CENTRAL *Wyoming* COLLEGE

LANDER CENTER

2014 SPRING

COMMUNITY EDUCATION CLASSES

GENERAL INTEREST CLASSES

KEYBOARDING

Self-paced computer-based instruction
Open enrollment
CWC Lander Center
$70
Today it is more important to know keyboarding than ever before. This class will help you improve your skills for work and personal use. It is the first step to becoming a more proficient computer user. Students learn at their own rate of speed on a computer-based program. All ability levels are accommodated.

WOMEN'S BACKCOUNTRY SKI TOURING SERIES

Instructor Stacy Wells teaches backcountry ski touring techniques covering mellow terrain, giving you the confidence and skill to enjoy beautiful Wyoming winters in the backcountry. These are intermediate level trips. Telemark ski packages can be rented from NOLS. An orientation is scheduled on the Thursday prior to each trip from 5:30-6:30 p.m. at the Lander Center. Participants meet at the Lander Center and carpool to the ski sites. Register with a friend and enjoy the day.

Brooks Lake/Togwotee Pass Area
Saturday, Feb 8, 7:30 a.m.-5:30 p.m.
$100 + $15 for lunch at Brooks Lake Lodge

Lava Mountain/Togwotee Pass Area
Saturday, Mar 8, 7 a.m.-4:30 p.m.
$75

5 VIRTUE QIGONG DAY RETREAT

Mary Jarrard
Saturday, Feb. 8, 8 a.m.-5 p.m.
CWC Lander Center
$350
Join Mary for a day of Qigong meditations, movements and mantras. You will receive a CD,DVD and packet of handouts so you can begin your daily Qigong practice at home. Four one-hour follow up sessions will be scheduled to answer questions and go over material discussed in this 5 Virtue Day Retreat. Bring a healthy lunch, water, blankets/pillows, meditation cushion if you have one, and your calendar so we can schedule your four one-hour sessions. Mary is a certified teacher of '5 Virtue Qigong Day Retreat' and a student of Medical Qigong at the School of Chi Wellness

BASIC MUSIC READING

Kelly Dehnert
Tuesdays, Feb 4-Mar 11, 6-7:30 p.m.
Covenant Presbyterian Church Sanctuary
875 Fremont St.
$75 + $15 text payable to instructor
Basic Music Reading is a beginning music theory course intended to help those wishing to learn how to read music on a very basic level. Notes, rhythms and chords are discussed and practiced during the six- week seminar. Kelly Dehnert received a Master of Music in Performance from Yale University School of Music. He has taught college music for 21 years (at CWC and in Africa) and nine years at the elementary level. As a performer Dehnert plays classical, jazz and popular styles on trumpet and piano.

DRAWING

Jerry Antolik
Tuesdays, Feb 4-Mar 11, 6-7:30 p.m.
Covenant Presbyterian Church Classroom
875 Fremont St.
$75
Drawing is the foundation of all great art. Free from the complication of color, the class will focus on the basics: shape, form, value and space. Please bring the following supplies to class: sketch book (small), spiral bound large drawing pad (18"x24" or 16"x20"), #2 pencils, charcoal 4B-6B, knife or pencil sharpener, fine sand paper to sharpen lead, kneaded eraser, 1/8-inch Masonite panel larger than drawing pad, clip to hold pad to Masonite. Jerry is an accomplished artist specializing in landscapes and wildlife. He has painted several murals around the county; most notably the wild horse mural on the Hudson Town Hall.

BACKYARD BEEKEEPING: BEGINNER BASICS

Tina Russell
Thursday, Feb 6, 6-8 p.m.
CWC Lander Center
$10
This course gives participants the basics of what they need to know to purchase, maintain, and harvest their own backyard beehive, as well as how to winterize a hive and how to split the original into multiple functioning hives.

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CONVERSATIONAL SPANISH

Valeria
Tuesdays, Feb 11-Mar 18, 6-7:30 p.m.
CWC Lander Center
$50
¿Habla español? Would you like to speak - or practice - Spanish? Come to this highly interactive class that will increase your existing fluency or get you started. Basic conversation, pronunciation, making your way in Spanish-speaking countries, current events ¡y mas! is included. Some basic knowledge of the Spanish language is encouraged. Maestra Valeria is a life-long learner of Spanish and frequent visitor to Spanish-speaking countries.

RAISING BACKYARD CHICKENS FOR EGGS AND MEAT

Teresa Tibbets
Saturday, Feb 22, 10AM-12 p.m.
CWC Lander Center
$20
The class covers the basics of raising your own backyard chicken flock in the city or the country. Whether your interest is in keeping laying hens or raising roasters to eat, this class covers buying and caring for chicks, building a coop, and managing layers and meat birds. Learn the benefits of keeping your own flock from Teresa Tibbets, who has raised chickens in her backyard in Lander for many years.

CONFLICT RESOLUTION AND MANAGEMENT

Liz Tuohy, Risk Management Senior Consultant, NOLS Professional Training
Tuesdays, Feb 25-Mar 25, 7-9 p.m.
Noble Hotel (corner of 3rd and Main, Lander)
$30 + $20 for course materials
When you handle disagreement gracefully, you build trust in work, community, and family relationships. When you manage discord positively, your life is more vibrant and productive. If you have good communication skills but find yourself getting stuck on how to use them well during conflict, this is the class for you. The class focuses on strengthening listening and communication skills during disagreement, and on helping choose situationally appropriate conflict styles, such as compromise, collaboration, competition and even avoidance. Liz Tuohy teaches risk management and leadership for NOLS that are directed at professional outdoor educators. She serves as chair for the Wilderness Risk Management Steering Committee. She has extensive background leading youth in wilderness settings and is a parent.

BASIC DOG OBEDIENCE AND DOG RALLY

Carrie Jo Calvert
Mondays, Mar 3-Apr 7, 6-7 p.m.
Fremont County Fairgrounds, Heritage Hall in Riverton
Cost: $70
Basic dog obedience is covered along with rally which is an obedience class using signs. Dogs learn to follow basic commands. Bring your dog on a leash.

HEARTSAVER ADULT FIRST AID, ADULT/CHILD/INFANT CPR, AED

Robalee Oleson, RN
Two Sessions. Saturday, Mar 15, 9 a.m.-2 p.m. or Saturday, April 12, 9 a.m.-2 p.m.
CWC Lander Center
$65 (includes workbook and AHA Heartsaver completion card, valid for two years after course completion date)
This course covers CPR, relief of choking, use of an automated external defibrillator (AED) and adult first aid for minor injuries including bandaging, bleeding, wounds, shock, seizure, fainting, sprains, burns, insect bites and temperature-related emergencies among others. Wear comfortable clothing and bring snacks and water for the day.

INTRODUCTION TO CREATIVE WRITING

Joshua Scheer
Mondays, Mar 24-Apr 28, 6-7:30 p.m.
CWC Lander Center
$50
The course is an introduction to creative writing with an emphasis on fiction. Most areas discussed will also apply to creative nonfiction such as memoir writing. The instructor provides copies of at least one short story a week for students to read outside of class and discuss the next week. Also, creative writing exercises will be provided each week for the students to learn about different story elements. Each week the class briefly discusses the outcomes of the exercises and the stories read. Participants will also talk about different elements of creative writing (plot, character development, point of view, etc.) and spend one week talking about publishing.

BASIC HORSEMANSHIP

Don Harrington
Saturday and Sunday, Apr 5 & 6, 9 a.m.-4 p.m.
CWC Equine Center, Riverton
$125
Whether you are a beginning or intermediate rider, this popular class introduces the concepts of riding with leg and body aides. Proper reining techniques are covered. Students also learn exercises that increase flexibility and softness in their horses. Bring a horse to class.

ENTREPRENEURIAL WORKSHOP

Bill Sniffin
Tuesday, Apr 22, 6-8 p.m.
CWC Lander Center
$20
Veteran businessman Bill Sniffin offers tips on how to start and maintain a successful business. He discusses how to monitor trends, how to market your business and how to hire and keep the best employees. Bill and his wife Nancy have had ownership interests in more than 20 companies in four states and originated and co-founded the LEADER Corporation in Lander. Sniffin's new book "Wyoming's 7 Greatest Natural Wonders" has already sold 10,000 copies and is the best-selling book in the state this past year.

GRANITE MOUNTAIN AND CASPER GEOLOGY FIELD TRIP

Suki Smaglik
Sunday, April 27, 7:30AM-6:30PM (Meet at the CWC Lander Center)
$50
Explore Independence Rock, Alcova Reservoir, Fremont Canyon, Casper Mountain and the Tate Geology Museum in Casper. Dress appropriately for spending the day hiking outdoors, a lunch, snacks and water.

MATH TIDBITS

(Help for the math anxious, the rusty minds, and the reluctant learner)

Dr. Marcy Tepper
CWC Lander Center
Session l: Tuesdays, Mar 4-Apr 22, 6:30-8 p.m. (no class Mar 18 and Apr 1)
$35 for full series, or $10/class drop-in
This popular six-week mini-course is designed to be a fun, exciting class geared toward beginning pre-algebra students, parents and grandparents who want to "brush-up" on their math skills for tutoring and home-schooling, and tutors who have forgotten some of the basics needed for algebra. The class time is spent reviewing math concepts with time to practice your new skills with fellow classmates.

- Week 1: Explaining Math Anxiety and How It Can Be Overcome
- Week 2: Understanding Math Terminology
- Week 3: Extensive Overview of Fractions
- Week 4: Exploring Decimals
- Week 5: Percents - All Different Ways of Using Them
- Week 6: Moving into Algebra

Session ll: Thursdays, Mar 6-Apr 24, 6:30-8 p.m. (no class Mar 20 and Apr 3)
$35 for full series, or $10/class drop-in
This six-week mini-course is designed as the second part of the math series involving pre-algebra concepts. This course will help teachers, parents, grandparents, and tutors to "brush-up" on some of the major concepts necessary to succeed in algebra. This course can be taken without Session I.

- Week 1: Bridging the Final Gap between Pre-Algebra and Algebra I
- Week 2: Grasping the Concepts of Graphs
- Week 3: Understanding Metrics with Gusto
- Week 4: Plane Geometry
- Week 5: Solid Geometry
- Week 6: Conquering Story Problems

PHOTOGRAPHY

Professional photographer Dan Hayward hails from Laramie and the Denver area and is a new instructor for Lander Community Education. Visit his website at haywardphoto.com to learn more about this accomplished photographer.

THE BASICS OF DIGITAL CAMERA ADJUSTMENTS

Daniel Hayward
Monday, Feb 24, 6-8 p.m.
CWC Lander Center
$45
This two-hour course covers basic digital camera adjustments.It is designed to help participants better locate and alter the various adjustments on their cameras. This basic knowledge allows participants to begin learning more about digital photography and photography in general and to begin taking more successful photographs. Little information, however, is shared in this workshop concerning what the various adjustments do. That is covered in-depth in the Basic Photography course.

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BASIC PHOTOGRAPHY

Daniel Hayward
Tuesday, Wednesday, and Thursday, Feb 25-27, 6-9 p.m.
Sinks Canyon Center Fremont Hall
$100
This course covers the basics of photography for anyone interested in better understanding the basic concepts of photography. Topics to be covered are light and the variety of light's different qualities, how different light sources emit an infinite range of colors and how to adjust the camera accordingly, explore various camera adjustments (ISO, aperture and shutter speed), how adjustments affect exposure and resulting images. The instructor also discuss the use of differing focal-lengths of lenses and how they alter the resulting images.

BASIC STUDIO PHOTOGRAPHY CONCEPTS

Daniel Hayward
Friday, Feb 28, 6-9 p.m., location TBA
Saturday, Mar 1, 10 a.m.-4 p.m. at the Lander Art Center
Sunday, Mar 2, 11 a.m. to 5 p.m. at the CWC Lander Center
$200
This course is for individuals wanting to learn how to shoot a variety of subjects indoors, using artificial lighting from a variety of sources including available ambient light, incandescent, LED or florescent lighting, or a system of strobes. Participants need to bring a notebook, digital or film SLR camera (preferred) or a point-and-shoot digital camera, and a 2'x3' or larger white card (matte board, foam core, or white coated cardboard) to use as light reflectors. Participants should also bring an object to photograph that is no smaller than a chicken egg and no larger than a dining room chair. They should also have a model (live human) who they can photograph on Sunday afternoon.

MAKE IT YOURSELF!

FELTED COASTERS

Victoria Boehmer
Saturday, Feb 8, 10 a.m.-noon
CWC Lander Center
$20
This class is intended for people who want to learn to knit or who are beginners. Students learn to cast-on, knit, purl, and bind-off. Participants each make two coasters: one in garter stitch and one in stockinette. Directions will be given for felting the coasters. Supplies required: size 11 – 16" circular needle, 100% wool – worsted weight yarn (NOT superwash). Supplies can be purchased from www.yarn.com and www.knitpicks.com.

WOODWORKING

Andy Eckart
Wednesdays, Mar 5-Apr 30, 5:30-9 p.m. (no class March 19)
Sinks Canyon Center Shop, 50 Field Station Rd.
$160
Basic woodworking with power tools including table saw, router, miter saw, planer, jointer, drills and others. Students can brings plans for a project that can be completed in eight weeks or choose from patterns provided by the instructor. Course fee covers facility use, machine and tool maintenance and instructor time. Students provide their own project materials.

KNITTED HAT: TURN A SQUARE

Valerie Boehmer
Saturdays, Mar 8 & 29, 10 a.m.-noon

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LEGAL AID OF WYOMING SEMINARS

Valerie Schoneberger, Deputy Director of Legal Aid of Wyoming presents a series of evening seminars throughout the semester. All seminars are held at the CWC Lander Center from 6-8 p.m.. There is no charge, but an optional donation of a non-perishable food item for the Food Bank will be accepted.

UNDERSTANDING THE AFFORDABLE CARE ACT

Wednesday, Jan 29, 6-8 p.m.
A Legal Aid of Wyoming attorney covers the basic provisions of the ACA for individuals, including the individual mandate to have health care coverage, the tax penalty for lack of coverage and consumer protections included in the law.

NEW TAX LAWS FOR 2013 AND THE TAX IMPLICATIONS OF THE AFFORDABLE CARE ACT IN 2014

Wednesday, Feb 12, 6-8 p.m.
Legal Aid of Wyoming explains the basics of federal income taxation for individuals and share changes to the tax code for 2013 as well as the tax implications for the Affordable Care Act for 2014. This is not a tax preparation class, though information is provided about free income tax preparation services available throughout the state.

DO-IT-YOURSELF DIVORCE

Wednesday, Mar 5, 6-8 p.m.
Learn how to represent yourself in a divorce case using the pro se forms developed by the Wyoming Supreme Court. A Legal Aid of Wyoming attorney explains the process and provides instruction on how to file and complete the forms. No individualized legal advice is provided. The instructor focuses on sharing legal information about applicable laws and procedures. Cost is $10 for the forms.

ESTATE PLANNING

Wednesday, Apr 30, 6-8 p.m.
Learn about all the tools available to properly pass your property to loved ones and make your wishes known for end-of-life care. No legal representation is provided. This is an instructional class about the different processes for estate planning such as wills, trusts, advance directives, powers of attorney and joint tenancies.

WRITE YOUR OWN WILL

Wednesday, May 14, 6-8 p.m.
Learn about holographic wills. Legal Aid of Wyoming attorney will guide you through the process of writing your own will and advance medical directive.

Month at a Glance

January

Keyboarding
Understanding the Affordable Care Act

February

5 Virtue Qigong Day Retreat
Backcountry Skiing-Intermediate Class, Brooks Lake
Felted Coasters
Conversational Spanish
Conflict Resolution and Management
New Tax Laws for 2014
Basic Music Reading
Drawing
Backyard Beekeeping: Beginner Basics
Raising Backyard Chickens for Eggs and Meat
Excel II, Ft. Washakie Learning Center
Basics of Digital Camera Adjustments
Basic Photography
Basic Studio Photography Concepts

March

Basic Dog Obedience and Rally
Woodworking
Harvesting and Processing Products from Home Beehives
Knitted Hat: Turn a Square
Do It Yourself Divorce
Heartsaver Adult First Aid, Adult/Child/Infant CPR, AED
Backcountry Skiing-Intermediate Class Lava Mountain
Math Anxiety Workshops, Part l
Math Anxiety Workshops, Part ll
Introduction to Creative Writing

April

Basic Horsemanship
Knitted Shawlette: Afternoon Tea
Heartsaver Adult First Aid, Adult/Child/Infant CPR, AED
Salad Dressings from Scratch
Entrepreneurial Workshop
Granite Mountain and Casper Geology Field Trip
Estate Planning

May

Wills and Trusts
Intent to Ferment

Watch for course information and updates on County 10 News and LanderTalk

CWC Lander Center
$35
This class is intended for intermediate knitters who are able to knit and purl. The participants will be making Jared Flood's "Turn a Square" hat. We will discuss the versatility of this pattern; it can be knit in a solid or with stripes as shown in the pattern. The students learn how to use circular needles while creating the hat. This class is in two parts: the first is getting started with circular needles and the ribbing; the second class is decreasing and finishing the hat. Please purchase the following supplies: size 6 – 16" circular needle, size 7 – 16 " circular needle, size 7 – double pointed needles, worsted weight wool (can be one solid color or two colors if you want to put stripes in the hat). Supplies can be purchased from www.yarn.com and www.knitpicks.com. The pattern will be supplied to you when you register for the class.

HARVESTING AND PROCESSING PRODUCTS FROM HOME BEEHIVES

Tina Russell
Thursday, Mar 27, 6-7:30 p.m.
CWC Lander Center
Cost: $10 + $5 payable to instructor for supplies
In this hands-on workshop learn how to make useful products such as lip balm, lotion, and candles from wax and honey derived from local beehives.

KNITTED SHAWLETTE: AFTERNOON TEA

Victoria Boehmer
Saturdays, Apr 5 & 26, 10 a.m.-noon
CWC Lander Center
$35
This class is intended for intermediate to advanced knitters who would like to make a shawlette. The class is taught in two parts: the first part will get you started on the shawlette while the final class will go over finishing techniques including blocking. This class focuses on the basics of lace knitting and how to read a simple chart. Students will learn the importance of the yarn over and another trick to lace knitting. You will need to purchase these supplies: Size 6 – 32" circular needle, blunt tip needle or yarn needle, around 400 yards of Sock Yarn. Supplies can be purchased from www.yarn.com and www.knitpicks.com. The pattern will be supplied to you when you register for the class.

SALAD DRESSINGS FROM SCRATCH

Diane Saenz, UW Extension Nutrition and Food Safety Educator
Thursday, April 24, 5:30-6:30 p.m.
Sinks Canyon Center Orchard House
$10
Dressings are a wonderful way to highlight spring greens and early summer vegetables. Come learn how to make your store-bought favorites (minus the additives) in this hands-on workshop. You'll be surprised at how simple and flavorful it is.

INTENT TO FERMENT

Diane Saenz, UW Extension Nutrition and Food Safety Educator
Thursday, May 15, 5:30-7:30 p.m.
Sinks Canyon Center Orchard House
$10
Natural fermentation is one of the oldest means of food preservation. This hands-on workshop focuses on vegetable krauts. Come learn how to make your own and get the scoop on the nutritional benefits of fermented vegetables. All materials are provided and you will walk away with a jar of your own kraut.

FT. WASHAKIE LEARNING CENTER

Classes located at the Ft. Washakie Learning Center. Please contact the Ft. Washakie Learning Center if you are interested in taking a computer class at (307) 335-7639. Classes in Word, Excel, and PowerPoint can be scheduled based on demand.

EXCEL II

Connie Murray
Feb 4 and 6, 6-9 p.m.
Ft. Washakie Learning Center
Cost: $70
This class is a continuation of Excel I for those who want to expand their skills with Excel. Excel II will cover more advanced use of the spreadsheet program. The class learns to create spreadsheets and workbooks using a variety of formulas and functions. Solid basic knowledge of Excel is required for this class it is recommended that you complete Excel I before taking this class.

Central Wyoming College Community Education Enrollment Form

MAIL TO: Lander Center
ATTN: Joanne Slingerland, 427 Main, Lander, WY 82520

MasterCard/VISA/Discover/ American Express welcome

Birth Date _____ Name _____
Mailing Address _____ City _____ Phone _____
Credit Card No. _____ Exp. Date _____ CV Code _____
E-mail Address: _____

Course Title	Cost

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.

5 easy ways to register

- **IN PERSON**
  Register at Lander Center: 427 Main
- **MAIL**
  Registration and payment information to 427 Main St., Lander, WY 82520
- **PHONE**
  Registration — 332-3394 or 1-800-735-8394 (VISA/MasterCard/AMEX/Discover)
- **FAX**
  Registration — 332-5168 with credit card information
- **E-mail**
  jslingerland@cwc.edu

PAYMENT
Required at registration time (cash, check to CWC, or VISA/MasterCard/AMEX/Discover.

REFUND AND CANCELLATION POLICY
For a full refund of course tuition and fees, withdrawals must be made up to two business days prior to the scheduled start of the course. Please register early to ensure that you get a place in the class. Classes may be cancelled due to low enrollment or instructor conflicts, illness, etc. In these cases, tuition and fees will be refunded.

MAILING ADDRESS
CWC Lander Center
427 Main, Lander, WY 82520

QUESTIONS?
Please call 332-3394 or 1-800-735-8394

CENTRAL Wyoming COLLEGE

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 Jennifer Rey 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.