studio is open for classes.

Thurs/Feb 7-May 2

6-8 PM (lab open until 10)

\$165 plus firing and studio fee of \$20

CWC Art Center 113

COMMUNITY CLAY CLASS

Join CWC's pottery instructor Dan Brown to learn basic skills or polish old ones, working either on the wheel or with hand-built techniques. If you're experienced, you'll also learn to mix glazes and help with firing. Dan has worked with non-credit pottery programs in other colleges and is excited to make this opportunity available to Riverton residents. Students will have 2 hours of class time every Tuesday for 9 weeks and access to the lab at other times, to coincide with Dan's schedule in the studio. Limit: 16

Tues/Feb 5-April 2

6-8 pm

\$80 tuition plus \$45 lab fee (includes one 25# bag of clay, glazes, firing)

CWC Art Center 113

DIGITAL PHOTOGRAPHY WORKSHOP

Join photographer/artist Lonnie Slack for one Saturday afternoon of outdoor photography. We will spend four hours learning how and why cameras work the way they do and finish with some use of natural light and how to manipulate existing light. Lonnie is the CWC photography instructor and is a very experienced teacher. His impressive work has hung in several shows, both locally and afar.

Bring your digital camera, learn to really use it and produce much better photographs. Limit: 16

Sat/May 4

1 pm- 5 pm

\$40

CWC Art Center 104

NEEDLE FELTED SPRING WALL HANGING

Join needle felting instructor Nancy Jones to make a unique wall hanging or table runner, decorated with spring motifs. These quick projects are done on custom felted mats made by Billie of Lucy's Sheep Camp. Students can choose their own mat from a variety of colors. Then, using many shades of custom-dyed beautiful Wyoming wool and spring-themed cookie cutters, students will create their own small masterpieces. This technique is easy to learn, surprisingly simple, and offers great creative potential as you design your mat or wall hanging to reflect your taste and color scheme.

This could be the perfect gift for someone who has everything or use to spice up your spring decorating! Purchase your materials, which include the felted mat and colored wools, from Nancy at the class. Other equipment is provided. Come look at samples of what you will make, in the display case in the hall, outside the "R" Recreation office!

Limit: 10

Tues/April 25

6-9 pm

\$20

CWC Art Center 133

QUILTING "URBAN CABIN"

An example of the quilt, a variation of the traditional log cabin pattern, is on display at The Breadboard in Riverton. This pattern can utilize fat quarters in a planned fabric scheme and you can make a small lap quilt or cover a king-sized bed. As a lap quilt, it is simple and appropriate for beginners. Materials list available at registration. Popular and very experienced Sharon Born is the instructor for this course. Limit: 16

Mon/Feb 4-March 11

7-9 PM

\$38

High School Home Ec Sewing Room

BEGINNING KNITTING

Have you always wanted to learn to knit, or do you have a child who wants to learn? This is a great opportunity to begin, or dust off your old needles for a refresher, or share a learning experience with your child! You'll learn to cast on, knit and purl, increase and decrease as you make a square dish cloth out of soft cotton yarn. Bring one skein of "Sugar 'n Cream" or "Peaches 'n Cream" in your favorite color and a set of #8 straight needles.

(continued on next page)

Nancy Jones is the experienced, patient instructor.
Limit: 10
Thurs/Jan 31
7-9 PM
\$16
CWC Art Center 133

KNITTING A SIMPLE COWL

Continue to develop your knitting skills as you make a lovely, cozy neckline accessory. Nancy will guide, as you learn to work with circular needles, knitting a seamless cowl. You'll do yarn-overs and knit two together stitches to add a random lacy look to your cowl. You will need 110 yds of worsted weight yarn (suggested Caron brand "Simply Soft", an inexpensive soft acrylic, available at Walmart) or another worsted weight yarn of your choice. You'll also need one 16 inch, size 10 circular needle. These simple techniques will produce a lovely, useful project you'll be proud to wear.

Thurs/Feb 7
6:30-9 PM
\$20
CWC Art Center 133

BEGINNING SOCK KNITTING

Your own hand knitted socks are true treasures, and easier than you might think! This class will meet three times, allowing you time to master each step of a sock. The first night, you will cast on (using two circular needles) and begin ribbing for your ankle. The second class will cover making your heel, with the last night teaching the toe and finishing. Between classes you'll knit the ankle down to the heel and the foot, from heel to toe. You will need two 16" circular size 5 needles and 350-400 yds of sportweight soc yarn. Moda Dea "Sassy Stripes," an inexpensive acrylic available at Hobby Lobby is a possibility, or a good wool with a bit of nylon for durability. Nancy Jones is the teacher. Limit: 10

Thurs/Feb 28, March 7, 21
6-9 PM
\$55
CWC Art Center 133

NATURE WALK AND CRAFTS

This class is designed to help children unplug and tune-in to nature. Participants will take a nature

walk and collect objects that will be used to create a natural sculpture. Children will be encouraged to use their senses to explore the outdoor world and express themselves with an art piece they can take home. Children will observe, record and illustrate objects in nature. Dress appropriately for the weather as this is an outdoor adventure. All artistic materials will be provided. Ages 5 and up welcome. Instructor Tresa King is creative, fun, and a very experienced instructor, mother and grandmother with a passion for art and nature. Limit 12.

Sat/May 4
10 am-noon
\$10
JC Park

KIDS HANDBUILT CLAY CLASS

Join CWC's Ceramics instructor Dan Brown for two afternoons of coiling, pinching and building with clay. Class is designed for pre-K through age 12, with parents welcome to participate. Finished pieces can be picked up March 29.

Fri/March 8, 15
3:30-5:30 pm
\$20 (for clay and firing)
CWC Art Center 113



SATURDAY ART FOR YOUNG ARTISTS

This series of classes is taught by Linda Johnson, well-known local artist with a gift for working with young people. The classes each teach various principles of art and enhance fundamental art knowledge with projects that appeal to youth. Examples in display case in office.

LET'S MAKE VALENTINE DECORATIONS FOR K-6

Students will make braided pottery hearts with handmade pottery roses on them. The hearts will be fired in a kiln and finished with lace and dried flowers. Kids will also make Valentine pop-up cards. Limit: 12

Sat/Feb 2 and 9
9:30-11 AM
\$15 includes materials and firing
CWC Art Center 113

LET'S MAKE VALENTINE DECORATIONS FOR 3-5 YR OLDS

This group will make twisted hearts and fancy pottery heart decorations. They will be fired and finished with lace and dried flowers. They will also make paper Valentine cards. Limit: 12

Sat/Feb 2 and 9
11:15 am-12:15 pm
\$12 includes materials and firing
CWC Art Center 113

LET'S MAKE SUGAR EGGS

This old craft produces colorful, hollow eggs of molded sugar, which are decorated, inside and out, with frosting, tiny figures and flowers. Kids will make clay decorations to put inside their eggs. Children, kindergarten and older, will enjoy creating and sharing sugar eggs with friends and family. This is a repeat of a popular class last spring. Limit: 10

Sat/March 2 and 9
9:30-11 am
\$15 includes materials
CWC Professional Technical Bldg 115

LET'S MAKE POTTERY BOWLS

Two classes, one for K-6th grade and one for 3-5 year olds. The older students will make a great textured bowl by cutting out geometric shapes and combining them with coils. The resulting bowl will be textured, fired and glazed. Other small projects will be made if time allows. The younger students will make a fancy coiled bowl which will also be fired and glazed. Limit: 12 per group

Sat/April 13, 20
K-6 - 9:30-11 AM
\$15 includes materials and fees
3-5 year olds - 11:15-12:15
\$12 includes materials and fees
CWC Art Center 113

LET'S MAKE MOM A GIFT

Students will make a pottery keepsake box and a pottery necklace to put inside it. Boxes and pendant will be fired, glazed and fired a second time. For students K-6th grade. Limit: 12

Sat/April 27, May 4
9:30-11 AM
\$15
CWC Art Center 113

COOKING

DEHYDRATING WA-A-A-Y BEYOND JERKY!

This class covers the basics of what you need to know to save money on your grocery bill and provide nutritious meals for your family. Dehydrating is the most ancient and safest form of food preservation known to man. It's not just for jerky and apple slices! Learn about this economical, easy, and nutritionally sound method of preserving almost everything you can imagine. Find out how it's done and how to make delicious meals and snacks from your dehydrated food. By the time you finish this class, you'll have the courage to try it yourself. Instructor Linda Anderson is from Dubois and offered this wildly popular class there last fall. Sign up early to avoid missing out. Limit: 15

Sat/Feb 16
1-3:30 pm
\$20
CWC Pro-Tech 115



DEHYDRATING CASSEROLES, SOUPS, ONE DISH MEALS

This class emphasizes how to use all those foods you are dehydrating. Learn how to modify your favorite recipes to make convenient dehydrated casseroles, soups, stews and one-dish meals. Learn how to organize and set up an efficient system for putting together and using dehydrated meals for your family. Learn how to prep your food for emergency and evacuation situations. Make your own nutritious and economical camping food and MRE's. Dehydrating Wa-a-a-y Beyond Jerky is a prerequisite for this class. Limit: 15

Sat/March 16
1-3 pm
\$20
CWC Pro-Tech 115



CHERRY CORDIAL CHOCOLATE AND RASPBERRY WHITE CHOCOLATE CHEESECAKES

Learn to make two different decadent cheesecakes for that special Valentine love. Jennifer Metcalf is the experienced baker and instructor. Limit: 12 Sat/Feb 9 9-noon \$9 plus \$12 to instructor for materials Riverton Middle School Home Ec

CHOCOLATE DRIZZLE EGG BASKETS

Learn to make decorative chocolate art egg baskets for a special Easter surprise. This technique will be a wonderful and easy addition to your specialty giving. Beautiful designs can be made for sharing cookies or candy baskets on any occasion or to hold special desserts or favors at your next extra-special dinner party. First District 25 employee to register gets to waive the \$9.

Sat/March 16 9am-10:30am \$9 plus \$10 to instructor for materials Riverton Middle School Home Ec

MAKING FABULOUS FILLED AND DECORATED CUPCAKES

Spend the afternoon baking (from scratch) and decorating two different kinds of cupcakes with luscious creamy centers and fabulous finished tops. Cupcakes are NOT just for kids, as you'll learn in this class! These "adult" cupcakes emphasize quality ingredients, sophisticated flavors and elegant finishes. Students will make Mocha Latte Cupcakes (chocolate cake with chocolate/coffee cream cheese filling and coffee buttercream icing) as well as Lemon Blueberry Bliss Cupcakes (lemon cake with whole blueberries, lemon curd centers and lemon whipped cream icing). Instructor Veronica Roemich annually contributes a tray of her scrumptious, gorgeous treats to the animal shelter benefit auction where they bring top dollar...you'll see why when you've taken this course! You'll also be prepared for the Annual PAWS Cupcake Decorating Contest this spring. Each student needs to bring a muffin pan, 4-16 inch decorating bags (can be disposable), # 12 round tip, 1M star tip, and Bismark tip. You can purchase starter kit at Walmart or bring own from home. This class will be a true baking/decorating/tasting learning experience. Each student will take home a dozen gourmet cupcakes in two flavors. Again, the instruction fee of \$30 will be waived for first employee of Dist 25 to register!

Sat/ March 16 1-4 pm \$38 (includes all ingredients for a dozen cupcakes) Riverton Middle School Home Ec

GARDENING and the EAT LOCAL MOVEMENT

LOCAL FOOD SEMINAR

This event is designed to provide informative mini-classes on a variety of gardening and local food topics. Each hour, two different classes will be offered; pick your favorite topic to enjoy. The classes are **FREE!** A locally sourced lunch will be available at minimal cost. Eating LOCAL makes sense. It supports our local economy; food is fresh,

packed with flavor and health; it saves energy (minimal transportation); it builds friendships within our community. YOU can be a part of the change towards a healthier planet and a healthier you! Partnered with Fremont Local Foods, a non-profit supporting local families and farmers. The following schedule may change before March . . . call 855-2125 for current info.

Sat/March 16

9-9:45: "Grassfed Beef Production" and "Raising Small Fruits"
10-10:45 "Raising and Using Herbs" and "Your Local Market Options"
11-11:45 "Backyard Bees" and "Practical Tips for Locavores in Riverton"
11:45-1 lunch with speaker Steve Doyle
1-1:45 "Fruit Trees for Fremont Co" and "Cooking Methods for Grassfed Meat"
2-2:45 "Current Rules Affecting the Sale of Local Foods"
3-3:45 "Preserving Your Harvest" and "Successful Hoop House Crop Rotation"
9 am-4pm
CWC Intertribal Center 115 and Lobby

FOOD FILM AND DISCUSSION SERIES

Join us at the Riverton Library for a fascinating look at our modern food supply. Each film will be followed by a group discussion, led by Tanya King.

"Genetic Roulette"

85 minutes This seminal documentary provides compelling evidence to help explain the deteriorating health of Americans, especially among children, and offers a recipe for protecting ourselves and our future. The health dangers of genetically engineered (GE) foods are masterfully presented in this film by Jeffrey Smith, one of the world's leading authorities on GE foods. Despite claims by government regulators and the food industry that GE foods are safe, scientific studies continue to show the opposite.

Thurs /Jan 31 7-8:45 pm Donations welcome following the showing Riverton Library Community Meeting Room

"Food, INC"

93 minutes A 2008 American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees. The film is narrated by Michael Pollan and Eric Schlosser.

Thurs /Feb 21 7-8:45 pm Donations welcome following the showing Riverton Library Community Meeting Room

"Forks Over Knives"

90 minutes 2011 documentary film directed by American independent filmmaker Lee Fulkerson. Through an examination of the careers of American physician Caldwell Esselstyn and professor of nutritional biochemistry T. Colin Campbell, the film advocates a whole foods, plant-based (vegan) diet as a means of combating a number of diseases.

It suggests that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.

Thurs /March 21 7-8:45 pm Donations welcome following the showing Riverton Library Community Meeting Room

"The World According to Monsanto"

A documentary film directed by Marie-Monique Robin. Originally released in French, the film is based on Robin's three-year long investigation into the corporate practices around the world of the United States agricultural giant, *Monsanto*. The book exposes the shocking story of how the new "green" face of the world's leading producer of GMOs (genetically modified organisms) is no less maligned than its PCB - and Agent Orange - soaked past. Monsanto currently controls the majority of the yield of the world's genetically modified corn and soy - ingredients found in more than 95 percent of American households - and its alarming legal and political tactics to maintain this monopoly are the subject of worldwide concern, with baleful consequences for the world's small-scale farmers.

Thurs/April 25 7-8:45 pm Donations welcome following the showing Riverton Library Community Meeting Room

HARVESTING AND PROCESSING PRODUCTS FROM HOME BEEHIVES

At this hands-on workshop participants will learn firsthand the harvesting process of a typical home beehive, as well as how to process wax and make useful products such as candles, furniture polish, and cosmetics. This course would be well suited for individuals who are just getting into beekeeping and starting their own hives or who would like to learn some basics on bee product processing for personal use or sale. Tina Russell is the UW Wind River Reservation Extension educator.

Thurs/Feb 21 6-7:30 pm \$12 CWC Professional Technical Bldg 106

RENT A COMMUNITY GARDEN PLOT

The Riverton Community Garden is "natural" (pesticides and fertilizers restricted to approved products), the watering is automatic, the soil has been amended with compost. Gardeners sign one season contracts with the option to renew at the conclusion of each season. To get an application, set of guidelines and contract via mail, please call the Community Service Office at 855-2125. You may also pick up the packet at the Recreation Office in the Pro-Tech Building, CWC. A few garden plots will be available this growing season. Sign up today, and check out the gardening classes for your home garden or to get off to a good start in the community garden!

GORGEOUS GARDENS IN HORTICULTURAL HELL!

Chuckie Aanestad lives and gardens at the base of Lost Wells Butte in one of the hardest environments in Fremont County to garden. She is faced with two difficult soil types (bentonite clay and sand), highly

alkaline water, and high exposure to wind. In spite of adverse conditions, her yard is spectacularly beautiful with trees, perennial flowers and great hardscape features. Over the years, she has learned many tricks and ways to work with the conditions she has to produce the results she wants. Her presentation includes an extensive photographic record of before-and-after, of mistakes and successes, and of the final, amazing results. Her practical approach includes working within budget restrictions and developing specific sections, or "rooms" as time, energy and resources permit. Notable features include a flat stream that none-the-less flows!, a flagstone patio with firepit and mosaic sundial, raised berms and areas for trees, and more. Even experienced gardeners will learn from her experiences and others who face site problems will learn to succeed in spite of those problems. Chuckie is a long-time public school educator with a passion for gardening and for teaching.

Tues/ March 12

7-9 pm

\$8

CWC Professional Technical Center 115



LANDSCAPE DESIGN CONSIDERATIONS

Learn some basic principles and decisions to be made when planning a new landscape or to give your existing yard a "facelift". Owner of Wind River Landscape Jimmie Cassity will guide this discussion of designing, planting and maintaining a yard that meets your needs. The best time to make plans for a project is before you start! This class affords an opportunity to gather information, ask questions, focus your thinking so when you're ready to start your project, you are prepared.

Thurs/March 14

7-9 pm

\$8

CWC Professional Technical Center 115

SO, YOU WANT A BEAUTIFUL YARD, BUT . . .

Now that you have the hardscape and the trees and shrubs planned, how can you add color and flowers? Chuckie will present options for the gardener who loves the process of gardening as much as the result (the intensive gardener!), as well as options

for those who want an attractive result but need to devote less time and energy to the process of planting and maintaining. Learn about what to plant, where to plant and how, for a yard that meets your personal requirements. Long-time, experienced Wyoming gardener Chuckie Aanestad leads this discussion

Tues/ March 19

7-9 pm

\$8

CWC Professional Technical Center 115



VEGETABLE GARDENING IN WYOMING

Gardener par excel lance Ernie Schierwagen offers a one evening course to share vegetable gardening information. Come learn what vegetables grow well in our climate, how to select healthy plants, planning, planting, growing and harvesting, based on extensive experience raising vegetables in Riverton. Ernie is primarily an organic gardener and will emphasize organic techniques.

Thurs/March 21

7-9 PM

\$8

CWC Professional Technical Center 106

VEGETABLE GARDEN SEASON EXTENDERS

Learn ways to increase your harvest of specific crops and get increased production from our short growing season. Using newly available products, such as solar mulch, and other tricks of the trade, Kim Wilbert will demonstrate how you can have ready-to-harvest broccoli and cauliflower in mid-June, allowing continuous side-shoot broccoli harvest for months and a successive planting of cauliflower plants. Solar mulch can dramatically increase production of cucumbers and melons. These techniques are applicable to the family garden, or for farmer's market production. Be ready this weekend to start your garden!

Thurs/April 4

7-9 pm

\$8

Sweetwater Garden Co., 1602 West Main



UPGRADE COMPUTER SKILLS

INTRODUCTION TO BLOGS

What is a blog? Why would I want to have a blog? How do I get a blog? An introduction to what was first called "web log," then contracted to "blog." The why's and how's to the use, limitations, value, and potential drawbacks of blogging including some legal ramifications are covered. Instructors are **Mike Lieberman, founder of two Internet Service Providers, with 30 years in the field and a blogger** and **John Dailey, executive with some of the largest data companies in the world, including EDS, and 25 years working with information processing and data communications.**

Sat/Feb 23

9 am-1 pm

\$49

CWC Main Hall 160



INTRODUCTION TO COMPUTERS AND WINDOWS

The basics, including how to find what programs are on your computer and how to get them so they are handy to use. Learn to set up your desktop the way you want it and how to organize your files so you can find things when you want them. Connie Murray is the experienced instructor for this class. Class meets in a teaching lab where each student will have his/her own computer on which to work. Students may also bring a laptop if desired.

Limit: 15

Sat/Feb 2

9 am - 1 pm

\$32

CWC Main Hall 160

WORD

Students will learn basic formatting, including cut and paste, fonts, borders, pictures and layout. This class will also cover printing envelopes and labels. You'll learn to get the most out of Word for everyday use. Bring a disk or flash drive if you want to save your work to take home. Limit: 15

Sat/Feb 23

9 am - 4 pm (hour lunch break)

\$42

CWC Main Hall 157

EXCEL

Learn ways that Excel can be used in your daily life. The instructor will show you how to develop your own spreadsheet or choose from templates that are available from Microsoft. These include calendars, lists and bookkeeping. Bring a flash drive or disk if desired. Limit: 15

Sat/March 9

9 am - 4 pm (hour lunch break)

\$42

CWC Main Hall 160

MICROSOFT PUBLISHER

Learn to create your own business cards, greeting cards, flyers, and tri-folds, adding photos, art and text as desired, using this convenient program of templates. If you have a specific project in mind, bring whatever supporting materials you may wish to include. Taught by Connie Murray, CWC adjunct instructor. Limit: 15

Sat/April 13

9 am - 4 pm (hour lunch break)

\$42

CWC Main Hall 160



NON-DISCRIMINATION STATEMENT

Consistent with its mission to value diversity and to treat all individuals with dignity and respect, Central Wyoming College does not discriminate on the basis of race, color, national origin, ancestry, sex, age, religion, or disability in admission or access to, or treatment or employment in its educational program services or activities. The college makes reasonable accommodations to serve students with special needs and offers services to students who have the ability to benefit. Inquiries concerning Title VI, Title IX, or Section 504 may be referred to Wendy Davis, the Human Resources Officer at Central Wyoming College, 2660 Peck Avenue, Riverton, WY 82501 (307) 855-2112 or 1-800-735-8418 (instate) or the Office of Civil Rights for Wyoming at Denver Office, Office of Civil Rights, U.S. Department of Education, Federal Building, 1244 Speer Blvd, Suite 310, Denver, CO 80204-3582, 303-844-5695, Fax 303-844-4303, TDD 303-844-3417, email OCR_Denver@ed.gov

The spirit of free inquiry, which characterizes the educational environment, must be allowed to flourish within the context of mutual respect and civil discourse. Discriminatory, threatening, or harassing behavior against any group or individual based on, but not limited to, gender, color, disability, sexual orientation, religious preference, national origin, ancestry, or age will not be tolerated.



CWC Community Services Office
855-2125
office location:

CWC Community Outreach & Training Center, inside the Professional-Technical Center (on the northeast corner of Riverton campus)

FAX: 855-2041

855-2125

Spring 2013

>Instructor-Facilitated Online Courses for Teachers PTSB Credit

A to Z Grantwriting
 Advanced Microsoft Excel 2007
 Creating a Classroom Web Site
 Creating K-12 Learning Materials
 Creating the Inclusive Classroom: Strategies for Success
 Creating Web Pages
 Designing Effective Websites
 Differentiated Instruction in the Classroom
 Easy Classroom Podcasting
 Enhancing Language Development in Childhood
 Get Assertive!
 Going Green at the Workplace
 Guided Reading and Writing Strategies for maximum Student Achievement
 Guided Reading: Strategies for the Differentiated Classroom
 Guiding Kids on the Internet
 Homeschool With Success
 Integrating Technology in the Classroom
 Intermediate Photoshop CS4
 Introduction to Alice 2.0 Programming
 Introduction to Dreamweaver CS4
 Introduction to Dreamweaver MX 2004
 Introduction to Flash CS4
 Introduction to Peachtree Accounting 2009
 Introduction to Photoshop 7
 Introduction to Photoshop CS3
 Introduction to Teaching ESL/EFL
 Leadership
 Making Movies with Windows Vista
 Making Movies with Windows XP
 Photoshop CS4 for the Digital Photographer
 Photoshop Elements 7 for the Digital Photographer
 Photoshop Elements 8 for the Digital Photographer II
 Practical Ideas for the Adult ESL/EFL
 Praxis | Prep
 Ready, Set, Read
 Response to Intervention: Reading Strategies that Work

Singapore Math Number Sense & Computational Strategies
 Singapore Math Strategies: Model Drawing for Grades 1-6
 Solving Classroom Discipline Problems
 Solving Classroom Discipline Problems II
 Spanish in the Classroom
 Speed Spanish I, II or III
 Survival Kit for New Teachers
 Teaching Adult Learners
 Teaching ESL/EFL Grammar
 Teaching ESL/EFL Reading
 Teaching ESL/EFL Vocabulary
 Teaching Math: Grades 4-6
 Teaching Preschool- A Year of Inspiring Lessons
 Teaching Science: Grades 4-6
 Teaching Smarter with SMARTBoards
 Teaching Students with Autism: Strategies for Success
 Teaching Writing: Grades 4-6
 The Classroom Computer
 The Creative Classroom
 The Differentiated Instruction and Response to Intervention Connection
 Understanding Adolescents
 Using the Internet in the Classroom
 Web 2.0: Blogs, Wikis and Podcasts
 What's New in MS Office 2007
 Working Successfully with Learning Disabled Students
 Writing for ESL

plus numerous computer classes in Excel, Word, Photoshop Elements, Access and PowerPoint. See the complete list of approved Wyoming PTSB classes at ed2golive.com/wyoming

For teachers also seeking graduate credit, please visit the following site for more information:

<http://ed2golive.com/gradcredit/>

Accommodation Request

In accordance with the Americans with Disabilities Act (ADA), Central Wyoming College makes reasonable accommodations upon request. Contact the CWC Human Resources Office at (307) 855-2112.

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Easy Ways to Register

- **MAIL**
Registration with check or credit card information
- **PHONE**
Registration – 855-2125 or 1-800-735-8418, ext. 2125 (VISA/MC/Discover/AMEX)
- **FAX**
Registration – 855-2041 with credit card information

PAYMENT

of class fees is required at registration time (cash, check to Central Wyoming College, or VISA/MasterCard/Discover/AMEX)

WAITING LIST

After classes have filled, people are asked to sign a waiting list for possible cancellation openings or for setting up additional sections. Payment is not made until actual registration.

CANCELLATIONS

CWC reserves the right to withdraw an offering if an insufficient number of registrations are received for a proposed class.

REFUNDS

Refunds will be cheerfully given up to **two** working days before a class starts. This will allow us to fill empty spaces from waiting lists and prevent last minute cancellations of classes.

MAILING ADDRESS

Office of Community Services, Community Outreach & Training Center, Room 140, 2660 Peck Avenue, Riverton, WY 82501

QUESTIONS?

Please call 855-2125

POLICY

Refunds will be cheerfully given up to **two** working days before a class starts. This will allow us to fill empty spaces from waiting lists and prevent last minute cancellations of classes. We appreciate your understanding on this issue.

SSN and Non-Credit Classes

The Social Security Number (SSN) is maintained confidentially and ensures your information will be appropriately maintained under your Student Records, preventing filing errors with other students having similar names. The SSN also allows CWC to issue a 1098T tax form for your benefit in claiming educational fund credits from the IRS, where applicable. The 1098T forms for these non-credit courses will not be prepared for you unless your SSN appears on your registration card and you request a 1098T.



Master Card/VISA/Discover/
American Express welcome!

Central Wyoming College Non-Credit Enrollment Form

Mail To: CWC Community Services

ATTN: Sherry Shelley

2660 Peck Ave., Riverton, WY 82501

Or Call: 855-2125 or 1-800-735-8418, ext. 2125

Register for non-credit classes at the CWC Community Services

Office, Community Outreach & Training Center

Rm. 140, CWC campus.

Office Hours: Mon.-Fri., 8 a.m.-noon

Birth Date _____ Phone _____

Name _____ Evening Phone _____

Address _____ City _____ Zip Code _____

Credit Card No. _____ Exp. Date _____

Course No.	Course Title	Fees
Total		

Reminder

All classes listed here offered subject to sufficient enrollment. Classes which do not have adequate numbers of students will be cancelled. In the event a class is cancelled you will be notified by telephone.