

Community Outreach Services

photo by Alanna Weahkee-Rios

FALL 2013

lifelong learning classes

Call 855-2125 to register NOW!

CENTRAL *Wyoming* COLLEGE

Riverton

Fall

Community Outreach Services

HARVEST THE BOUNTY OF GREAT FALL CLASSES

Call 855-2125 to register NOW!

HEALTHY LIVING

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 from American Heart Association. Diana Cooper is the experienced, certified trainer for this course. Limit: 10
Dates: Sat, Sept 28
Time: 8am – 3:30 pm, with lunch from 12:30-1:30
Cost: \$60
Place: Aquatic Center Classroom

BEGINNING YOGA

An introductory, six week course for all students, especially those new to yoga. The class will include the teaching of basic postures and breathwork within the framework of Anusara Principals of Alignment. Taught by Carol Sorenson, Certified Yoga Instructor. Please bring a yoga mat; wear loose fitting clothing. For ages 15 and up. Limit: 12
Dates: Wed, Oct 2-Nov 6
Time: 5:30-7pm
Cost: \$60
Place: CWC Art Center 138
(Dance Studio)

CONTINUING YOGA

Eight weeks of yoga for students with previous yoga experience. The course will build on the fundamentals taught in Introductory Yoga and will expand the framework of the Anusara Principles of Alignment within the postures and breathwork. Experienced instructor, Carol Sorensen, is certified and very safety conscious. Students are requested to wear loose, nonbinding clothing and bring a yoga mat and firm blanket to class. Limit 15
Dates: Mon, Sept 30-Nov 18
Time: 5:30-7pm
Cost: \$80
Place: CWC Art Center 138 (Dance Studio)

BASIC MEDITATION

Meditation helps to relax and refresh body, mind, spirit and allow for clarity, inner peace and release the stress of everyday life. Recognize the many healthful benefits a meditation practice can initiate. Students should bring water and a blanket. Nancy Sehnert is the facilitator and leader of the sessions.
Dates: Tues, Sept 17-Oct 8
Time: 6:30-8pm
Cost: \$30
Place: CWC Library 200E (upstairs – elevator available)

CHAKRAS & AURAS

You have heard these terms but what are they? Human energy centers and fields are fully examined and their relevance to our wellness is explored. These ancient concepts are present in modern and indigenous cultures throughout the world. Nancy Sehnert has a thorough working knowledge of these entities through her healing touch work.
Dates: Tues, Oct 22
Time: 6:30-8:30 pm
Cost: \$25
Place: CWC Library 200E (upstairs –elevator available)

INTRO TO HEALING TOUCH™

Experience how Healing Touch Practitioners gently manipulate the natural human energy field to enhance wellness through body, mind, and spirit connections. This integrative work is fully compatible with the current western medical model and is gaining acceptance in medical facilities in the US and around the world. Nancy Sehnert is a Healing Touch Certified Practitioner and maintains a private practice in Riverton.
Date: Tues, Oct 15
Time: 6:30-8:30 pm
Cost: \$25
Place: CWC Professional-Technical PTC 150

MAKING PLANT MEDICINE

Learn to identify medicinal plants in the wild, properly harvest them, their possible uses, and proper storage and use of plant medicines. Students will create salves, oils and tinctures during the Saturday class and receive information about the possible toxic effects of plant medicines. Dr. Charla Hermann, Holistic Healer and Spiritual Psychologist has extensive training and 40 years experience integrating ancient practices of natural healing with current technologies. Bring \$20 to the Saturday class to cover the cost of the salves, oils and tinctures you will make.
Dates: Thurs, Sept 19, 26, Oct 3

NEW

Time: 6:30-8:30 pm
Place: CWC Professional Technical Bldg 150
AND Sat, Oct 5; 1- 4 pm at
St James Episcopal Church
Cost: \$35

NATURAL MEDICINE TECHNIQUES OF THE WORLD

This course covers the many forms that energy medicines are used throughout the world; the commonalities between cultures and proper protocol of use based on culture. Information on Federal and State laws relating to Alternative Medicine and its proper uses will be presented. Learn to form a healing team of natural and western medicine to manage long-term health issues. The Saturday class will be an experiential class to practice natural healing techniques on each other and with Charla's professional associates. Dr. Charla Hermann is the instructor; see www.sacredheartofthewest.com for more information about Charla and the courses she offers nation-wide.
Dates: Thurs, Oct 17, 24, Nov 7 (skip 10/31)
Time: 6:30-8:30 pm
AND Saturday, Nov 9 from 1 - 4 pm
Cost: \$35
Place: CWC Professional Technical Bldg 150

NEW

ACTIVITIES

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). Instructor 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! Two sessions available this fall.
Dates: Session I: Tues, Sept 17- Oct 8 – 4 classes
Session II: Tues, Oct 22-Nov 12– 4 classes
Time: 6:30-7:30 pm
Cost: \$25
Place: CWC Art Center, Dance Studio

PIYO STRENGTH

This popular class combines Pilates and Yoga with great motivating music. It is designed to improve strength, gain flexibility, and improve your

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core strength. No previous experience necessary. Please bring a yoga mat and be prepared to sweat! Melissa Garrett is the PIYO certified instructor. Dates: Thurs, Oct 3-Nov 14 (skip 10/31) – 4 classes
Time: 6-7pm
Cost: \$35
Place: TBA

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 three times this spring at CWC, to accommodate G and F's new maximum student limits of 30 per class. **Attendance at all five class meetings is required.** Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. **YOU MUST REGISTER ON LINE** at: <http://wgfd.wyo.gov/HunterEdRegistration/frmCourseList.aspx>, select course desired, click **Enroll**, and fill out form. **THEN COME IN OR CALL OUR OFFICE TO PAY**

Limit: 30 per session.

Dates: Session 1 – Mon & Thurs, Jan 6-23

(no class 1/20) Field Trials Jan 25

Session 2 - Mon & Thurs, Feb 3-Feb 20

Field Trials Feb 22 (no class 2/17)

Session 3 – Mon & Thurs, April 7-22

Field Trials April 26

Time: 6:30-9:30pm for classroom dates

Cost: \$16

Place: CWC Student Center 104 (Little Theatre)

SCUBA DIVING

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.

Dates: Fri, Sat, Sun; Oct 25, 26, 27

Times: Fri: 7-9:30pm

Sat, Sun: 8am - 4:00pm

Cost: \$285

Place: Fri; CWC Professional Technical Bldg Room 150

Sat, Sun; High School Pool

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

SWING DANCE WORKSHOP

Round up a partner and come learn basic swing, two-step, and waltz with our new dance instructor, Jeff Sherrill. Jeff lives and teaches dance regularly in Cody; his class last spring in Riverton was wildly popular! You'll get practice time to perfect your steps during these 2 hour classes, held for 4 weeks. If interest warrants, we'll be bringing Jeff back for more advanced workshops in the future. Limit: 15 couples; all ages welcome

Dates: Sun, Oct 6-27

Time: 2-4:00 pm

Cost: \$75 per person for 4 classes

Place: CWC Arts Center, Dance Studio

BEGINNER'S BALLROOM - CHA CHA

This one evening dance class could be your 'date night out' for the week! Round up a partner and join the fun! Cha cha is easily learned and a fun beat which you'll encounter, even in western or country music. Melissa Garrett was on Utah State's ballroom dance team and competed extensively in ballroom and folk dance styles. Partner recommended; we'll try to match you up with another single if possible.

Date: Fri, Nov 15th

Time: 7-8:30pm

Cost: \$10 per person

Place: CWC Arts Center, Dance Studio



AFTERNOON BEGINNING BRIDGE

Our Bridge playing classes are really taking off! Choose whichever time frame suits you and register today for great training in this life-long, social activity which is good for your brain! Experienced instructor, Brian Bishop will guide you through the universal, foundational rules, enabling you to play bridge anywhere with any partner. You may find that what your grandmother or best friend taught you may need to be "tweaked" a bit to fit the real rules! At the first class you will purchase a book, good for all subsequent classes, for \$8. Limit: 16

Date: Thurs, Sept 26-Nov 7 (7 classes)

Time: 2-4:30pm

Cost: \$35

Place: Reach Foundation Clubhouse, 622 N. 8th West

EVENING BEGINNING BRIDGE

This foundational class meets seven weeks to cover the basics of social bridge rules. This great activity can be enjoyed throughout life. Learning correct rules from an experienced teacher will allow you to play with anyone, anywhere. Plan to pay the instructor \$8 for your book at the first class. Brian Bishop is the teacher. Limit: 16

Date: Tues, Sept 24-Nov 5

Time: 7-9:30pm

Cost: \$35

Place: Reach Foundation Clubhouse, 622 N. 8th West



CONTINUING BRIDGE

Once you have a good foundation in Bridge, challenge yourself with this class! You'll continue lessons from your book, acquired in the beginning class, as you advance your skills and knowledge. Limit: 16

Dates: Thurs, Sept 26-Nov 7 (7 classes)

Time: 7-9:30pm

Cost: \$35

Place: Reach Foundation Clubhouse, 622 N. 8th West

SHOSHONI BEGINNING BRIDGE

Bridge lessons are also offered this fall in Shoshoni! Brian teaches this Saturday afternoon class at the Senior Center. Students will purchase a book (\$8) at the first class and continue to use it for all subsequent courses. Limit: 16

Date: Sat, Sept 7-Oct 19 (7 classes)

Time: 1:30-4pm

Cost: \$35

Place: Shoshoni Senior Center,
214 East 2nd St; 876-2703

LEARN ABOUT SWITZERLAND!

Join Kurt and Suzanne Schafli, natives of Switzerland who hold dual citizenship, for this presentation on a fascinating and lovely country. Their animated audio video/slide presentation is accompanied by classical music and will touch on the history, culture, nature and scenery of Switzerland. The Schafli's have an extensive collection of photographs of the mountains, villages, bridges, churches and flowers of their native country. You will be treated to a sampling of Swiss cheeses and chocolates!

Date: Fri, Sept 27

Time: 7:00pm

Cost: Donations at the door gratefully accepted

Place: Riverton Public Library

HORSE CLASSES

WORKING COW HORSE

Students and their horses will work on stops, turn-arounds, rollovers, pivots and suppling. Instructor, Erin Gonka, is a current CWC Equine Studies student and comes highly recommended. Class has two sessions, take either or both for more practice.

Dates: Session I – Mon, Sept 16-Oct 21 (6 classes)

Session II – Mon, Nov 4-Dec 9 (6 classes)

Time: 6-8:00 pm

Cost: \$100 per 6 week session

Place: Wilson Rd, 9 miles north of Riverton, Hwy 26

BEGINNING AND INTERMEDIATE ROPING

Now you can learn to rope calves! In this six 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! If you are an experienced roper, you can practice and get expert guidance to polish and refine your skills. 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 the instructor, Talon at 851-0951 for

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more information. Limit 10 students
Dates: Fri, Sept 20-Oct 25 (6 classes)
Time: 6-8:00pm
Cost: \$150 (includes the stock fee)
Place: Wilson Rd, 9 miles north of Riverton, Hwy 26

BARRELS AND POLES

Join Jennifer Clymer for this great class, designed for riders of all ages. Gain experience, confidence, and comfort on your horse as you develop your skills barrel racing and pole bending. Jenny loves to share her knowledge of riding and passion for horses with her students and her classes always have returning students. Rental horses may be available for this course; call 851-5678 to make arrangements. Limit: 10
Dates: Tues, Sept 17-Oct 22 (6 classes)
Time: 6-8:00pm
Cost: \$100
Place: Wilson Rd, 9 miles north on Hwy 26;
Scott Ratliff's Barn

NURTURE CREATIVITY

COMMUNITY CLAY - LONG 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 a loyal following of Riverton residents who are really enjoying the opportunity to perfect their skills and knowledge. This fall we are offering an extended length class for students who really want extensive instruction. Students will have 2 hours of class time every Tuesday for the entire semester (16 weeks) and access to the lab at other times, to coincide with Dan's schedule in the studio. Limit: 16
Dates: Tues, Sept 3-Dec 17
Time: 6-8:00pm
Cost: \$195 (\$115 tuition plus \$80 lab fee -includes clay, glazes, firing)
Place: CWC Art Center 113



COMMUNITY CLAY - SHORT CLASS

This is our traditional length community class, eight weeks of great hands-on learning with our adjunct pottery instructor, Dan Brown. The instruction is individualized to fit each student's experience level. Learn basic skills or new techniques to enhance what you already know. Students can work on their own at other times throughout the week, to coincide with Dan's lab time. Check out several of Dan's pieces in the display case near the "R" Rec offices. Limit 16 (total, both courses)
Date: Tues, Oct 1-Nov 19
Time: 6-8:00pm
Cost: \$105 (\$60 plus \$45 lab fee)
Place: CWC Art Center 113



OSHIBANA

Come enjoy learning this traditional Japanese art form with long time instructor, Cynthia Griewahn. The traditional form uses origami papers, pressed flowers, and leaves to make lovely notecards. Cynthia has adapted the techniques using quilt designs with the botanical elements to make unique cards! Display case in our



office holds several of these creative cards for you to see. Materials list at registration. Limit: 12
Date: Thurs, Sept 19
Time: 7-9:00pm
Cost: \$10 (nominal materials fee paid to instructor at class, if needed)
Place: CWC Art Center 133



NEEDLE FELTED JUNIPER MAT

As you're preparing to decorate for the holidays, consider making a simple needle-felted project that incorporates a juniper branch design. It will be perfect to place under a candle, a decorative dish, or vase. Come see a sample in the display case. This project is appropriate for all skill levels, and no prior experience is necessary. Your personal design, using an easy technique to create juniper branches with blue berries, can be as simple or as ornate as you wish. These mats would make a lovely gift for anyone who loves the outdoors. Felted mats, roving and necessary equipment will be approximately \$10 and will be paid directly to instructor, Nancy Jones, at the class. Minimum age is 12. Limit: 10
Date: Thurs, Dec 5
Time: 7-9:00pm
Cost: \$20
Place: CWC Art Center 133



NEEDLE FELTED SANTA

Both beginners and previous students are welcome! Come make a small Santa ornament or figure, learning a variety of needle felting techniques. Experienced needle felters can add new embellishment techniques and refine skills to achieve the face they want for their Santa. These 3-dimensional figures are unique, each with its own personality and color scheme. The beards are especially endearing as they are made with wavy, curly white and ivory wool! This simple craft is easy to learn and produces a finished product quickly. Nancy Jones is the very experienced instructor for this course. The materials for two Santas and equipment are approx. \$10 and will be purchased directly from the instructor at class. Minimum age is twelve. See display case outside the "R" Rec office for Santa examples! Limit: 10
Date: Sat, Dec 7
Time: 1-4:00pm
Cost: \$30
Place: CWC Art Center 133

KNITTING "WRISTLET WITH BEADS"

Interested in adding extra "bling" to your knitting projects? Let's knit wristlets (wrist warmers) and learn to knit with beads. The class will include instructions for stringing beads onto yarn and reading a chart for placing the beads in a classic design. We'll be using fingering weight yarn (sock yarn) and small circular or double-pointed needles. Pick out yarn and bead color combinations for holiday gifts or to match your favorite winter coat. Once you've learned this skill, you can add beads to scarves, shawls, socks or any project that could use added embellishment. Prerequisite skills: cast on, bind off, knit stitch, knit in the round. A list of materials will be available from the office at registration, where you can also see a sample on display. Nancy Jones is the experienced instructor. Limit: 10
Date: Thurs, Sept 26
Time: 7-9:00pm
Cost: \$20
Place: CWC Art Center 133



KNITTING "FAIR ISLE COWL"

Learn to knit with two colors to create a beautifully designed Fair Isle Cowl. If you can knit in the round, you can do it! The challenge is to try two handed knitting: one color is held with the right hand, English style, and the contrasting color is held in the left hand, Continental style. It may sound complicated, but it's not. And the results are fantastic! For this class, you will need 2 skeins (160 yds. ea.) of worsted weight yarn, one main color and a contrasting color. Needle size will be US 10 - 16" - 20" circular. You will need to know how to cast on, knit, purl, and bind off. Prior to the class, you will need to complete the following homework: With the main color, cast on 100 stitches. Join in the round. Place marker. Complete 1" (6 rounds) of [K2, P2] ribbing. Then you will be ready for Fair Isle color knitting instruction! A Fair Isle Cowl is a perfect winter project and would make a great holiday gift! Please come into the office to see a lovely example of this project. The instructor is Nancy Jones.
Date: Thurs, Oct 10
Time: 6:30-9pm
Cost: \$25
Place: CWC Art Center 133



QUILTING "GARDEN FENCE"

An example of this quilt, done in a collage of fabrics (you choose the color scheme!) is on display at The Breadboard in Riverton. This pattern can utilize scraps or purchased fabrics in any combination of prints and colors. A lap size quilt is made with 30 ten inch blocks, each using two different fabrics. The pretty quilt requires a bit of experience. Materials list available at registration. Popular and very experienced, Sharon Born is the instructor for this course. Limit: 16
Date: Mon, Sept 30-Nov 11
Time: 7-9:00pm
Cost: \$38
Place: Riverton High School Home Ec Sewing Rm

LEARN TO CROCHET

Make a dish cloth as you learn the basics with Katie Barker. Materials list upon registration. Minimum age 8, Limit: 10.
Tues/Oct 1
7-9 PM
\$10
CWC Art Center 133



CROCHETING A RUG

Turn that mountain of unused t-shirts or old sheets at your house into cushy throw rugs. This quick, easy technique uses simple crochet stitches, giant hooks, and old t-shirts or torn fabric strips to make great bath, kitchen, porch, and bedside rugs which are a delight to step on. Bring sharp scissors or a rotary cutter and mat, and old t-shirts or sheets. You should know how to do a basic crochet stitch before taking this class. Judy Hubbard, instructor, has made dozens of these prettyn rugs. They make great gifts and are popular at bazaars and craft fairs.
Date: Thurs, Oct 10
Time: 6:30 -9pm
Cost: \$12 includes the crochet hook
Place: CWC Professional Technical Center
Conference Room



DENIM RUG

The demand for this popular class never ends! Turn your old jeans into sturdy, functional rugs with a special tool and this simple technique. No sewing required. Bring scissors, a couple pair of old jeans and a roll of masking tape. Plan to buy the custom-made, hardwood tool for \$3 from instructor, Cynthia Griewahn. A great way to recycle, instead of throwing away, worn out denim jeans.

Date: Thurs, Sept 26 and Oct 3

Time: 7:00-9pm

Cost: \$20

Place: CWC Professional Technical Conference Room

CREATIVE KIDS

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. All materials and fees (including two firings for pottery projects) are included in the prices for a bargain on quality art instruction.

PAINT A COLORFUL FALL LANDSCAPE

Students will be guided step-by-step to complete an autumn scenic painting using acrylics. Use underpainting, palette knife and a variety of special brushes. Wear old clothes or bring a paint shirt. For students 3rd grade and up. Limit: 12

Date: Sat, Oct 19

Time: 9-11:30am

Cost: \$16

Place: CWC Art Center 106

PAINT A WINTER WATERCOLOR

Create your own colorful watercolor painting, using masking, salt, sponges, and much more. Learn about positive and negative space, color compliments and design. You'll be proud to mat and frame your completed art. Create a special Christmas present for your family! For grades 1 and older. Limit 10

Date: Sat, Nov 16

Time: 1-3:30pm

Cost: \$16

Place: CWC Art Center 106

LET'S MAKE POTTERY HOLIDAY ORNAMENTS (3-5 YEARS OF AGE)

Ornament designs will include darling matchbox mice, pocket pouches, wreaths, snowmen and stars to hang on a tree or wall. Students will use slabmaking, coils, colored clays and a variety of glazes to create their treasures. Limit: 12

Date: Sat, Nov 9 and 16

Time: 9-10am

Cost: \$14

Place: CWC Art Center 113

Ages: 3-5 year olds

POTTERY CHRISTMAS THEME WALL DECORATIONS FOR GRADESCHOOLERS

Students can choose to make a deer, wreath with ornaments, or an angel to hang on the wall. Students will use slab making, coils and a variety of glazes to create their treasures. Limit: 12

Date: Sat, Nov 9 and 16

Time: 10:30am-noon

Cost: \$20

Ages: CWC Art Center 113

Ages: Grade school ages

KIDS MAKE CHRISTMAS TREATS! (AGES 4-7)

Children love to create, especially when the results are yummy to eat! Ages 4-7 will make decorated Christmas trees (ice cream cones!), dipped candy canes with sprinkles, Nutterbutter snowmen and more fun treats. Jennifer Metcalf is the teacher, with daughter Amber helping. Limit: 12

Date: Sat, Dec 7

Time: 1-2:30pm

Cost: \$8 includes all the goodies!

Place: Riverton High School Home Ec Cooking

Ages: 4-7 years old

CHRISTMAS CRAFTS AND TREAT! (AGES 8-12)

Rayne Fabion is the enthusiastic instructor and taught this course at the Nicolayson Museum when she lived in Casper. Students will make some fun, holiday-themed crafts and a yummy caramel apple. 8-12 year olds, younger than 8 with adult. Limit: 10

Date: Sat, Dec 7

Time: 10:30-noon

Cost: \$8 includes all materials

Place: St James Episcopal Church 519 E. Park (enter 6th St doors)

Ages: 8-12 year olds, under 8 with an adult

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 years old, with parents welcome to participate. Finished pieces can be picked up from the "R" Recreation Office in the Professional-Technical Building. Two sessions this fall; choose both or whichever fits your schedule best.

Date: Session I - Mon, Oct 14 and 21 (pick up finished work Oct 28)

Session II - Fri, Nov 8 and 15

(pick up finished work Nov 22)

Time: 3:30-5:30pm

Cost: \$40 (\$30 + \$10 lab fee for clay and firing per session)

Place: CWC Art Center 113

PRESERVE THE HARVEST

HANDS ON CANNING

The time-honored tradition of home canning is making a comeback! Join us to learn the steps to



water-bath fruit, (peaches or pears if they are available) applesauce, or local tomatoes. Both products are wonderful additions to your winter pantry. This course will not teach pressure canning (necessary for beans and low-acid vegetables) but will focus on easy water-bath canning procedures, using the safety guidelines recommended by the USDA. You will leave the class with several finished jars, recipes to use them, and all the knowledge to make more at home! Local market gardener, Deb Huddleston, is eager to show you just how easy and economical it is to can your own fruit and tomatoes. Bring 3 clean, unchipped pint canning jars, or plan to buy them at class from Deb. You will also pay her directly at class for the materials. Two sessions to choose from; pick which ever fits your schedule best! Limit: 10/session

Dates: Session I; Thurs, Sept 19; 7:00-9pm
Session II; Sat, Sept 21; 9-11:00am **NEW**

Cost: \$12

Place: Middle School Home Ec Cooking Rm

THE BEST EVER DILL PICKLES!

Join new instructor Teddi Winge from Lander, to learn her secrets for the best dill pickles ever! Each student will make and take home a quart of delicious, crisp dills to enjoy this winter, and you'll have the knowledge to make more for friends and family. Limit: 10

Date: Mon, Sept 16 **NEW**

Time: 7-9:00 pm

Cost: \$16 includes all materials, including jar

Place: St James Episcopal Church 519 E. Park (enter 6th St doors)

HOLIDAY TREATS AND DESSERTS

THANKSGIVING TURKEY CHEESEBALL

Picture your guests' delight when you bring out an appetizer cheese ball which looks like a turkey! Special cheeseball made with smoked shredded turkey is decorated with nuts, frosted cookie "tail feathers" and bits of bright red pepper for a delightful, yummy snack for the football addicts in your house! Sonja Fairfield loves making special food treats and is eager to show you her tricks! Deadline to register is 11/15, so she can make the cheese balls before class (you'll get the recipe) and take home a completed turkey cheesesball to enjoy. Limit: 10

Date: Mon, Nov 18 **NEW**

Time: 6:30-8:30pm

Cost: \$18 includes all materials

Place: Middle School Home Ec Cooking Rm

CHOCOLATE CHRISTMAS MICE

These incredibly cute Christmas treats will be the hit of the party or your cookie tray! Each little mouse is made with a chocolate covered maraschino cherry, Hersey kiss, almond slices and icing. Check the "R" Rec facebook page for pictures of the mice, deerhead cookies and turkey cheeseball or come see our display case at the office! New instructor, Sonja Fairfield, is eager to share her enthusiasm for these sweet projects! Good for parent/child activity, too.

Date: Tues, Dec 10 **NEW**

Time: 6:30 - 8:30pm

Cost: \$12 includes all materials

Place: Middle School Home Ec Cooking Rm

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DEER HEAD MOUNT COOKIES

You have to see these to believe them! (So, check out the "R" Rec facebook page for pics or come by the office and look at the display case!) Using caramels, pretzels, chocolate covered cookies and icing, make extra-special treats for the hunters in your family this holiday season! They'll flip! And so will everyone who sees them! Another fun class for a parent and child to take together; also taught by Sonja Fairfield.

Date: Thurs, Dec 12

Time: 6:30-8:30 pm

Cost: \$12 includes all materials

Place: Middle School Home Ec Cooking Rm



FABULOUS SEASONAL CUPCAKES

Spend the afternoon baking (from scratch) and decorating two different kinds of cupcakes with 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 Pumpkin Spice Cupcakes with Cinnamon Whipped Cream icing as well as Rich Chocolate Cupcakes with Light Peppermint icing. Instructor Veronica Roemmich 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! Each student needs to bring a muffin pan, 4 16in decorating bags (can be disposable), # 12 round tip, and 1M star tip. You can purchase starter kit 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.

Date: Sat, Nov 9

Time: 1-4:00pm

Cost: \$38 includes all ingredients

Place: Riverton High School Home Ec Cooking Rm

HOMEMADE PIE WITH LYNETTE!

Local pie guru, Lynette Jeffres, returns to teach her popular pie baking class this fall! Impress your holiday guests with special pies made by YOU! You'll learn to make an incredibly tasty, flakey crust and a variety of delicious fillings for double crust fruit pie, a meringue-topped pie, and more. The more students who register, the more pie recipes will be made during class, so get your friends or sisters/daughters/mothers together and come make PIE! Limit: 20

Date: Wed, Nov 6

Time: 6-9pm

Cost: \$16 includes all materials

Place: Riverton High School Home Ec

FRESH HOMEBAKED COOKIES

Jennifer Metcalf shares her favorite recipes and cookie baking techniques with you in this new class. Merengue Kisses will melt in your mouth, Seven Layer Bars are always a hit!, and you'll make several more special cookies to impress family and friends this holiday season. Plates of homemade cookies are such welcome gifts and it's fun to add new varieties to your offering! Please plan to pay approximately \$10 at class for materials and plan to take home a plate of delicious cookies for your family. Limit 16

Date: Sat, Nov 9

Time: 9am-noon

Cost: \$12

Place: Riverton High School Home Ec Cooking

BRITTLES AND TOFFEE

Jennifer has made homemade candies all her life and will show you the secrets for successful cashew brittle, toffee, and more in this course. Another great addition to those holiday gift plates! Gather up your girlfriends and come have fun! Again, we need another District 25 employee, so the first to register is free. Materials for this course are approximately \$10; please plan to pay the instructor at class. Limit: 16

Date: Sat, Dec 7

Time: 9:00am-noon

Cost: \$9

Place: Riverton High School Home Ec Cooking

GARDENING

TOUR CHUCKIE AANESTAD'S SENSATIONAL FLOWER GARDENS!

Well-known local gardener, Chuckie Aanstad, hosts this guided, instructional tour of her beautifully landscaped property. Chuckie lives and gardens in an area 14 miles west of Riverton with extremely challenging conditions (very windy, poor soil and water), yet her yard is breathtaking! Learn her techniques to reduce water use, choose plants suited for our environment, and add big color to your fall gardens. Clear directions and/or a map will be provided. Plan to carpool with a group of your gardening friends!

Date: Sun, Sept 22

Time: 2-4:00pm

Cost: \$12 (refundable if cancellation due to weather is necessary)

Place: Directions provided upon registration

TIPS FOR AN AMAZING LANDSCAPE UNDER ADVERSE CONDITIONS!

Another on-site visit to Chuckie and Duane Aanstad's home, this one focused on the buffalo grass lawn, the native shrub windbreak berm, and other landscape features tailored to their difficult site. Many years of experience and hard work have produced spectacular results; come for an inspiring, useful, on-site discussion of Wyoming landscaping challenges and solutions. Clear directions and/or a map will be provided; their home is located off 8 Mile Rd, approximately 14 miles from Riverton.

Date: Sun, Sept 29

Time: 2-4:00 pm

Cost: \$12 (refundable if cancellation due to weather is necessary)

Place: Directions provided upon registration



BUILDING A SIMPLE WATER FEATURE FOR YOUR YARD

Shawn and Deb Huddleston are the experienced instructors for this hands-on demonstration workshop building a simple small water fountain. Deb encourages people to use materials found at home - perhaps an old tea kettle, a rusted cream can, non-draining shallow planters, and more - to make an inexpensive, personalized water feature to add interest and appeal to the yard. Come learn the concept and technique to make yourself a fountain this winter, or make a special, unique gift for a gardener on your Christmas list! She will have pumps and tubing available to purchase for your project following the workshop, if desired. Gather up your gardening friends and carpool out!

Date: Sat, Sept 28

Time: 2-4:00pm



Cost: \$16 (refundable if cancellation due to weather is necessary)

Place: Huddleston yard/shop, 58 Far View Circle (off Burma and Alaska 9 miles n. of town)

HEALTHY WORLD

WATER HARVESTING FOR PERMACULTURE

Permaculture is a branch of ecological design, ecological engineering and environmental design that develops sustainable architecture and self maintained agricultural systems modeled from natural ecosystems. Tanya King's powerpoint presentation includes discussion of the basic concepts of permaculture, practical how-to's of water harvesting and details her personal experiences with implementing permaculture concepts on her farm between Kinnear and Pavillion.

Date: Wed, Oct 30

Time: 7-9:00pm

Cost: \$6

Place: CWC Professional Technical Bldg 150



FILM DISCUSSION SERIES

View two of the most-thought provoking documentaries this season! Tanya King will lead a discussion at the conclusion of each film for those who want to participate. We'll also serve organic, non-GMO popcorn with organic butter and sea salt! Please bring your own non-alcoholic drinks. Donations gratefully accepted. Film series continues next spring.

"FLOW"

Irena Salina's award-winning documentary investigation into what experts label the most important political and environmental issue of the 21st Century - The World Water Crisis.

Salina builds a case against the growing privatization of the world's dwindling fresh water supply with an unflinching focus on politics, pollution, human rights, and the emergence of a domineering world water cartel. Interviews with scientists and activists intelligently reveal the rapidly building crisis, at both the global and human scale, and the film introduces many of the governmental and corporate culprits behind the water grab, while begging the question 'CAN ANYONE REALLY OWN WATER?' Beyond identifying the problem, FLOW also gives viewers a look at the people and institutions providing practical solutions to the water crisis and those developing new technologies, which are fast becoming blueprints for a successful global and economic turnaround.

Date: Tues, Oct 15

Time: 7:00pm

Place: CWC Little Theatre, Student Center



"THRIVE: WHAT ON EARTH WILL IT TAKE?"

THRIVE is an unconventional documentary that lifts the veil on what's REALLY going on in our world by following the money upstream uncovering the global consolidation of power in nearly every aspect of our lives. Weaving together breakthroughs in science, consciousness and activism, THRIVE offers real solutions, empowering us with unprecedented and bold strategies for reclaiming our lives and our future. For additional information see <http://www.thrivemovement.com/>

Date: Tues, Nov 12

Time: 7:00pm

Place: CWC Little Theatre, Student Center



FOR 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 instructor for the class is Bridges certified, Hattie Penny. 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. Deadline to register is Oct 1 so we can order books.

Date: Wed, Oct 9

Time: 9:00am-4 pm

Cost: \$50 includes book and catered lunch

Place: CWC Student Center Fremont Room

PLANNING FOR COLLEGE

Whether you are preparing for college five years down the road or next fall, it's never too early or too late to take charge and plan for education. Designed to be helpful to students from middle school to high school seniors, "Planning for College" reviews strategies that will help you plan for college selection, admissions processes, and financial aid realities. Presenter and discussion leader is Hattie Rebecca Penny, M.A., who has offered this seminar previously in Cheyenne and Colorado.

Date: Mon, Oct 12

Time: 7-9:00pm

Cost: \$6

Place: CWC Professional Technical Bldg 150



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 of the Rehabilitation Act may be referred to the Executive Director of Human Resources at Central Wyoming College, 2660 Peck Avenue, Riverton, Wyoming 82501, (307) 855-2112 or 1-800-735-8418 (instate) or the Western Division Office for Civil Rights, Office of Civil Rights, Denver Office, U.S. Department of Education, Federal Building, Suite 310, 08-7010, 1244 Speer Boulevard, Denver, CO 80204-3582, (303) 844-5696, 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.

UPGRADE YOUR COMPUTER SKILLS

INTRODUCTION TO COMPUTERS AND WINDOWS

The basics, including how to find out 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 to work on. Students may also bring a laptop if desired. Limit: 15

Date: Sat, Oct 26

Time: 9:00am-1:00pm

Cost: \$32

Place: CWC Main Hall 160

WORD I

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

Date: Sat, Nov 2

Time: 9:00am-4:00pm (hour lunch break)

Cost: \$42

Place: CWC Main Hall 160

WORD II

Take your knowledge of Word a step farther with this course, also taught by Connie.

Date: Sat, Nov 9

Time: 9:00am-4:00pm (hour lunch break)

Cost: \$42

Place: CWC Main Hall 160

EXCEL I

Learn ways that Excel can be used in your daily life. The instructor, Connie Murray, 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

Date: Sat, Nov 16

Time: 9:00am-4:00pm (hour lunch break)

Cost: \$42

Place: CWC Main Hall 160

EXCEL II

You will learn more applications for this versatile program and expand your experience with it in this next level course. Connie Murray tailors her instruction to the students' needs. Bring a flash drive or disk if desired. Limit: 15

Date: Sat, Nov 23

Time: 9:00am-4:00pm (hour lunch break)

Cost: \$42

Place: CWC Main Hall 160

PUBLISHER

In this introduction to Publisher, students will learn the basics and create a Christmas letter to send out to friends. Learn to create your own business cards, greeting cards, flyers, and three 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

Date: Sat, Dec 7

Time: 9:00am-4:00pm (hour lunch break)

Cost: \$42

Place: CWC Main Hall 160

GETTING STARTED WITH FACEBOOK

Catch up with your friends on Facebook! This quick course will get you started, give you valuable information about how Facebook posts can be "mined" and how to protect your privacy as you use this important social media tool. Like it!!

Date: Sat, Dec 14

Time: 9:00am-noon

Cost: \$25

Place: CWC Main Hall 160

HOW TO MAKE THE MOST OF YOUR I-PAD

This new short course is taught by Ben Peterson, who works as CWC's Network Technology Specialist. He'll guide you through the intricacies of your I-Pad, making sure you'll get the most possible use from it. This couple hours can save you many hours of manual reading and "figuring things out" time! Ben's fun, outgoing personality will make this an enjoyable, useful evening. Limit: 12

Date: Thurs, Oct 3

Time: 7-9 pm

Cost: \$18

Place: CWC Main Hall 160



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

Fall 2013

> Instructor-Facilitated Online Courses for Teachers PTSB Credit

A to Z Grantwriting
 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 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
 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
 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 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

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.

4

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



FRONT COVER:
Zack Carlson, young, local producer from Missouri Valley, grew the vegetables used for our front cover image.

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.