CENTRAL *Wyoming* COLLEGE

LANDER CENTER

2013 SPRING

COMMUNITY EDUCATION CLASSES

JANUARY

ZUMBA

Instructor: Sophie Mosemann
Dates/times: Classes beginning Monday, Jan. 14- join anytime!
Location: Mondays 7PM Lander Fire Hall
Wednesdays 6AM, Dance Academy &
Fridays, 8:15AM, Dance Academy
Cost: $80 for 10-punch card or
$10/class drop-in

Come join the FUN with Sophie! Fun new dances every week. Dance your booty off and burn a ton of calories all while having a great time! You don't have to sign up, or join a gym, just show up and start dancing!

KEYBOARDING

Instructor: Self-paced computer-based instruction
Dates/times: Open enrollment
Location: CWC Lander Center
Cost: $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.

JEWELRY GUILD

Instructor: Lennie Poitras, Wyoming Rostered Artist
Dates/times: Wednesdays, Jan. 16-May 8, 6-9PM
Costs: $220 full class session or
$110 per section
Location: Lander Art Center

Limited Enrollment

Learn how to saw, solder, rivet and enamel metal to make beautiful, original pieces of jewelry. This class will have two sections, each with 4 weeks of instruction and 4 weeks of studio time to put the knowledge and skills to use. The first section will include the basics, sawing, drilling, filing, and connecting pieces without soldering (no torch!).

The second section requires some knowledge of the skills from the first portion of the class or from another class. In this section students will learn how to use a torch, solder, create chains, solder a ring and bezel set stones or enameled pieces created in class.

JEWELRY GUILD OPEN STUDIO

Studio times will be open to members of the Jewelry Arts and Metals Guild and students from prior jewelry classes for a $10 studio fee. Dates to be posted on Art Center website. www.landerartcenter.com

FIGURE DRAWING STUDIO

Facilitator: Various
Dates/times: Once each month on Thursdays, Jan. 24, Feb. 7, March 7, April 11, May 9, 6-8PM
Cost: $40 punch card/4 sessions or
drop-ins $15
Location: Lander Art Center

Drawing studio continues this Winter/Spring with live model figure drawing studios once a month. Come practice this fundamental skill of the human figure. There will be a facilitator on hand for logistics with shared student based instruction. This is an independent, fun way to develop your figure drawing skills. This studio class is open to all levels.

EXPRESSIVE ART CLASS: NEW YEAR, FRESH START

Instructor: Tonya Pepper
Date/Time: Tuesday, Jan. 29, 6-8PM
Location: Lander Art Center
Cost: $40

This expressive art class will focus on your goals for the New Year through collage-making and creative writing in order to bring forth more clarity, vision, and intention to help you reach your goals! Artists and non-artists alike are welcome. *Limited enrollment of 10*

BRIDGES OUT OF POVERTY WORKSHOP

Facilitators: Hattie Penny and Tim Thorson of Circles Wyoming, Certified BOP Instructors
Date/Time: Friday, Jan. 25, 9AM-4PM
Location: CWC Lander
Cost: $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 January 16. No registrations will be accepted after that date.** Circles Wyoming is supported in part by the Wyoming Department of Workforce Services.

(continued on next page)

CLOUD COMPUTING WITH GOOGLE TOOLS

Instructor: Matt Herr
Date/time: Thursday, Jan. 31, 6-8PM
Location: CWC Lander Center
Cost: $20. No charge for CWC students

CWC's expert Computer Applications Instructor will share some of the FREE Google tools 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 interested in improving their computer productivity.

FEBRUARY

DEHYDRATING WA-A-A-Y BEYOND JERKY: AN INTRODUCTION

Instructor: Linda Anderson
Date/Time: Saturday, Feb. 2, 1-3:30PM
Location: Sinks Canyon Center Orchard House
Cost: $30

Are you stunned yet by the latest increase in the cost of food? Back by popular demand, this class covers the basics of what you need to know to save money on your grocery bill and provide nutritious meals for your family. Dehydrating is the most ancient and safest form of food preservation known to man. It's not just for jerky and apple slices! Learn about this economical, easy and nutritionally sound method of preserving almost everything you can imagine. Find out how it's done and how to make delicious meals and snacks from your dehydrated food. By the time you finish this class, you'll have the courage to try it yourself. For more information: http://dehydratingwaybeyondjerky.blogspot.com/2012/10/cream-of-soup-mix.html

BEGINNING SPANISH

Instructor: Valeria
Dates/time: Wednesdays, Feb. 6-March 13, 6-7:30PM
Location: CWC Lander Center
Cost: $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. When registering, please include your level - "beginning" or "conversational" so class can be adjusted to your need. Maestra Valeria is a life-long learner of Spanish and frequent visitor to many Spanish-speaking countries.

EXPRESSIVE ART: ART FOR HEALING

Date/time: Tuesday, Feb. 12, 6-8PM
Instructor: Tonya Pepper
Cost: $40
Location: Lander Art Center

Limited enrollment of 8

Winter is a natural time for introspection, quietude, and healing. Join us in a beautiful, quiet evening of contemplative art making that will be focused around healing intentions for you or loved ones. This class will be a relaxing "art vacation" for anyone needing calmness and re-centering.

PHOTOGRAPHY FOR ARTISTS

Are you interested in applying for a show at the Lander Art Center, the Wyoming Arts Council 2013 Fellowship, or perhaps interested in doing a summer art fair tour? Then this class is for you! Applications for these opportunities often require quality photos of your artwork. In order to represent your artwork at its best, there are some skills you need to learn. This 3-session class will help you prepare to enter a juried show or art fair with professional quality photographs of your work. This class is for all levels.

Instructor: Dannine Donaho (for more information please call her at 438-2116)
Cost: $70

Session 1: Introduction to Photography Art

Date/time: Thurs, Feb. 7, 6-8PM
Location: CWC Lander Center

This first session will take place in a classroom and we will discuss student needs and common concerns when trying to get quality image of your artwork.

Session 2: Photo Session

Date/time: Thurs, Feb. 21, 5:30-10PM
Location: Lander Art Center

This session will take place at the Lander Art Center for a hands-on photography. Students will bring their artwork and up to five pieces will be photographed.

Session 3: Editing your Photos in Adobe Photoshop

Date/time: Thurs, Feb. 28, 6-8PM
Location: CWC Lander Center

This last session, students will learn to edit their photos in Adobe Photoshop (bring a flash drive to save your work). No experience is necessary; this will again be hands-on guided practice. Bring your own camera and computer equipment if you have it, but it is not required.

BACKYARD BEEKEEPING: BEGINNER BASICS

Instructor: Tina Russell
Date/time: Thursday, Feb. 7, 6-8PM
Location: CWC Lander Center
Cost: $20

This course will give participants the basics they need to know in order 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.

RAISING BACKYARD CHICKENS FOR EGGS AND MEAT

Instructor: Teresa Tibbets
Date/time: Saturday, Feb. 9, 10AM-12PM
Location: Sinks Canyon Center Orchard House
Cost: $20

The class will cover 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 will cover buying and caring for chicks, building a coop, and managing layers and meat birds. Learn about the benefits of keeping your own flock from Teresa Tibbets, who has raised chickens in her backyard in Lander for many years.

INTRODUCTION TO COMPUTERS AND WINDOWS 10

Instructor: Connie Murray
Dates/times: Saturday, Feb. 9, 9AM-1PM
Location: CWC Lander Center
Cost: $45

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 and how to organize your files so you can find things when you need them.

LAMAZE CHILDBIRTH EDUCATION

Instructor: Jan Hubenka
Dates/times: Tuesdays, Feb. 19-March 26, 6:30-8PM
Location: Public Health Suite, Lander Courthouse
Cost: $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.

MICROSOFT SAMPLER 10

Instructor: Connie Murray
Dates/times: Thursdays, Feb. 21-March 7, 6-9PM
Location: CWC Lander Center
Cost: $80

This is a great class to introduce you to different software applications. The instructor will give a sampling of Windows, Word and Excel. No previous computer experience required.

SEW A FLEECE OR WINTER MINKY HAT

Instructor: Anne Even
Date/time: Saturday, Feb. 23, 9AM-1PM
Location: CWC Lander Center
Cost: $20 + materials

Enjoy a morning making a fleece or minky winter hat with earflaps and braided tassels. Make one for yourself, or to give to someone else – sizes range from infants to adults. A supplies list will be provided upon registration, and bring your sewing machine to class.

MARCH

DEHYDRATING CASSEROLES, SOUPS, AND ONE-DISH MEALS

(Prerequisite: Dehydrating Wa-a-a-y Beyond Jerky: An Introduction)
Instructor: Linda Anderson
Date/Time: Saturday, March 2, 1-3PM
Cost: $25
Location: Sinks Canyon Center Orchard House

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

EXPRESSIVE ART: VISION QUEST

Instructor: Tonya Pepper
Date/time: Saturday, March 23, 4-8PM
Location: Lander Art Center
Cost: $95

Limited Enrollment

Vision Quest is an expressive art experience using art as a tool to help you dive deep into your inner world and resurface with some new inspiration, answers and motivation. Students will work with a variety of media: drawing, clay, collage, and creative writing. This class is perfect for the person who feels like they are ready for the next "stage" – of work, love, life, spirituality or art. Artists and non-artists alike are welcome.

COPPER FOIL STAINED GLASS

Instructor: Lucille Kara
Dates/times: Tuesdays, March 5-April 9, 6-8PM
Cost: $125
Location: Lander Art Center

Limited Enrollment

This course is designed for the beginner and for anyone who may have a desire to explore the medium without investing in materials and tools. Over the course of 6 classes students will learn the fundamentals of cutting and manipulate glass and learning the copper foil stain glass technique. Students will create a mosaic container, glass box and stain glass panel finished piece.

ORGANIZING 101

Instructor: Terry Hyde
Dates/times: Thursdays, March 7-April 18 (no class March 28), 6:30-8PM
Location: CWC Lander
Cost: $50

If you need help becoming more organized in your day-to-day life, this class is for you. Learn tips and tricks from a Professional Organizer with over 10 years' experience. There will be practical advice, plenty of class participation and a little clutter busting homework every week. Have closets you can show off. Sign-up today!

FIRST AID/CPR/AED CERTIFICATION

Instructor: Amy Luton and Shawn McRae
Dates/times: Tuesdays, March 12 & 19, 6-9:30PM
Location: CWC Lander Center
Cost: $35 + $30 Book

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. Amy is a practicing EMT and brings real life experiences as well as academic information necessary for certification. Learn and practice by using a life-like mannequin and Automated External Defibrillator

INTRODUCTION TO CABINET MAKING

Instructor: Andy Eckart
Dates/times: Saturdays, March 16 & 23, 9AM-1PM
Location: Sinks Canyon Center Shop, 50 Field Station Rd.
Cost: $65

This class will be a presentation of the steps and tools needed to build your own cabinet. These techniques can be applied to many projects including: kitchen, bath, shop, and other cabinets. The instructor will construct a cabinet including: shell with adjustable shelf, back, face frame, and door. Because of space and time limitations, students will not be able to work on individual projects, but each student will be able to experiment with each tool and technique. Tools will include: table saw, miter saw, router (on and off router table), thickness planer, drill, pocket hole jig, adjustable shelf jig, etc.

INTRODUCTION TO MICROSOFT EXCEL I

Instructor: Connie Murray
Dates/times: Thursdays, March 14 & 21, 6-9PM
Location: CWC Lander Center
Cost: $70

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 date and filling in formulas automatically will also be covered.

APRIL

BASIC DOG OBEDIENCE AND DOG RALLY

Instructor: Carrie Jo Calvert
Dates/times: Mondays, April 1-May 6, 6:30-7:30PM
Location: Dillon Park
Cost: $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! ACTING I: THE BEGINNING PERFORMER

Instructor: Erika Dierking
Dates/times: Tuesdays, April 2-30, 6:00-7:30PM
Location: TBA, please call the Lander Center 332-3394
Cost: $50

By exploring different acting theories and games, the actor will build a foundation to improve their speech, stage presence, and ability to perform overall. We will do several exercises that will lead to simple projects and later a scene with a partner. You can be an experienced thespian or never have touched a stage. Anyone can gain from this class! It's going to be fun, relaxed, and you might just surprise yourself. Ages: high school to adult.

MICROSOFT EXCEL II

Instructor: Connie Murray
Dates/times: Thursdays, April 4 & 11, 6-9PM
Location: CWC Lander Center
Cost: $70

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.

BEGINNING AMERICAN SIGN LANGUAGE

Instructor: Valeria
Dates/time: Wednesdays, April 10-May 8, 6-7:30PM
Location: CWC Lander Center
Cost: $50

Learn or brush up on-basic sign language (ASL) through this interactive class. Manual alphabet (finger spelling) will also be included as will some points of Deaf Culture.

BASIC HORSEMANSHIP

Instructor: Don Harrington
Dates/times: Saturday & Sunday, April 20-21, 9AM-4PM
Location: CWC Equine Center, Riverton
Cost: $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 will be covered. Students will learn exercises that increase flexibility and softness in their horses. Bring a horse to class.

(continued on next page)

Watch for course information and updates on County 10 News, LanderTalk and tune into KOVE 1330 AM Radio's Coffee Time at 9:30 am on Fridays

Month at a Glance

January

Keyboarding
Bridges Out of Poverty Workshop
Cloud Computing with Google Tools
Jewelry Guild
Figure Drawing Studio
Expressive Art Class: New Year, Fresh Start

February

Dehydrating Wa-a-a-y Beyond Jerky: An Introduction
Figure Drawing Studio
Expressive Art: Art for Healing
Beginning Spanish
Photography for Artists
Backyard Beekeeping: Beginner Basics
Introduction to Computers and Windows 7
Raising Backyard Chickens for Eggs and Meat
Lamaze Childbirth Education
Microsoft Sampler
Sew a Fleece or Winter Minky Hat

March

Dehydrating Soups and Casseroles
Copper Foil Stained Glass
Organizing 101
Figure Drawing Studio
Introduction to Cabinet Making
Expressive Art: Vision Quest
First Aid/CPR/ AED
Excel I

April

Dog Obedience and Rally
Acting I: The Beginning Performer
Beginning American Sign Language
Figure Drawing Studio
Excel II
Basic Horsemanship

May

Golf
Horse Hair Hitching Workshop

June

Edible and Medicinal Plants-Part I
Women's Adventure Hiking Series-Hike 1

July

Women's Adventure Hiking Series-Hike 2

August

Edible and Medicinal Plants-Part 2
Women's Adventure Hiking Series-Hike 3

MAY

GOLF

The golf class will be scheduled later in the spring when the course opens. If you're interested in taking the class, please call the CWC Lander Center and we'll add your name to the list. Whether you are a beginning golfer, or want to brush up on your technique after a long winter, this class will get you ready to play a round.

HORSE HAIR HITCHING WORKSHOP

Instructor: Richard Gould, Wyoming Rostered Artist
Date/time: Saturday, May 18, 10-4PM &
Sunday, May 19, 1-4PM
Location: Lander Art Center
Cost: $90

Limited enrollment of 12

Learn this traditional technique of horsehair hitching using strands of horsehair to create designs on bridles, hat bands, bags, key chains and any number of functional and non-functional pieces. Horse hair hitching cannot be mass produce making this skill especially unique. Students will create one of a kind horse hair key chain.
No prior experience needed.

SUMMER 2013

WOMEN'S ADVENTURE HIKING SERIES

Shelli Johnson will again be leading hikes into the beautiful Wind River Mountains this summer. Information on all hikes will be available in late March. If you're interested in participating in any or all of the day hikes, contact the Lander Center at (307) 332-3394. We'll add your name to the list and contact you when registration opens.

June

EDIBLE AND MEDICINAL PLANTS-PART 1

Instructor: John Mionczynski
Dates/times: Sat & Sun, June 29 & 30, 9AM-4PM
Meet at Bruce's parking area in Sinks Canyon
Cost: $60

John's expertise and television documentaries have gained him worldwide recognition. Trees, shrubs, forbs and grasses…come and find out which plants were important both as food and for medicinal use to the native inhabitants of this area. This course is a mix of botany, history and chemistry with slides and hands-on plant identification. Students will study plants in the Sinks Canyon area. Bring a lunch and water. The class will meet at Bruce's parking area in Sinks Canyon. John's classes fill quickly so register early!

August

EDIBLE AND MEDICINAL PLANTS-PART 2

Instructor: John Mionczynski
Dates/times: Sat & Sun, Aug 10 & 11, 9AM-4PM
Meet at Dubois City Park
Cost: $60

This class is a continuation of Part 1 exploring different 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!

FT. WASHAKIE COMPUTER CLASSES

Classes located at the
Ft. Washakie Learning Center

MICROSOFT SAMPLER

Instructor: Connie Murray
Dates/times: Tuesdays, Feb 19- Mar 5, 6-9PM
Cost: $80

This is a great class to introduce you to different software applications. The instructor will give a sampling of Windows, Word, Excel, and Access. No previous computer experience required.

EXCEL I

Instructor: Connie Murray
Dates/times: Tuesdays, Mar 12 & 19, 6-9PM
Cost: $70

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.

MasterCard/VISA/Discover/
American Express welcome

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.

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 toJennifer 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.