

LANDER CENTER

2013

FALL

COMMUNITY EDUCATION CLASSES

PRESERVE THE HARVEST: A HOME FOOD PRESERVATION SERIES

All classes are held at the
Sinks Canyon Center Orchard House and are \$10 each.
Instructor: Diane Saenz, UW Extension Educator

Diane Saenz is an educator for the University of Wyoming Extension Service. She serves the northwest area of the state and is based in Lander. As well as teaching about nutrition and food safety, she is passionate about food-based education. Diane enjoys sharing her knowledge and getting people enthused about preserving food at home. If you're curious about food preservation or just like to be in the kitchen, sign up today!

August 14 – Food Preservation Fundamentals, 5:45 - 7PM

Are you curious about preserving food at home but haven't a clue where to begin? Come learn about your options and get started on the right track. This presentation will cover the basics of home food preservation.

August 28 – The Art and Science of Drying Foods, 5:45 - 7:45PM

Drying is an easy way to preserve food. This session on food dehydration covers the techniques of drying fruits, vegetables, herbs, leathers and jerkies at home. Get inspired to create your own backpacking and camping meals!

September 7 – Canning Jams, Jellies and More, 11AM - 2PM

Love the flavors of summer fruits? Learn how to enjoy that delightful, fresh-picked taste year-round by making fruit spreads. The basics of water bath canning will be covered to ensure safe preservation and a quality product. All materials will be provided and you will walk away with a jar of your own.

September 21 – Pickling Made Easy, 11AM - 2PM

If you enjoy pickled foods, learn to make your own. This hands-on workshop will walk you through the steps for making pickles, relishes and chutneys that are shelf-stable. The basics of water bath canning will be covered to ensure safety. All materials will be provided and you will walk away with a jar of your own.

October 5 – Overcoming the Fear of Pressure Canning, 11AM - 2PM

Pressure canning can be scary for a lot of people but it doesn't have to be. Learn how a pressure canner works and walk through each step involved in safely canning low acid foods. If you have a dial gauge canner, remember to bring it along for testing.

October 16 – Intent to Ferment, 5:45 - 7:45PM

Natural fermentation is one of the oldest means of food preservation. This hands-on workshop will be focusing 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.

HEALTHY COOKING WITH LOCAL FOODS SERIES

All classes are held at the
Sinks Canyon Center Orchard House and are \$10 each
Instructor: Diane Saenz, UW Extension Educator

Are you interested in healthier cooking or eating more local? This harvest season, UW Extension and CWC are partnering to offer culinary-nutrition classes in Lander. These hands-on classes will guide you through the kitchen as you prepare different salsas, leafy greens and winter squash. Leave motivated and confident to getting more color on your plate. All materials provided and tastings are part of the deal.

September 11 –
Salsa Making, 5:45 - 7:30PM

October 23 – Cooking with Kale and
other Leafy Greens,
5:45 - 7:30PM

November 16 – Preparing Winter
Squash, 11AM - 1:30PM

AUGUST

EDIBLE AND MEDICINAL PLANTS

John Mionczynski
Saturday, Aug 10, 9AM-4PM
\$30

This class visits different plant habitats later in the growing season. The class will explore edible and medicinal plants in the Togwotee Pass area from the Bonneville Pass Trailhead. Bring a lunch and water. John's classes fill quickly so register early! Participants will be contacted about times and location for meeting the day of class.

(continued on next page)



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.

NEW! ITALIAN COOKING: FROM FARMER'S MARKET TO TABLE

Gina Colovich
Saturdays, Sept 7 & 14, 4-7PM
CWC Sinks Canyon Center Fremont Hall
\$10 + \$15 supplies payable to instructor

Experience the latest trend in Farm to Table dining. We will use the best local ingredients from the Lander Valley Farmer's Market or our own gardens to create this unique dining experience. After this hands-on class we will dine alfresco on the grounds of the Sinks Canyon Center. Each class is independent of the other so sign up for one or both!

NEW! 5 VIRTUE QIGONG DAY RETREAT for Self and Social Healing

Mary Jarrard
Saturday, Sept 7, 8AM-5PM
Location: TBA
\$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 Five 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

MOUNTAIN BIKING

Darran and Stacy Wells
Orientation: Saturday, Sept 7, 8-12 AM,
Saturdays, Sept. 14, and 28, 10AM-3PM and a weekend
camping trip Oct 4-6 (Details provided upon registration).
Meet at CWC Lander Center for first class
\$325

This off-road bicycle-riding course will cover basic riding technique, maintenance, risk management, and clothing and equipment selection. It is recommended that students have some experience riding off-road terrain ranging from two-track jeep roads to technical single-track and the physical ability to ride distances of 10-20 miles on trail. The course will include a weekend mountain-bike trip.

WOMEN'S ADVENTURE HIKE

Shelli Johnson
Saturday, Sept 14, 4:30AM-7PM (including drive time to/
from Trailhead)
*\$100**

This is an epic opportunity. Go the distance with Shelli to the end of Adams Pass and the Bears Ears Trail, with an option including scrambling to the top of Mt. Chauvenet.

This hike offers alpine scenery and the opportunity to hike above timberline while enjoying jaw-dropping scenery. Hikers will enjoy a panoramic view of the Wind River Range that includes Mount Washakie, Chess Ridge, Mt. Hooker, Mount Bonneville, Musebeah Peak, Grave Lake, and more. Note: There is about 3,000' of vertical gain on this hike and most of it is at high altitude and above timberline. Therefore, minimum fitness level required. To the turnaround point is about 16 miles roundtrip, or to top of Mt. Chauvenet is approx. 18 miles roundtrip. (Max elevation: 12,000')

*Participants are responsible for purchasing a reservation day permit (\$25 ea.) the day prior to hike.

This hike is not for the faint of heart. Women who sign up for this need to be at a high level of fitness, in good health, accustomed to hiking at higher altitudes, and experienced at gaining a lot of elevation while hiking.

BASIC DOG OBEDIENCE AND DOG RALLY

Carrie Jo Calvert
Mondays, Sept 9-Oct 14, 6:30-7:30PM
Dillon Park
\$60

Basic dog obedience will be covered along with rally which is an obedience class using signs. Dogs will learn to follow basic commands. Bring your dog on a leash.

NEW! PLANNING FOR COLLEGE Q and A EVENING

Hattie Penny, WRIR Educational Opportunity Center (EOC)
Wednesday, Sept 18, 6-7:30PM
CWC Lander Center
No charge!

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. Middle and high school students, parents, and grandparents are encouraged to attend this highly informative evening!

INTRODUCTION TO COMPUTERS AND WINDOWS 7

Connie Murray
Saturday, Sept 21, 9AM-1PM
CWC Lander Center
\$45

The basics, including learning what programs are on your computer and how to find 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 need them.

NEW! MATH TIDBITS - HELP FOR THE MATH ANXIOUS, THE RUSTY MINDS, AND THE RELUCTANT LEARNER

Marcy Tepper
Wednesdays, Sept 25-Nov 20, 7-8:30PM
\$35 for entire course or \$10/class drop-in
CWC Lander Center

This nine week mini-course is designed to be a fun, exciting class geared towards 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 will be spent reviewing math concepts with time to practice new skills with fellow classmates. Attend all sessions or drop-in any session which peaks your interest. Instructor Marcy Tepper taught math in middle schools, high schools and major universities. She has been fascinated by the mystery of

math anxiety and phobia and has helped many overcome their math fears. By truly caring about students and infusing humor into her lessons, she has helped many students succeed.

Session 1: Explaining Math Anxiety and How Anxiety Can Be Overcome

Session 2: Understanding Math Terminology and an Overview of Fractions

Session 3: Decimal Points, Place Value, Operations with Decimals, and Converting Fractions to Decimals

Session 4: Percents (Short for L, Per Centum, By the Hundred)

Session 5: Moving into Algebra

Session 6: Exponents and Square Roots

Session 7: Bridging the Final Gap Between Pre-Algebra and Algebra I

Session 8: Geometry: Shapes, Sizes and Measurements

Session 9: Making Peace with Story Problems

CLOUD COMPUTING with GOOGLE APPS

Matt Herr
Wednesday, Sept 25, 6-8PM
CWC Lander Center
\$10. No charge for CWC students

CWC's expert computer applications instructor will share some of the FREE Google apps available to improve productivity. Learn how to share your documents with co-workers or instructors. This class is open to high school, college students and community members.

BRIDGES OUT OF POVERTY WORKSHOP

Hattie Penny of Circles Wyoming, Certified BOP Instructor
Wednesday, Sept. 25, 9AM-4PM
CWC Lander Center
\$50 includes lunch and the book "Bridges Out of Poverty" by Ruby Payne, et al.

"Now I understand the people I'm serving."

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 and businesses, and educators whose daily work connects them with the lives of people in poverty. If you are looking to counter poverty in your community or its impact on people and businesses, explore the innovative concepts and training found in this workshop. This workshop will help your whole community build sustainable success. **Registration deadline is September 13. No late registrations will be accepted.** Circles Wyoming is supported in part by the Wyoming Department of Workforce Services. **Fee Waiver Option: The fee for this workshop is waived for individuals who are willing to volunteer with the Circles Anti-Poverty Initiative in Riverton.**

NEW! ART AND CULTURAL TRIP TO CODY

Saturday, Sept 28, 6:30AM depart from Lander.
Return to Lander around 8PM.
\$75

CWC Lander and the Lander Art Center are partnering to bring community members an art and cultural experience in Cody. In the morning, participants will tour the museums of the Buffalo Bill Center of the West (www.bbhc.org). Following lunch, the group travels to the recently opened Heart Mountain Interpretive Center (www.heartmountain.org). The day will end with touring Cody's shops, galleries and artists' studios. The course fee includes transportation and all admission fees.

OCTOBER

BLOGGING BASICS

Anne Even

Tuesday, Oct 1, 6-8PM

CWC Lander Center

\$10

Come learn the basics of blogging. Participants will create their own blog (web log) and learn how to upload photos, videos and how to share their blog with others. Feel free to bring your own laptop or tablet.

NEW! FUNDAMENTALS OF BRIDGE

Brian Bishop

Wednesdays, Oct 2-Nov 13, 1:30-4PM

Lander Senior Center

\$35 + \$8 for book

Come learn to play bridge, sharpen up old skills and add some new ones with experienced bridge instructor, Brian Bishop. He is an avid player and eager to build a vibrant community of bridge enthusiasts in Fremont County. The deadline to register is September 25 to allow time to get books ordered. Beginners and intermediate players will be accommodated in both sessions!

LAMAZE CHILDBIRTH EDUCATION

Jan Hubenka

Tuesdays, Oct 1-Nov 5, 6:30-8PM

Public Health Suite, Lander Courthouse

\$10 + \$20 for book payable to Public Health

Lamaze International promotes natural, healthy and safe approaches to pregnancy, childbirth, and early parenting. Childbirth preparation is not just learning how to breathe. This class is taught by a Lamaze certified public health nurse and will help you make informed choices about your birth experience. A labor bag and the Lamaze book, "Giving Birth with Confidence" included.

QUICKBOOKS FOR SMALL BUSINESS

Gina Colovich

Thursdays, Oct 3-24, 6:30-8:30PM

CWC Lander Center

\$80

Learn the most popular small business accounting software, QuickBooks Pro 2013. Set up your company, accomplish everyday transactions such as creating invoices, sales receipts, payments, deposits, credit memos, customer statements, paying bills, writing checks, and reconciling accounts. Other topics to be covered include setting up employees, creating paychecks, making tax deposits, preparing tax forms, backing up your files and creating financial reports.

BEGINNING SPANISH

Valeria

Thursdays, Oct 10-Nov 14, 6-7:30PM

CWC Lander Center

\$50

Habla Espanol? 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! will be included. Maestra Valeria is a life-long learner of Spanish and frequent visitor to many Spanish-speaking countries.

BASIC HORSEMANSHIP

Don Harrington

Dates/times: Saturday & Sunday, Oct 5 & 6, 9AM-4PM

CWC Equine Center, Riverton

\$125

Whether you are a beginning or intermediate rider, basic horsemanship introduces the concepts of riding with leg and body aides. Proper reining techniques will be covered. Students will learn exercises that increase flexibility and softness in their horses. Bring a horse to class.

ENTREPRENEURIAL WORKSHOP

Bill Sniffin

Thursday, Oct 10, 6-8PM

CWC Lander Center

\$20

Veteran businessman Bill Sniffin offers tips on how to start and maintain a successful business. He will discuss 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 was the best-selling book in the state this past year.

FIRST AID/CPR/AED/CHILD CERTIFICATION

Amy Luton and Sean McRae

\$30 + \$30 for book payable to instructors

Mondays, Oct 21 & 28, 5:30-9:30PM

Sinks Canyon Center Fremont Hall

Successful completion of this class confers a two-year certificate necessary for employment, coaching or personal use. Learn the newest techniques of First Aid/CPR/AED/Child. Amy and Sean are practicing EMTs and bring real life experiences as well as academic information necessary for certification. Learn and practice by using a life-like mannequin and Automated External Defibrillator

NEW! GEOLOGY FIELD TRIP TO THERMOPOLIS

Suki Smaglik

Sunday, Oct 20, 7:30AM to 6PM

Meet at CWC Lander parking lot

\$55 + \$5 museum entrance fee

Join us in a "walk through time" as we trek to Thermopolis. We'll explore the geologic setting of the Wind River Basin, Wind River Canyon, Wyoming Dinosaur Center and Hot Springs State Park. We'll do some fossil hunting along the way and finish with a soak at the state bath house (free for 20 min). Bring your lunch, water, snacks and swimming suit. Dress according to the weather (layers) and wear good walking shoes (no bare toes). This will be a car trip but there will be a bit of gentle walking at each stop. In case of bad weather, the trip will be rescheduled to Sunday, Oct. 27.

MICROSOFT SAMPLER 10

Connie Murray

Mondays & Wednesdays, Oct 21-30, 6-8PM

CWC Lander Center

\$80

This is a great class to introduce you to different software applications. The instructor will give a sampling of Windows, Word, Excel, and PowerPoint. Basic knowledge of Windows and keyboarding skills strongly recommended.

NOVEMBER

EXCEL I

Connie Murray

Mondays, Nov 4 & 11, 6-9PM

CWC Lander Center

\$70

(continued on next column)

This short course is an introduction to spreadsheets and how to solve simple business and accounting problems. Learn how to use and edit formulas and functions to create your own accounting worksheets. Copying and moving worksheet data and filling in formulas automatically will also be covered. Basic knowledge of Windows and keyboarding skills strongly recommended.

EXCEL II

Connie Murray

Mondays, Nov 18-25, 6-9PM

CWC Lander Center

\$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. We will be putting together 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.

Month at a Glance

August

Edible and Medicinal Plants
Food Preservation Fundamentals
The Art and Science of Drying Foods

September

Keyboarding
From Farmer's Market to Table: An Italian Cooking Class
5 Virtue Qigong Day Retreat
Mountain Biking
Women's Adventure Hike
Canning Jams, Jellies and More
Salsa Making
Dog Obedience
Planning for College Q and A: Selection, Admission and Costs (Lander)
Pickling Made Easy
Introduction to Computers and Windows 7 (Lander and Ft. Washakie)
Math Tidbits for the Math Anxious
Cloud Computing with Google Apps
Bridges Out of Poverty Workshop
Art and Cultural Trip to Cody

October

Blogging Basics
Fundamentals of Bridge
Planning for College Q and A: Selection, Admission and Costs (Ft. Washakie)
Lamaze Childbirth Education
QuickBooks for Small Business
Beginning Spanish
Overcoming the Fear of Pressure Canning
Basic Horsemanship
Entrepreneurial Workshop
Intent to Ferment: Fermenting Vegetables and Fruits
First Aid/CPR/AED
Geology Field Trip to Thermopolis
Beginning Microsoft Sampler 10: A Sampling of Word, Excel, Windows, and PowerPoint
Cooking with Kale and other Leafy Greens

November

Excel I (Lander and Ft. Washakie)
Excel II
Preparing Winter Squash Cooking Class

December

Women's Backcountry Ski Touring Series
Beginning Microsoft Sampler 10: A Sampling of Word, Excel, Windows, and PowerPoint-Ft. Washakie

DECEMBER

WOMEN'S BACKCOUNTRY SKI TOURING SERIES

Learn backcountry skiing techniques from CWC Instructor Stacy Wells. Four trips of varying levels are offered in this series. You can register for all, or participate in just one or two. Telemark skis, boots, poles and skins are required and can be rented from NOLS. Special package price of \$250 for all four trips!

Orientation: Wednesday, Dec 4, 6-9PM,
Location: CWC Lander Center

Trip 1. Saturday, Dec 7, 8AM-4:30PM-
Intermediate Level Ski Trip to Two
Ocean Area on Togwotee Pass.
Cost: \$75

Trip 2. Saturday, Jan 11, 10AM-3:00PM-
Beginner Level Ski Trip to South
Pass. Cost \$40

Trip 3. Saturday, Feb 1, 7:30AM-5:30PM-
Intermediate Level Ski Trip to
Brooks Lake/Togwotee Pass Area.
Cost: \$100+\$15 for lunch at Brooks
Lake Lodge.

Trip 4. Saturday, March 8, 8AM-4:30PM-
Intermediate Level Ski Trip to Lava
Mountain/Togwotee Pass. Cost \$75.

Watch for course updates on
LanderTalk and tune into
KOVE 1330 AM Radio's Coffee
Time at 9:30 a.m. on Fridays

FT. WASHAKIE CLASSES

All classes located at the Ft. Washakie Learning Center

PLANNING FOR COLLEGE Q and A EVENING

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\$80

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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@cw.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 need to be made up to five business days prior to the beginning of 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



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.

Central Wyoming College Community Education Enrollment Form

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

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.