Spring is here!

OVER 60 NEW CLASSES

Registration: February through June
REGISTER EARLY FOR DISCOUNTED FEES!
3D Design & Printing

Jump into the rapidly growing world of 3D printing and start bringing your ideas into reality! In this all-new course, you’ll be introduced to Blender, a powerful, free, open-source 3D modeling tool. Not only will we cover the basics of modeling, but we’ll do so in the context of designing for 3D printing. Learn all the tips and tricks to ensure that your creations are printed successfully. At the end of the class, you’ll be able to send your design to Shapeways.com, where you can choose from a wide range of material options including plastic, ceramic, stainless steel, silver, gold, and more.

Please note that in this class, students do not directly operate a 3D printer.

All skill levels welcome.

6 Mon. & Wed., Mar. 2 – Apr. 15 (no class Mar. 30 or Apr. 1) OR Apr. 20 – June 1
6 – 7:30 pm
Room: 2501
Register by Feb. 23: $295
Register after Feb. 23: $310
MakersFactory instructors

Travel Sketching - Capturing Intimate Memories

Whether you are bound for exotic places or travel to your backyard...or out and about in town, you will learn how to do quick, spontaneous ink sketches, using a PILOT PARALLEL chisel edged pen. Along with a water brush, learn how to “pull out” various values from the pen’s water-soluble ink. Lots of demos...and lots of fun! Discover your own creative expression in this daylong class.

No experience necessary. We welcome all skill levels.

The Pilot Parallel Pen is required for the class.

The materials list is available on our “Class Resources” webpage.

Sat., April 11
10 am - 4 pm
Room: Horticulture 5010
Register by Feb. 23: $82
Register after Feb. 23: $90
Carolyn Fitz has been sharing her passion for calligraphy and ink painting for over 25 years. She has traveled to Japan and China on art study tours and has been “Artist in Residence” at Yosemite National Park for the last 12 years.

Rose Sellery is known for her whimsical and thought provoking three-dimensional visual narratives and conceptual art pieces. Her conceptual garments have been featured in numerous shows including FashionArt Santa Cruz, as well as the World of Wearable Art in New Zealand.

For a complete index of classes see page 56
Reveal and Conceal
In this class students will have the chance to experiment with a range of mark-making, such as rubbings, stencils, stitches, and transfers on translucent materials of paper, fabric and plastic. Explore how to combine and present layers of imagery and text to make visually and conceptually rich mixed-media artwork. We will discuss an array of artists who work with a range of layered materials and text to inspire a personalized approach for your own unique concepts. Techniques include variations on interlaced textile structures, machine and hand stitching, and some optional power tool use. Your chosen materials create both the structure and the imagery. The scope of the class is a perfect context for the use of recycled/reused materials. Apply the techniques learned in this class to traditional wall art, dynamic wearable art or other functional surfaces.

All skill levels welcome.
3 Sat., Feb. 28 – March 14
1 - 5 pm
Room: V2005
Register by Feb. 23: $195
Register after Feb. 23: $215
plus $25 materials fee payable upon registration

Victoria May is an exhibiting artist who uses a wide variety of techniques and materials in her work. She is a visual artist who has shown her work at The Annie Glass Studio in San Jose and the San Jose ICA. She received a Rydell Visual Arts fellowship in 2010.

Hand-Cut Stencils and Stamps for Fabric Printing
Create original motifs for hand printing patterns or compositions on your own natural fiber fabric (cotton, linen, silk). Design dynamic 2-part motifs and learn about the variations possible in creating repeat compositions. Students will hand cut stamps and stencils to use with textile paint, thickened dye and color remover (discharge). Instruction covers making the dye and discharge mixtures on your own. Students may create resolved printed artworks or yardage to be used later for sewing projects. All skill levels welcome.
3 Sat., April 18 – May 2
10 am - 4 pm
Room: V2008
Register by Feb. 23: $270
Register after Feb. 23: $285
plus $25 materials fee payable upon registration
Victoria May – see bio below

Explorations in EL (Electroluminescent) Wire 101
Explore the various uses of EL (Electroluminescent) wire. EL wire is a thin copper wire coated in a phosphor, which glows when an alternating current is applied. Learn how to use EL wire for art projects, from sculptural enhancements to wearable art. It is available in a wide variety of colors and can add those much-needed lighted embellishments to your work. This class will cover many uses of the material, including: soldering, designing, and attachment to various surfaces, durability and choosing the proper electronic drivers and sequencers for animating your work.

Students will carry away a sample project that they start in class.
Sun., May 17
10 am - 4 pm
Room: V3004
Register by Feb. 23: $90
Register after Feb. 23: $98
plus $35 materials fee payable upon registration

Todd Williams has worked with EL wire since 1999 in his own art. He has shown his work at The Exploratorium and The Academy of Sciences in San Francisco, The Coachella Music and Arts Festival, Maker Faire, The Santa Cruz Museum of Art and History and at Burning Man. Todd has a BA in Sculpture from San Jose State University.

Photo Screen-Printing on Fused Slumped Glass
Extend the possibilities with printmaking. Print with, and on, glass! Screen-printing in glass provides an exciting way for artists to create durable imagery with a wide range of colors, textures, and layers of transparency. When glass sheets are printed then slumped in a form or layered together and fused in a kiln the results are beautiful and surprising.

Each student will learn the process of making a film positive using Photoshop. The film positive is attached to a photo-emulsion coated screen, exposed, and then developed with water, resulting in a photo stencil. This then can be printed on glass and heated at very high temperatures, creating a permanent bond between the two.

All skill levels welcome.
5 Sun., March 1 - 29
11 am - 4 pm
Room: V2005
Register by Feb. 23: $360
Register after Feb. 23: $375
plus $100 materials fee payable upon registration
Tobin Keller – see bio below

Video Game Design
Gain valuable skills using GameMaker Studio, one of the most popular game design software suites, which will establish a solid foundation in programming and design skills. Students work from a “template” game that changes and updates every several months so that students can design games in a variety of genres. This session’s template game is Space Shooter, a scrolling shoot-em-up similar to classic arcade games like Gradius and Raiden.

All skill levels welcome.
6 Tue. & Thu., March 10 – Apr. 23
6 – 7:30 pm
Room: 2501
Register by Feb. 23: $295
Register after Feb. 23: $310
MakersFactory instructors

Gizmos & Gadgets – Mechanical Motion for Artists
In this two-day workshop we will explore techniques for creating desired motions in art. We’ll make and use gears, camshafts, linkages, and bearings to create specific animations and motion. Explore techniques to move between linear and rotational motion, and to create specific eccentric movements. Once you know how to make a thing move the way you want it to, adding a motor is easy!
2 Sun., March 1 & 8
10 am - 4 pm
Room: V3003
Register by Feb. 23: $180
Register after Feb. 23: $195
$15 materials fee payable upon registration
Brian Evans has a Bachelor of Science in Mechanical Engineering from the University of California, San Diego. He currently works largely in metal sculpture and is an experienced hacker of things mechanical and electronic.
**Colors of Spring: Colored Pencil Botanicals**

Using spring flowers and plants as our inspiration, this class will explore colored pencil techniques to express modeling, texture, design and mood of our bouquets and individual plants. Basic tips for drawing vivacious leaves and flowers and creating believable greens and dynamic flower heads will be included as well as a few compositional tips. Surfaces will include both textured and smooth white paper plus colored paper. Ann will demonstrate in colored pencil and the use of watercolor with colored pencil. Beginners are welcome. We will draw inspiration from plantings and specimens at the horticulture center for one session, draw on location in a spectacular private garden close to Cabrillo.

**Box Design - The Interplay of Material and Technique**

The class will explore techniques for showcasing the natural beauty of wood. Students will be asked to consider design, wood selection, milling, construction and finish as they undertake a small project.

**Basic Stone Carving**

The class will cover the fundamentals of basic stone carving. Instruction in hand tools usage and identification, finishing techniques, stone identification and selection are some of the basics that will be covered. How to set up a functioning stone-working area and how to build basic equipment will also be explained. Reference material will be distributed as well as slide presentations for the development of ideas. The featured stone will be Alabaster, which is a good intermediate material for an introductory class.

**Class size is limited to 10 so register early!**

4 Sat., April 11 – May 2
10 am – 4 pm
Room: V3005
Register by Feb. 23: $360
Register after Feb. 23: $385
Materials fee of $50 payable upon registration

**Janie Abbott** is a teacher and sculptor with over 40 years experience. He recently retired from his position as Full Time instructor and Program Chair at Cabrillo College. Jamie has an MFA from The Art Institute in San Francisco and his work can be seen throughout Santa Cruz County and beyond.

**Mold-Making and Body Casting for Wax and Ceramic Objects**

This workshop will cover the basics of plaster and alginate mold making. These molds are intended for use with the lost wax casting process and ceramic materials once constructed. We will focus on found objects, faces and hands.

Please refer to our “Class Resources” webpage for materials list.

Sat. & Sun., Feb. 21 & 22
10 am - 4 pm
Room: V3005
Fee: $180
Plus $25 materials fee payable upon registration

**Payson McNett**, MFA, has had solo, juried, and invitational exhibitions throughout the country including Alabama, Indiana and California. He has worked extensively in a wide range of media including: metal fabrication, ceramics, mold making, screen printing, woodworking, as well as silver, bronze, aluminum and iron casting.

**Small Metals Open Lab**

Sign-up for access to the Small Metals Studio at Cabrillo College. Limited to current and former students who are familiar with, and can demonstrate a thorough knowledge of the facility in regards to safe practices and policy.

Director Dawn Nakanishi may approve additional individuals on a one-on-one basis.

10 Sat., Feb. 28 – May 16 (no class Mar. 14 & Apr. 4)
10 am - 4 pm
Room: V3001
Register by Feb. 23: $180
Register after Feb. 23: $195

**Aaron Miller** is an artist & jeweler and oversees the small metals lab.

**Artful Brush-Making: Form over Function**

Come and explore Brush-Making in a non-traditional way! In this 2-day course students will experiment with a variety of materials and techniques. The end result will be an artful brush or brushes that will be incredible to view and impossible to use.

**Class size is limited to 10 so register early!**

All skill levels welcome.

Sat. & Sun., May 9 & 10
10 am - 4 pm
Room: V3004
Register after Feb. 23: $195
Plus $15 materials fee payable upon registration

**Diane Patracula** is a well known and respected artist in the Santa Cruz area. Her work is a monument to wild and curious compilations of materials and techniques. She is an accomplished metalworker, painter and sculptor. Always willing to help students to realize and fabricate their designs.
Wood Carving with Rotary Carving Tools
In this 2-day workshop, beginning students will learn the fundamentals of wood carving using rotary carving tools, and intermediate students will be guided in additional power carving techniques and styles. Participants will work on small sculptural carvings using flex-shaft-style rotary carving tools. Topics covered are safety, types of carving tools, the best woods/materials for carving, styles and finishing. After instruction and demonstrations on the properties and characteristics of different woods and materials, students will practice what they have learned on examples to be taken home. Cabrillo has a selection of rotary power carving tools and bits with which to experiment. If you have learned on examples to be taken home.

Class is limited to only 12 students so register early!
2 Sun., April 12 & 19
10 am - 4 pm
Room: V3003
Register by Feb. 23: $180
Register after Feb. 23: $195
plus $25 materials fee payable upon registration
Ron Cook has been a woodworker and woodcarver for over 40 years. His work has been shown in galleries, juried craft shows and arts festivals across the United States. Ron is a master member of the Baulines Craft Guild, a member of the Guild of American Luthiers, and a charter member of the Santa Cruz Woodworkers.

Seduction: Japan’s Floating World
In Edo Period Japan (1615-1868), the “floating world” was a phrase that referred to both the pleasure quarters in major cities and a pleasure-seeking way of life. It was here where one could abandon the rigors of daily life in pursuit of sensual delights. It was a destination that traded in sex, excess and fantasy, and its reputation as such—spread by the stories and artworks it inspired—was critical to its economic success and to its hold on the popular imagination.

In late February, the Asian Art Museum in San Francisco will host this exhibit entitled, “Seduction” consisting of 60 works of art, including paintings, woodblock prints, kimonos, and painted scrolls. The floating world artists, some of the most talented of their time, created an idealized realm of high style and exquisite beauty. Ms. Smith’s lecture and this exhibit will offer you the opportunity to explore the intersection of art and desire, and to consider how fantasy can attract and obscure.

There will be a Q&A session following the lecture.
Fri., Feb. 27
7 - 8 pm
VAPA1001
Fee: $15
Rose Smith, M.A., has been an instructor at Cabrillo College for seven years teaching a variety of courses both online and in the classroom: including: Modern Art, Survey of Western Art: Prehistoric through Medieval and Renaissance through Modern, Asian Art: China, Korea and Japan, and Art Appreciation.

Forging and Toolmaking - Intermediate
This intermediate-level workshop builds on the introductory class by emphasizing more advanced stages of manipulating metal for art forms and tools, rather than fire making. Participants should have previous experience creating a coal forge fire and manipulating hot steel with hammer and anvil. In addition to hand-forming exercises, students will be offered the opportunity to use a power hammer after various techniques are demonstrated. Students will also discuss aesthetic possibilities and design elements such as texture, form and how to achieve various shapes.

Prerequisite: Students must have taken Vern’s “Introduction to Forging & Toolmaking” class or can demonstrate the same knowledge.

This class is limited to 4 students—enroll early!
Class will be held at the instructor’s forging studio. You will receive a map upon registration and you will be asked to sign a liability waiver before class begins.
Sat. & Sun., March 28 & 29
9 am – 5:30 pm
Location: Santa Cruz Studio
Register by Feb. 23: $395
Register after Feb. 23: $425
plus $20 materials fee payable to instructor in class
Vern Caron, M.A.–See Bio below

Fusing and Glass for Use in Jewelry
Jewelers to play with various types of dichroic and other glass to create elements for sculpture, lighting, and jewelry. Instruction will be given in many different techniques of fabricating including, but not limited to: fusing, slumping, color bars, UV gluing, etc.
Each piece will be one-of-a-kind, or a production run color bar that is sliced into pieces.
4 Sun., April 12 – May 3
11 am - 3 pm
Room: V3005
Register by Feb. 23: $240
Register after Feb. 23: $255
plus $100 materials fee payable upon registration
Penny Waller founded Glass Fusion Studios in Aptos 25 years ago. She teaches classes in her studio along with other invited guest glass artists and for Cabrillo Extension. Penny’s studio pieces have been shown in galleries all over the US.

Introduction to Fusing Glass
Fusing refers to the process of cutting, stacking, layering glass and melting it at high temperatures to create patterns or images. Fused glass is popular for jewelry, wall art and functional pieces.
In this class you will learn principals and terminology of fusing. An overview of kilns, different Coe’s of glass, glass cutting skills, tools and frit will also be covered. In the first week you will make 6 small projects suitable for pendants or magnets. These will be fired and returned to you in the second class. We will have a discussion of what worked and what you would do differently. You will then create a larger project like tiles, wall hangings or a plate. All materials are provided for the first project. Materials for second projects are limited to three 4-inch tiles, two 6-inch squares or one 10-inch piece.
Patterns and project materials, handouts and two kiln firings will be provided.
2 Wed., March 25 & April 1
6 – 9:30 pm
Room: Horticulture S110
Register by Feb. 23: $95
Register after Feb. 23: $110
$50 materials and firing fee payable to instructor.
Jackie Marr, BA, has been a stained glass artist for over 20 years and is owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.
Stained Glass Workshop - The Tiffany Foil Method

In just four weeks you’ll learn to lay out a pattern, cut art glass, grind for good fit, foil, solder and patina like a pro. These techniques are suitable for all kinds of stained glass work designs from flowers and frogs to mandalas and mission style work. Easily incorporate bevels for extra sparkle and uniqueness.

The instructor provides some materials and tools, but each student will need his/her own glass, tools and project materials which will cost $100-300 and can be shared with other students.

Student will need to choose their project and run it by the instructor prior to class. Materials list will be available at that time. Instructor will help students prepare their pattern before class and help in glass selection.

The instructor’s contact information will be supplied at the time of registration.

4 Wed., Feb. 25 – March 18
6 – 9:30 pm
Room: Horticulture 5110
Register by Feb. 23: $95
Register after Feb. 23: $110
Jackie Marr – See bio below

**Fused Coasters and Pattern Bars**

In this class you will make four 4x4 coasters using all glass. Some principles of fusing will be covered in this class. You will make a 6” triangle pattern bar which will then be fired and returned to you sliced so you can make the patterns of your choice. Students will make their own pattern bar but will be working in pairs so this class might be fun to do with a friend. The possible combinations are infinite! Some glass will be prepped for you but you will also learn to cut your own glass.

No previous fusing experience required.
2 Wed., April 15 & 22
6 – 9:30 pm
Room: Horticulture 6110
Register by Feb. 23: $100
Register after Feb. 23: $120
$80 materials fee payable to instructor in class, includes all glass, rods, frit, stringer, use of tools and two kiln firings.
Jackie Marr – See bio below

**Glass on Glass Mosaics**

Have you ever wanted to play with all the fabulous colors of stained glass and learn mosaic techniques as well? This is the workshop for you. In this process you may use transparent as well as opaque glasses. You will learn to design mosaic patterns, use glass cutting tools, and make a framed 12”x12” panel suitable for hanging inside or outside. All colors and kinds of glass will be available for your choice as well as special dries-clear glue, grout and an oak frame with hooks for hanging.

Glass cutters and mosaic tools will be available for use but students may bring their own to avoid any possible wait time.

No experience required.
2 Wed., May 6 & 13
6 – 9:30 pm
Room: Horticulture 5110
Register by Feb. 23: $90
Register after Feb. 23: $110
$80 materials fee payable to instructor in class
Jackie Marr – See bio below

**Beads and Glass Tapestry Style Mirror - Groutless Mosaics**

In this workshop you will make a 10”x 10” mosaic panel with a mirror in the center. We’ll combine 8 smaller designs into one large design piece. The base, as well as lots of choices of glass and beads are provided, however students may bring treasures to include for their own unique piece (shells, costume jewelry, beads, small photos, trinkets to personalize your creation).

Please bring a pair of blunt tweezers for use in class.

Wed., May 27
6 – 9:30 pm
Room: Horticulture 5110
Register by Feb. 23: $60
Register after Feb. 23: $72
$55 materials fee payable to instructor in class.
Jackie Marr – See bio below

**Glassblowing Studio Time – a.k.a. “Blow-Spots”**

Students who have completed Chris’ Glassblowing Introduction class may also sign-up for this exclusive opportunity to reserve blow time in his studio. This time may be used to refine the new skills learned in his class or complete projects. “Blow spots” time must be purchased by a pair of students and are deeply discounted fees for someone who wants practice basic skills in a supervised environment.

Find a partner from the class to use this great opportunity!

Register for individual dates or all 4! Each session is $95 or $375 for all 4 weeks.

Sat., Mar. 21 OR Mar. 28 OR Apr. 4 OR Apr. 11
10 am - 2 pm
Location: Chris Johnson Glass, 2260 Chanticleer Ave. Suite #10, Santa Cruz
Each Session: $95
All Four Sessions: $375

**Glassblowing: Hot-Shop Tour and Demo**

Join Chris Johnson for an exclusive tour and demonstration at his local glassblowing studio. If you are considering a glassblowing class, or are just curious about the inner-workings of a local “hot-shop” this is the perfect chance to tour a working studio, get a look at the materials and tools used by the professionals, watch a demonstration up close, and get a glimpse of some of numerous finished products.

Sat., Feb. 28
2 - 4 pm
Location: Chris Johnson Glass, 2260 Chanticleer Ave. Suite #10, Santa Cruz
Register by Feb. 23: $15
Register after Feb. 23: $20

**Glassblowing: An Introduction**

Experience the beautiful fluid movements of blown glass up close in a professional art glass studio! This 2-day class will give students a hands-on introduction to the incredible world of “Hot Glass”. Explore the basic techniques and equipment used in the creation of blown glass objects. Each student will take home several glass creations made with their own hands!

Class size is limited to 8 so register early!
2 Sat., March 7 & 14
10 am - 4 pm
Location: Chris Johnson Glass, 2260 Chanticleer Ave. Suite #10, Santa Cruz
Register by Feb. 23: $395
Register after Feb. 23: $425
plus $50 materials fee payable to the instructor in class

These workshops are for students age 18 and up only.

Jackie Marr – BA, has been a stained glass artist for over 20 years and is owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.

chris Johnson produces intensely colored one-of-a-kind art glass. His unique, expressive style is a result of the continuing exploration of technique in which he pushes the boundaries of the medium. He has studied with numerous Italian and American Masters, and has shared his passion for glass blowing as an instructor at MIT, CCA, San Francisco State, and his own studio in Santa Cruz. http://chrisjohnsonglass.com/
Sewing Workshops

Create something bright and colorful for springtime! Garment construction, quilting, home decor are all possibilities for projects in this hands-on workshop. Learn to read and use patterns, and buy materials so you can sew with confidence and broaden your expertise. Learn to construct and fit garments, as well as alter patterns. Join our fun and creative atmosphere! By popular demand we have extended this class by one hour a day.

Sewing machines will be provided for students use.

6 Fri., April 10 – May 15
9:30 am – 2:30 pm
Room: 405
Register by Feb. 23: $210
Register after Feb. 23: $240
Jan Bowman, M.A., a local instructor, has taught clothing construction and interior design courses in Santa Cruz County for over 30 years. She has taught for Cabrillo College in the Applied Living Arts Department.

Pearl and Bead Stringing Made Simple

Learn the lost art of hand knotting using the three methods for stringing your pearls and beads. Using basic design theory, recycle and combine to redesign beautiful new bead creations or repair broken strands.

A starter stringing kit will be provided for practicing techniques. Materials for additional projects can be purchased in class or brought from home.

4 Tue., May 5 – 26
7 – 9 pm
Room: Horticulture 5001
Register by Feb. 23: $62
Register after Feb. 23: $72
plus $32 materials fee payable to instructor in class
Estelle Drinkhaus-Davey teaches the lost art of hand knotting and has provided a restringing service to many local jewelers for over 20 years.

Spring Sewing Workshop

Create something bright and colorful for springtime! Garment construction, quilting, home decor are all possibilities for projects in this hands-on workshop. Learn to read and use patterns, and buy materials so you can sew with confidence and broaden your expertise. Learn to construct and fit garments, as well as alter patterns. Join our fun and creative atmosphere! By popular demand we have extended this class by one hour a day.

Room: Horticulture 5001
Register by Feb. 23: $62
Register after Feb. 23: $72
plus $32 materials fee payable to instructor in class
Estelle Drinkhaus-Davey teaches the lost art of hand knotting and has provided a restringing service to many local jewelers for over 20 years.

Pearl and Bead Re-Stringing Project Workshop

This workshop is designed to complete one stringing project of your choice. It can be a project from home you need help with, or choose from the pearls and beads available for sale during the workshop. All methods of stringing will be reviewed as needed.

Prerequisite: must have taken “Pearl and Bead Stringing Made Simple” with Cabrillo Extension in the past.

Bring: Your project, all tools & findings from class (incl. work mat).
Bring your lunch, beverages will be provided.

Sat., June 6
10 am - 3 pm
Room: Horticulture 5001
Register by Feb. 23: $42
Register after Feb. 23: $48
Estelle Drinkhaus-Davey – see bio

The Performing Arts Experience!

Come and engage in the playful discovery of the “Performing Arts Experience”, as we transform attitudes towards aging from the traditional image of decline to a new vision of continuous growth and well being. This experience is modeled after award-winning landmark Creative Aging programs in the Performing Arts.

Topics include:
Moving Our Stories - Loosen your body, open your voice, free your mind and PLAY!
The Power of Poetry & Song: A Natural Connection - Explore how emotions and personal experiences can be written as poetry or song lyrics of whimsy, praise, lament, and celebration!
Dance to Tell the Song - Communicate the emotional power of song through dance.
Audition with Confidence - Learn the steps of the audition process.

Sat., March 14 OR May 16
12:30 – 5 pm
Room: 1117 (Dance Studio)
Register by Feb. 23: $38
Register after Feb. 23: $42
Julie Oak has over 30 years teaching experience and guest lecturing at colleges, festivals, and conferences.

Lisa Simon, MFA, is a writer, teacher, and singer who teaches poetry and fiction at Cabrillo College.

Sharon Took-Zozaya has choreographed, performed and taught throughout the US and abroad in a wide variety of professional, educational and community contexts.

Robin Aronson, PhD, teaches and directs for the Theatre Department at Cabrillo College and local theatre companies.

Digital Photography – Basics and Beyond

Is your camera misbehaving? Do complicated menus confuse you? This class will familiarize you with the most important features of your camera so you can get better photos. Besides learning to control your camera, you'll learn how to avoid bad lighting situations and recognize when the lighting is right for general people photos, formal portraits, architecture, small objects (eBay) and landscapes. It doesn't take a rocket scientist to get good photos! If you've got a moderately priced camera and a desire to learn, your photos will be forever changed after this class. And, the class is fun! Bring your camera, your manual, and your questions.

Sat., Feb. 21
1 – 5 pm
Room: 509
Fee: $65

There is a $15 materials fee payable to the instructor at class for a CD of the entire lecture with graphics and additional supporting documents.

Jeffery Luhn – See bio

Great Shots From Cell Phone Cameras!

Come join Jeffery Luhn, a professional photographer over 40 years, as he shares his excitement and knowledge about cell phone cameras with you. Learn about the limitations, work-around, unconventional uses, filters, editing, latest apps, and advantages over full size cameras. But most of all, learn to have fun with one of the most innovative and accessible technology toys of the modern age! Bring your cell phone and wear comfortable walking shoes.

Sat., April 25
1 - 4 pm
Room: 509
Register by Feb. 23: $48
Register after Feb. 23: $54
plus $15 materials fee payable to instructor in class
Jeffery Luhn – See bio next page

Digital Photography Level 2

It’s time to step up to the next level with some hands-on shooting exercises. This class begins with an hour of lecture/demonstration and then leads students through a series of interactive shooting assignments including portraits, macro, and small object photography. This class is ideal for artists interested in photographing their own work.

All locations are within walking distance from the classroom: Each assignment is designed to give students the most useful techniques for the most common shooting situations. It’s a fun way to learn how to get the most from your camera.

Bring your camera, instruction manual and comfortable walking shoes. Artists: Bring one item to photograph.

Sat., March 7
1 – 5 pm
Room: V2022
Register by Feb. 23: $65
Register after Feb. 23: $76
Materials fee of $15 payable to the instructor in class, covers a CD with the entire presentation including detailed lessons and examples.

Jeffery Luhn – See bio

Creative Digital Photography - Shooting with Natural Light (ages 12-16)

Learn the basics of shooting & processing great photographs with digital cameras. Topics covered will include visual image composition, getting the correct lighting for shooting outdoors, and using portable reflectors. Walks around campus will allow for landscape photography, botanicals & floral, architecture, portraits & more. Learn basic photographic image processing, including color corrections, contrast, workflow & editing from camera to digital darkroom using Adobe Photoshop. Students will also learn where & how to print their photographs.

DSLR camera recommended, though iphone / cell-phone camera are ok. Bring a thumb drive to store and take home edited images.

4 Tue., March 3 - 24
3:30 - 6:00 pm
Room: 317
Register by Feb. 23: $85
Register after Feb. 23: $92

Alixandra Mullins has been a professional photographic artist for over a decade and her images licensed as far away as Europe, Australia & the Middle East. Alixandra has taught in the Digital Media Departments at Cavalier & Cabrillo Colleges and is an active member of the Professional Photographers of America.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Great Portrait Photography
Learn the fundamentals of portrait photography with a hands-on approach to the classic lighting patterns and styles developed by photographers from 1860 through modern day Hollywood. Techniques include the use of artificial and natural lighting. Find out how to make the most of your subject, adapt to challenging shooting conditions inside and outdoors, and pose your subject for maximum effect. This class is for anyone with the desire to take their photography to the next level; hobbyists, photo enthusiasts and people that use photography in their jobs. The techniques are applicable to digital cameras, cell phones, film and video. Bring your camera and manual.
A materials fee of $15 is payable to the instructor at class for a CD with the entire lecture, notes and presentation, assignments, examples and printable lesson material.

Digital Photography - Outdoor Portraiture
This class is fun! We meet at a park in Santa Cruz with some great lighting and locations. After a 50-minute walk through the locations and an overview of the 5 techniques, we begin setting up and taking photos. The instructor and his assistant will circulate to help each student succeed. Who are the models? Each student may bring up to 4 friends or family members!
The goal of this class is for each student to produce a collection of remarkable natural portrait images and use that knowledge for future sessions. Students will be e-mailed examples of the setups and the location details. In the event of rain, the class will be moved to the Cabrillo Campus.
A materials fee of $15 is payable to the instructor at class for a CD with the entire lecture, notes and presentation, assignments, examples and printable lesson material.

Getting Great Travel Photos
Capture the excitement of your trip with great digital photos. You can shoot the scenes and the natives like a pro if you learn the tricks: Planning your trip, getting control of the lighting, using the right lens, knowing what to do in difficult situations and much more. Organizing photos and creating albums will be discussed too. Your travel photos will look totally different after this class – and you’ll learn how to have more fun while you’re shooting!
A materials fee of $15 is payable to the instructor at class for a CD with the entire lecture, notes and presentation, assignments, examples and printable lesson material.

Landscape & Nature Photography
This workshop is a great way to join with like-minded photographers who want to advance their photography skills while exploring local redwood forests, wetlands, and rugged coastal environments. Your instructor, Jeffery Luhn, will be helping you sort out the challenges of composition, lens choice, exposure, and camera handling. Additional topics will include macro shooting, depth-of-field control, HDR (high dynamic range) and the use of polarizing filters.
We’ll begin by meeting at Henry Cowell Park in Felton and covering the essentials of shooting in forest, meadow and creek side locations. Then it’s up and over the hill to the Bonny Doon area for seascapes. After class we’ll have an optional debriefing at a Davenport roadhouse.
Important details: Some paths are uneven and steep so wear comfortable shoes for hiking. A sun hat is advisable. Bring a polarizing filter!

Photoshop for the Hobby Photographer
You can create the best photos ever digitally, whether you use a digital camera, or scan your photos. Photoshop is a huge application and this is your chance to get acquainted with some of the basic Photoshop tools and techniques most useful for hobby photographers. Find out how to repair damaged photographs, correct color, remove unwanted elements, and transform your photographs into sepia tones or hand-tinted looks, and more.
Much of what will be learned will be useful for Photoshop Elements as well. This class will be taught on a Mac, but is adaptable to Windows.
Students should bring a brown bag lunch
2 Sat., March 21 & 28
9:30 am - 2:30 pm
Room: 317
Register by Feb. 23: $85
Register after Feb. 23: $98
Deborah Cardillo – See bio

Advanced Photoshop Techniques
Already know the basics? Learn refined selection techniques using masks, channels, and vector tools. Create panoramas and use textures and blending modes to make your images pop. Get the best balance of light and dark using High Dynamic Range. Reposition content to perfection with content-aware tools. Adjust exposure and contrast balance with Curves. With these techniques, you will never have to put up with a less than perfect photo again!
Prerequisite: It is recommended that you have solid basic knowledge of Photoshop, or have taken Photoshop for the Hobby Photographer before you take this class.
Students should bring a brown bag lunch
4 Sat., April 11 – May 2
9:30 am - 2:30 pm
Room: 317
Register by Feb. 23: $165
Register after Feb. 23: $185
Deborah Cardillo is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.

Jeffery Luhn - See bio

Photoshop is fun! We meet at a park in Santa Cruz with some great lighting and locations. After a 50-minute walk through the locations and an overview of the 5 techniques, we begin setting up and taking photos. The instructor and his assistant will circulate to help each student succeed. Who are the models? Each student may bring up to 4 friends or family members!

The goal of this class is for each student to produce a collection of remarkable natural portrait images and use that knowledge for future sessions. Students will be e-mailed examples of the setups and the location details. In the event of rain, the class will be moved to the Cabrillo Campus.

A materials fee of $15 is payable to the instructor at class for a CD with the entire lecture, notes and presentation, assignments, examples and printable lesson material.

Jeffery Luhn is a full time working photographer who began his career at a small town newspaper, worked up to United Press International, eventually owning and operating studios in Hong Kong, New York, and San Francisco. He graduated from Brooks Institute of Photography and has a California College Lifetime Teaching Credential in Art and Photography.
Wine Tasting: A Two class Package!
Alfaro Vineyard Tour and Wine Tasting AND
Wine Pairing: Alfaro Wines with Appetizers
Fri., and Sat., March 6 & 7
Register by Feb. 23: $115
Register after Feb. 23: $130
plus $35 materials fee payable to instructor in class

Alfaro Vineyard Tour and Wine Tasting
Join Anne at the beautiful Alfaro winery in Corralitos for an exclusive tour and tasting of Alfaro wines hosted by Richard and Mary Kay Alfaro. Wear walking shoes so you can fully enjoy the beauty of the winter vineyard. Richard will lead us on an easy stroll around the grounds (weather permitting) and back up to the winery for a special wine tasting. As a special treat Anne will provide Alfaro wines to share the following day in the Pairing Wines with Appetizers class.
Participants must be 21 or over
Fri., March 6
1 – 3:30 pm
Alfaro Winery - Corralitos
Register by Feb. 23: $60
Register after Feb. 23: $70
$10 materials fee payable to instructor in class

Wine Pairing: Alfaro Wines with Appetizers
Appetizers set the tone for gatherings whether it’s a casual dinner party or big extravaganza. From quick and easy to elegant and refined Anne's appetizer menu paired with Alfaro wines will surely delight your friends and family at your next gathering. Come learn what it takes to pair luscious Alfaro wines with unique and satisfying appetizers.
Participants must be 21 or over
Sat., March 7
10 am – 1 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
$25 materials fee payable to instructor in class

Soup and Savory Scones
Learn the basics of soup making while working with a bounty of Santa Cruz grown vegetables!
Some of the soups we will prepare are: Italian Sausage Soup, Leek and Potato, Black Bean Soup, and Cream of Broccoli. Everyone will also make and take home Orange Currant Scones as well as Herb and Cheese Scones. No need to make lunch on this day!
Sat., Feb. 21
10 am - 1 pm
Room: 908
Fee: $60
plus $15 materials fee payable to instructor in class

A Citrus Celebration!
Let’s meet our citrus farmers at the Cabrillo Farmer’s Market, learn a bit about citrus, and then head back to the Cabrillo Bakeshop for a morning of creating. We will make a feast out of our purchases. The menu includes Zesty Crostini, Lemon Herb Pasta, Lemon Chicken, Citrus Biscuits, Meyer Lemon Refrigerator Cookies, and Meyer Lemon Ice Cream.
Sat., Feb. 28
10 am – 1:30 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
plus $15 materials fee payable to instructor in class

A special treat Anne will provide Alfaro wines with unique and satisfying appetizers.

Meet the Artisan Confectioner: Donnelly Chocolates Tour and Tasting
Come meet Richard Donnelly, one of the world’s 10 best chocolatiers according to National Geographic as he graciously opens up his shop for a one-of-a-kind tour! We will meet Donnelly and hear his success story while sampling his award winning confections. Learn what it takes to be a world-class confectioner in this class hosted by author and chef instructor Anne Baldzikowski.
Fri., April 17
1 – 2:30 pm
Donnelly Chocolates -
Register by Feb. 23: $18
Register after Feb. 23: $28
plus $12 materials payable to instructor in class

CULINARY
The Art of Making Sushi
Let’s explore beautiful Japanese cuisine as we create a colorful array of sushi rolls using toasted seaweed, seasoned rice, fresh vegetables, and wild caught fish. Everyone will make 4 sushi rolls and take 2 home. We will sample some of the sushi rolls for lunch and Anne will prepare miso soup, seaweed salad, and for dessert a silky smooth green tea ice cream. Come join the fun!
Sat., April 25
10 am – 1 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
plus $20 materials payable to instructor in class

Learn Knife Skills Like a Pro!
This is a class that will change your life in the kitchen. You will learn the proper technique needed to handle a chef knife, building confidence and speed, while increasing safety. This is a hands-on class, we will be cutting a variety of vegetables and turn them into delicious soups that we will enjoy for dinner at the end of class. Bring your knives or use the ones provided. Eric will explain quality indicators, how to choose a knife, how to sharpen, proper hold and motion and precision cuts. We’ll then get into the kitchen and do some cutting!
Sat., April 11 OR Sat., May 23
11 am- 2 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
plus $15 materials fee payable to instructor in class

Chicken Cookery
Explore roasting, sauté, frying and braising for this versatile bird. Using only Mary’s free-range chickens this hands-on and demonstration class will show you how to cut and prepare chicken four different ways. At the end of class we will have a delicious chicken feast. Bring your appetite!
Sat., May 16
11 am- 2 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
plus $20 materials payable at class

Gluten-Free Treats
Why buy gluten-free boxed mixes when you can make your own baked treats at a fraction of the cost? Come join Anne in the Cabrillo Bakeshop as she demystifies gluten-free baking. Everyone makes and takes home, Peanut Butter Gems, Chocolate Scones, and a chocolate celebration cake (perfect for Mother’s Day). Plan on taking lots of treats home. We will be baking in a facility that uses wheat flour.
Sat., May 9
10 am – 1 pm
Room: 908
Register by Feb. 23: $60
Register after Feb. 23: $70
plus $20 materials payable at class

Spring Sparklers & Triple Cremes – A Mother’s Day Treat!
This special Mother’s Day tasting class will focus on luscious, gooey soft-ripened cheeses paired with crisp, refreshing sparkling wines. Learn more about the cheesemaking and winemaking processes that create these delightful styles. We will focus on developing the palate and increasing your culinary vocabulary in a laid-back interactive class. What a great way to spend time with Mom!
Please bring 2 wine glasses to class
Participants must be 21 or over
Sun., May 10
12 – 2 pm
Room: Horticulture 5001
Register by Feb. 23: $60
Register after Feb. 23: $70
Plus $30 materials fee payable to instructor
Melissa Schilling and Rebecca King – see bios below

Wonderful World of Wine & Cheese
Taste your way through cheese production methodology and wine fermentation. Explore a variety of cheese and wine styles that will give you a great starting point for mastering the art of pairings. Learn how to describe what you taste, and how certain soils, yeasts, cellaring styles and milk types make a difference in the world of cheese and wine. Learn about microclimates, terroir, cheese and wine production techniques and flavor profiles.
Please bring 2 wine glasses to class
Participants must be 21 or over
Sat., May 16
3 – 5 pm
Room: Horticulture 5001
Register by Feb. 23: $60
Register after Feb. 23: $70
Plus $30 materials fee payable to instructor
Melissa Schilling has super palate powers and enjoys tasting wines from all over the world. She teaches corporate team building and does special events.
Rebecca King has spent the past 10 years studying and working in sustainable agriculture, cheese making, organic farming and culinary arts.

See Pages 46-47 for all new “Power of Food” workshops. They are conveniently taught at New Leaf market in downtown Santa Cruz.
**Green Home & Garden**

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**Cabrillo Extension in collaboration with the Water Conservation Coalition of Santa Cruz County** is offering a series of workshops for home and garden. These classes offer expert instruction on water-saving techniques and conservation principles to help preserve and protect our most valuable resource. Collaboration with Soquel Creek Water District, the City of Santa Cruz Water Department, San Lorenzo Valley Water District, Scotts Valley Water Department and the City of Watsonville has helped significantly reduce the registration fees of the 5 workshops below. Space is limited, so register early!

**Graywater: Laundry to Landscape Irrigation System**

This class gives participants information on repurposing water which was previously considered waste water and can now be redirected for landscape and garden irrigation. Participants will learn about current plumbing code standards, graywater compliant products, irrigation techniques, system design, installation, materials and tools required to complete their own residential system.

Sat., March 14
10 am – 3 pm
Room: 711
Register by Feb. 23: $20
Register after Feb. 23: $25

**Design and Build Water Neutral Landscape**

Do you want landscaping that is less dependent on municipal or well water, and more resilient for today and the climate changes ahead? Here is your opportunity to learn “designing for water” principles and apply them on your property. Learn a whole systems approach to landscape design that synthesizes resources available with a unified plan that stores rain water in soil and cisterns, harvests abundant graywater, chooses plants that require less water, and applies gardening and irrigation practices to reduce inputs. The class will tour state-of-the-art examples of these principles and offer hands-on experiences.

Sat., Feb. 28
9 am – 3 pm
Room: 711
Register by Feb. 23: $20
Register after Feb. 23: $25

**Replace Your Lawn - Landscaping Strategies**

If maintaining your lawn has gotten to be too much — too much water, fertilizer, pesticides, and herbicides, too much time, too much mowing, or just plain too much bother — then you’ll want to take this class! Learn to use alternative grasses and grass like plants to create beautiful ‘lawns’ that are low care and water-conserving. In this one-day class, you will be guided, step-by-step, through the entire lawn-replacement process: from initial considerations of cost and difficulty, through selecting the right plants for your site, to soil preparation and planting, and finally, to the required maintenance.

Sat., April 25
10 am – 3 pm
Room: 711
Register by Feb. 23: $20
Register after Feb. 23: $25
Bobby Markowitz – See Bio

**Walkways, Pathways and Patios**

Create elegant and environmentally friendly patio or pathway that is also watershed friendly. Help return water to the earth, and save money in the process. In this class you will learn why porous hard-scapes are important to prevent storm run-off and keep water onsite. We will discuss cost-saving sustainable hardscape materials and what embodied energy is and why it matters. Lecture, hands on activities and field trip included.

2 Sat., May 16 & 23
1 – 4 pm
Room: 711
Register by Feb. 23: $20
Register after Feb. 23: $25
Ken Foster – See bio below

**Build Your Dream House**

Your home should be a sacred place that nobody can ever take away. One way to get such a place is to build it yourself! You don’t need a license to build your own house. You can build and be mortgage free in just a few years without the worries about losing your house to foreclosure. This 3-hour class will steer you in the right direction of building your own house for the least amount of money. Learn how to: buy land at huge discounts; buy materials for next to nothing and build it green; design your house for ease of construction; live on your property rent free while you build; use unconventional financing; and get the best help for the least cost.

Sat., March 21
10 am – 1 pm
Room: 435
Register by Feb. 23: $50
Register after Feb. 23: $58
plus $20 materials fee payable to instructor in class

David Cook, author of Build Your Dream House for a Song, is a former salesman and restaurant owner. He’d barely picked up a hammer before starting work on his dream house in Marin County.

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**To register call 479-6331 or visit us online at www.cabrillo-extension.org**
**Build Your Business!**

Cabrillo College Extension is proud to partner with the Cabrillo College Small Business Development Center to present seminars to help you build your business!

**The Cabrillo College SBDC** has won national and state awards for excellence in operations and business growth of their clients. 100% of clients served stated they would recommend SBDC services to others! How can the SBDC help your business? Please call 831-479-6136 or go to www.centralcoastsbdc.org for more information.

**Build a Better Business Program Series**

**Writing Your Best Business Plan**

This seminar will help you identify the most appropriate business planning format for starting or expanding a business, marketing basics, and a strategic plan to put your business on the road to success. Learn how to establish realistic goals and objectives, determine startup costs, as well as various methods of financing your startup.

**Writing a Business Plan is the first step to obtaining free of charge counseling from the SBDC.**

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**Recordkeeping for Small Business**

This class will reveal the mysteries of accounting in plain language and give you everything a non-accountant saddled with keeping “the books” needs to know. Concepts and processes covered in this class will include: the bookkeeping cycle, accrual vs. cash vs. tax accounting, and the chart of accounts, journals and general ledger.

Double entry and single entry bookkeeping will be explained without the pain of “debit and credit” journal entries. Learn accounting concepts, to operate your small business more profitably.

This is an excellent prerequisite for those wishing to maintain their accounting records either manually or using computerized systems.

**Solving the Social Media Puzzle: Helping Put the Pieces Together**

The advent of mobile devices and the infiltration of social media into everyday life has significantly changed how people expect to engage with businesses online, both on websites and on social media.

Get the big picture of how your customers are engaging online. Learn what customers expect from websites today, how to make informed decisions on which social media sites are best for your business and how to integrate them into your marketing strategies. Attend this seminar and learn how to put all the pieces of the online puzzle together to grow your business.

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**QuickBooks Basics**

Information systems professionals, personal trainers, massage therapists, personal trainers, and sports trainers need QuickBooks, too! Take your home-based industry from hobby to business. Learn and apply basic accounting concepts, business structure, and sound record-keeping procedures to your consulting/service business. Prepare Invoices, track your receivables, and predict timely collection. Accept credit/debit card payments. Gain familiarity with basic Financial Statements and how they help you grow your business. Know you are financially successful and document those all-important tax deductions.

The class is taught in a computer lab to ensure student hands-on experience with the software. Purchase of QuickBooks Pro is not required, but purchasing “QuickBooks Pro for Dummies” is recommended for those who do not own the software.

Students must bring a USB Memory Disk of at least 1 GB of memory to class. Mac users are welcome to bring their own laptops with QuickBooks already installed.

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**Lydia Snider** is a local specialist in helping non-profits, small businesses and individuals leverage the power of social media. A former educator, Lydia started a very successful business that was launched using social media. Lydia is dedicated to helping businesses use social media wisely and profitably.

**To register call 479-6331 or visit us online at www.cabrillo-extension.org**
Strategic Social Media Planning: Understanding Marketing

If you’re a company that wants to succeed in the complicated world of social media, make sure you have the people in place who have creativity, an understanding of new media, and a voice and tone that is inviting to a broad audience. Come to this workshop to:

- Learn social media planning methods
- Develop marketing strategies for success
- Figure out your target audience and how to access them
- Create content that ensures “likes”

Thu., April 23
1-5:30 pm
Room: Horticulture 500S

Register by Feb. 23: $68
Register after Feb. 23: $75

Dianthe Harris – See bio

Become a Notary Public

Establishing yourself as a Notary Public, earn additional income and provide a service to your community. It’s not just a clerk’s job anymore. Successful notaries provide a valuable service to their company, friends and private clients. Ambitious Notaries gain the skills it takes to become a Loan Signing Agent making $200 to $400 per signing.

Our 6-hour state approved seminar gives you the knowledge to pass the exam and practice as an effective Notary. You’ll receive 2 practice tests and you’ll take the official Notary exam directly following the seminar.

Must be 18 years of age. Serious conviction may disqualify applicant.

Register for the exam from 4 – 4:30 pm. Exam is from 4:45 – 6 pm. For the exam, bring a $40 check payable to Secretary of State, current driver’s license or state-issued ID (you must be a legal resident of California), a 2 x 2 passport color photo, and a few #2 pencils. LiveScan fingerprints required after you pass the exam.

There will be a short break for lunch. It is suggested that you bring your lunch, as there is no Saturday food service on campus.

Please arrive early. Due to State Regulation, no one will be admitted after the class begins. You must also be on time when returning after the break.
No refunds for late arrivals.

Sat., March 14
12:45 – 6 pm
Room: 454

Register by Feb. 23: $50
Register after Feb. 23: $58
plus $30 materials fee payable to instructor in class

Carrie Christensen – See bio

How to Become a Cabrillo Extension Instructor

Do you have professional, creative practice experience or another skill that you would like to share with others? Would you like to earn extra income as an Instructor? The Cabrillo Extension Program, Colleges, Parks and Rec and Adult Education programs are always looking for new class ideas. Learn from a seasoned pro everything you need to know to get started in a lucrative part-time profession. No teaching credential needed.

Sat., March 21
2-4:30 pm
Room: 435

Register by Feb. 23: $50
Register after Feb. 23: $58
plus $20 materials fee payable to instructor in class

David Cook, author of Build Your Dream House for a Song, is a former salesman and restaurant owner. He’d barely picked up a hammer before starting work on his dream house in Marin County.
Foreclosures: Less Risk/More Rewards
Many people want to buy residential properties in foreclosure at substantial discounts but don’t know how to uncover title or debt to establish equity. Warren has taught hundreds of people over 20 years how to make such purchases with minimal risk and cash. His three-hour seminar illustrates the four-part foreclosure process with handouts and emphasizes how to buy the best-discounted properties at trustees’ sales. This seminar has proven to be a rewarding investment of your time and money. Topics include:
- The complete foreclosure process
- How to uncover the best discounted property
- How to step through the total research process to establish actual equity through governmental support available in all California counties.

Saturdays April 25
10 am – 1 pm
Room: 435
Register after Feb. 23: $54
Register by Feb. 23: $48
Warren Racine has been licensed Real Estate agent/broker for over 40 years. He has taught thousands of people how to uncover title and debt to establish equity in residential properties in foreclosure. He has been teaching throughout California for over 30 years.

How to Become a Mystery Shopper
Would you like to get paid to go shopping, eat out, play golf, plus more? Would you like to participate in programs that bring about improvements for both the company and the consumer? Learn how mystery shopping works, how to avoid the scams, what types of reports are used, the do’s and don’ts of getting hired and how you can get into the “shopper’s network.” You will leave the class fully prepared to begin your exciting new journey. Plus you will have the added advantage of learning from a hands-on shopper who can give you first-hand information and referrals.

Sat., April 28
10 am – 1 pm
Room: 432
Register by Feb. 23: $42
Register after Feb. 23: $48
$20 materials fee payable to instructor in class for a comprehensive book.
Elaine Moran has been a mystery shopper for over 20 years. She currently gives classes and workshops at over 20 colleges and authored the book “How to Become a Mystery Shopper, Your Complete Guide to Secret Shopping”.

Fund Accounting for Nonprofit Organizations
This course introduces the basic concepts of recording and reporting financial information for nongovernmental non-profit organizations. Theatre companies, arts organizations, social service organizations, historical societies, and public benefit organization (501(c) 3) bookkeepers will all benefit from this workshop Management reporting, tax reporting, grant reporting, and board reporting are covered. This is a particularly important class for nonprofit board treasurers who have been tasked with “keeping the books.”

Sat., March 14
9 am - 1 pm
Room: 432
Register by Feb. 23: $65
Register after Feb. 23: $76
Carol Jensen – See bio

QuickBooks Pro for the Small Business Owner
QuickBooks Pro is one of the most widely used accounting programs for small businesses. This class will lead you through the set-up and use of the software for basic accounting functions including writing and printing checks, tracking income and expenses, generating financial statements, accounts payable and receivable, invoicing and more.

The class is taught in a computer lab so that students may gain hands-on experience with the software. Purchase of QuickBooks Pro is not required, but purchasing “QuickBooks Pro for Dummies” is recommended for those who do not own the software.

Students without bookkeeping experience are recommended to take the Recordkeeping for Small Business class.

Students must bring a USB Memory stick of at least 1 GB of memory to class. Mac and PC users are welcome to bring their own laptops with QuickBooks already installed.

4 Sat., March 21 – April 18 (No class Apr. 4)
9 am - 1 pm
Room: 507
Register by Feb. 23: $195
Register after Feb. 23: $214
Carol Jensen – See bio

Advanced QuickBooks
This advanced class is designed for those who are experienced with QuickBooks and who are looking for insight on how to deal with the more difficult issues that advanced users often face. Some of the topics covered are: inventory, accounting issues and solutions, tracking and managing sales tax, working with and resolving payroll issues, effective use of remote access, job costing, time tracking and much more.

The class is a hands-on course. Students must have previous experience with QuickBooks Pro software.

Sat., April 25
9 am - 1 pm
Room: 507
Register by Feb. 23: $65
Register after Feb. 23: $76
Carol Jensen specializes in financial aspects of startup businesses and is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

Starting Your Own Nonprofit
If you are thinking of starting a nonprofit business this class will demystify and explain the nonprofit start-up process for you. After learning the advantages and restrictions of running a nonprofit you will be able to decide if a nonprofit start-up is the best choice for you. You’ll learn about the privileges and restrictions nonprofits face, how to deal with government agencies, alternatives to a nonprofit and an understanding of the application and approval process.

Instructions on the new streamlined IRS exemption process will be included.

Sat., April 18
10 am – 1 pm
Room: 432
Register by Feb. 23: $62
Register after Feb. 23: $74
Class fee includes workbook
Josh Wagner runs the Santa Cruz consulting firm PlanRight, which provides a user-friendly approach to nonprofit start-up. PlanRight serves hundreds of client organizations around the country.

Recordkeeping for Small Business
This class will reveal the mysteries of accounting in plain language and give you everything a non-accountant saddled with keeping “the books” needs to know. Concepts and processes covered in this class will include: the bookkeeping cycle, accrual vs. cash vs. tax accounting, and the chart of accounts, journals and general ledger.

Double entry and single entry bookkeeping will be explained without the pain of “debit and credit” journal entries. Learn accounting concepts, to operate your small business more profitably.

This is an excellent prerequisite for those wishing to maintain their accounting records either manually or using computerized systems.

Sat., March 7 OR Sat., May 9
9 am - 1 pm
Room: 432
Register by Feb. 23: $48
Register after Feb. 23: $56
Carol Jensen – See bio

Myers-Briggs Type Indicator (MBTI) Workshop
Working in a corporate or organizational environment or as a team member of any community group, your personal style is the key to being effective, respected and optimally successful. In this Myers-Briggs Personal Style seminar, you will learn more about what “makes you tick” and how your style preferences may either mesh well or sometimes fail to blend with other personalities. Gain practical tips and tools for leveraging your natural talents and strengths, including insights on what behaviors to modify in your approach when appropriate.

Learn the terminology on these four scales: (Introvert/Extrovert, Intuitive/Sensing, Thinking/Feeling and Perceptive/Judging), Find out your 4-letter combination and what it means in terms of blending and building relationships with others. The facilitator will assist participants in examining their most challenging work scenarios with options for using more effective approaches in terms of personal style choices.

All participants will complete the MBTI Instrument in class. Materials fee includes assessment instrument with results, comprehensive MBTI booklet and presentation package.

Thu., March 26
9:30 am – 12:30 pm
Room: 512
Register by Feb. 23: $52
Register after Feb. 23: $58
plus $45 material fee payable to instructor.

Linda Gunther has held positions as HR leader for a variety of top-tier companies. Linda specializes in HR Development and designing and facilitating Leadership workshops for delivery across the globe.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Medical Insurance Billing Program

CERTIFICATE PROGRAM

Medical Insurance Billing, Part I
One of the physicians’ most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to follow up and collect on billed claims. In this course you will learn:
- How to bill Medicare, Medicaid (MediCal in California), TRICARE and CHAMPVA
- How to complete the new CMS 1500 (universal claim form) used to bill insurance companies
- Updated information on the new Medicare contractor, Noridian Healthcare Solutions
- Learn how to keep current on changes on rules and regulation of government plans, also where to take free continuing education courses offered by major insurance carriers
- How to read an Explanation of Benefits (EOB) and how to use it to bill secondary carrier
- How to look up diagnosis codes, procedure codes and modifiers; codes which are necessary for billing insurance carriers for payment reimbursement.

Wed., Thu. & Sat., May 13, 14 & 16
6 – 9:30 pm (Wed. & Thu.) AND
9 am - 4 pm (Sat.)
Room: 707
Fee: $125
plus $59 material fee payable to instructor in class

Medical Insurance Billing, Part II
This workshop is for those students who have completed the Intro to Medical Insurance Billing course or students who are already Billers and want to further their knowledge in medical billing. In this course you will learn:
- The difference between PPO’s, HMO’s, IPA’s and other managed care issues
- The ins and outs of contracting with managed care plans
- HCPCS Level II coding – when to use these codes
- Analyze and solve difficult billing problems, denial management
- HIPAA – Health Insurance Portability & Accountability Act (patient privacy)
- Open discussions on various issues of concern to medical billers

Prerequisite: Experience as a medical biller or completion of Medical Insurance Billing, Part I.

Sun., May 17
8:30 am – 2:30 pm
Room: 707
Fee: $85
plus $39 material fee payable to instructor in class

Workers’ Compensation & Personal Injury
Learn how to bill California Workers’ Compensation and Personal Injury cases. Some of the areas this workshop will cover are:
- An overview of California’s Workers’ Compensation system
- Filing Workers’ Compensation Appeals Board Liens
- Learn tips for screening patients up-front to minimize payment problems
- Maximizing reimbursement
- Turning objection letters into payments
- Negotiating with attorneys on lien cases
- How to make sure the case is really “pending”
- Billing automobile insurance carriers and personal injury cases

Prerequisite: Experience as a medical biller or have taken Medical Insurance Billing Parts I & II.

Mon. & Tue., May 18 & 19
6:30 - 9 pm
Room: 707
Fee: $85
plus $39 material fee payable to instructor in class

Medical Front Office Certificate Program
This program has been designed for those interested in becoming a Medical Front Office/Medical Receptionist/Intake Coordinator. This class will prepare you to begin a rewarding career and to become an integral part of the medical office team.

Topics covered include:
- Basic Medical Benefit Terms and Plans
- Eligibility and Insurance Benefit Verification
- Appointment Scheduling (Manual and Computerized)
- Improving Telephone Skills
- Patient Arrival, Check-In and Departure
- Handling Medical/Office Forms
- HIPAA/Patient Privacy & Confidentiality
- Medical Terminology (specific to the front office)

This two-part course will be offered under the following format: Part one will be lecture, part two will be a home-study computer course (using your own computer) concentrating on computerized appointment scheduling and new patient set-up. Students are given one month to complete part two of this course.

Wed. & Thu., May 20 & 21
6:30 - 9 pm
Room: 707
Fee: $105
plus $79 material fee payable to instructor in class (Includes workbook & tutorial software)

Start Your Own Medical Billing Service
Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. In this class you will learn:
- How to obtain clients & setting your fees
- What other services a billing service could offer
- Marketing your services
- Where to obtain HIPAA compliant software
- Sample HIPAA Business Associate Agreement & Independent Contractor Agreement
- How to obtain updates from insurance companies
- Sole Proprietorship, Partnership, Corporation & LLC’s discussed

Sun., May 17
2:45 - 4:30 pm
Room: 707
Fee: $65
plus $29 material fee payable to instructor in class

If you are looking for another career or supplementary income, our Certificate Program in Medical Insurance Billing can make you a valued professional in the fast-growing health care field.

Participation in the Certificate Program is not required. Courses may be taken individually as long as you meet the prerequisites.

Certificate Program
- Medical Insurance Billing, Part I
- Medical Insurance Billing, Part II
- Workers’ Compensation & Personal Injury
- Computerized Medical Insurance Billing
  (A Home Study Course)

Course materials and texts are NOT included in the registration fee. Material fees are payable to instructor at the 1st meeting of each course. Please see each course description for the appropriate fees.

Students will receive a Certificate of Attendance from the instructor at the end of each course. Those who complete the Certificate Program will also receive a Certificate of Completion issued by the college.

TAKE THE ENTIRE MEDICAL BILLING CERTIFICATE PROGRAM FOR JUST $295
See individual materials fees payable directly to instructor in class.

Kris Patterson is the owner of a successful Medical Billing and Consulting firm and has taught Medical Insurance Billing classes for over twenty years.
Video Game Design

Students gain valuable skills using GameMaker Studio, one of the most popular game design software suites, which will establish a solid foundation in programming and design skills. Students work from a "template" game that changes and updates every several months so that students can design games in a variety of genres. This session's template game is Space Shooter, a scrolling shoot-em-up similar to classic arcade games like Gradius and Raiden.

All skill levels welcome.
6 Tue. & Thu., March 10 – April 23
(no class Mar. 31 or Apr. 2)
6 – 7:30 pm
Room: 2501
Register after Feb. 23: $310
MakersFactory Instructors

Computers for Rookies

Have you ever saved a file, but couldn't find it later? Have you ever wanted to cry or curse because your computer was doing something you couldn't understand? This class will give you the necessary foundation for a solid understanding of computer technology. First we'll present a basic overview of computer components and their functions. Then we will familiarize students with the Windows interface, and finally we will work on critical file management skills. Topics covered include: hardware and software; operating systems vs. applications; the Windows desktop; controlling windows; moving and copying files; creating folders; folder hierarchy; working with the Recycle Bin and more.

A comprehensive manual/textbook is included.
Two dates to choose from:
Fri., Feb. 27 OR Fri., April 17
9 am – 5 pm
Room: 515
Fee: $95
Mindi Cater – See bio

Microsoft Access – Level 1

This class provides a detailed introduction to Access 2013, Microsoft’s powerful relational database. Topics include: identifying database structures; designing and creating a new database; creating and using database objects including tables, forms, reports and queries; setting field properties; managing data records; and more.

Required: Computers for Rookies or equivalent.
A comprehensive manual/textbook is included.
Fri., April 10
9 am – 5 pm
Room: 515
Fee: $124
Mindi Cater – See bio

Microsoft Word – Level 1

This introductory class is for the computer user who wants to become proficient in Word 2013. Topics include: working with Word’s ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; using absolute and relative cell references; formatting cells; inserting and deleting columns, rows, and cells; creating charts, and more.

A comprehensive manual/textbook is included.
Fri., March 13
9 am – 5 pm
Room: 515
Fee: $124
Mindi Cater – See bio

Microsoft Excel – Level 2

This intermediate level class covers more complex skills than those presented in Level 1. Topics introduced include: creating newsletters using columns; section and column breaks; inserting WordArt and clip art; basic picture editing; formatting text consistently using styles; Mail Merge documents; creating and working with templates, and more.

Required: Microsoft Word 2013: Level 1 or equivalent skills.
A comprehensive manual/textbook is included in the course fee.
Fri., May 1
9 am – 5 pm
Room: 515
Fee: $124
Mindi Cater – See bio

Effective Presentations Using PowerPoint

This class provides introductory training for the computer user who wants to become proficient in PowerPoint 2013. Topics include: creating presentations; document themes; bulleted lists; using outlines to create slides; formatting text; publishing and printing presentations; using transitions; inserting clip art, charts, and graphics; slideshow delivery, and more.

Required: Computers for Rookies or equivalent skills.
A comprehensive manual/textbook is included in the course fee.
Fri., March 20
9 am – 5 pm
Room: 515
Fee: $124
Mindi Cater – See bio

Mindi Cater has been teaching computer classes in Santa Cruz County since 1991. She has offered training at local organizations including, SCCROR, the Sheriff’s Department, County Office of Education, and the Capitola EDD.

Programming with Javascript

Learn the basics of computer programming in this all new six-week course! We will cover introductory computer programming skills using Javascript, a programming language most commonly used for applications run in a web browser. The class is designed for first-time programmers interested in learning the ropes of coding while creating some simple, fun, browser-based apps.

All skill levels welcome.
6 Tue. & Thu., Apr. 28 – June 4
6 – 7:30 pm
Room: 2501
Register by Feb. 23: $295
Register after Feb. 23: $310
MakersFactory Instructors

Microsoft Excel – Level 3

This advanced level class introduces highly complex Excel 2013 skills. Topics covered include: creating PivotTables, Pivot Charts, and macros; using financial functions; using data analysis and validation tools; advanced formatting techniques; sharing workbooks and tracking changes; merging multiple workbooks; integrating Excel with other programs, and more.

Required: Microsoft Excel: Level 2 or equivalent.
A comprehensive manual/textbook is included in the course fee.
Fri., May 8
9 am – 5 pm
Room: 515
Fee: $124
Mindi Cater – See bio
Supervisory Academy Training Series

Being a successful supervisor can be a challenge: You have a lot of responsibility, and usually, very little supervisory training. Designed to deliver results, The Cabrillo College Supervisory Academy is a 12-week program that helps you develop your skills and become a better supervisor. Choose which modules are best for you, or attend all 12!

Throughout this 12-week program, you will learn and practice the skills that will make your job easier and your team more efficient. Come to know yourself better as a supervisor and make effective choices about your leadership development. Learn to build trust with your team, improve communication with all levels of your organization, make better decisions, lead effective meetings, and motivate your employees toward better performance.

Mon., March 2 – May 18
6:00 – 9:00 pm
OR
Wed., March 4 – May 20
2:00 – 5:00 pm
Classes are held on the Aptos Campus in the 1500 Bldg., 2nd Floor, Room 1522
Take ALL TWELVE MODULES for just $595 or $58 per module

COURSE MODULES

Being a Great Supervisor
Mon., Mar. 2 OR Wed., Mar. 4
6 – 9 pm
2 – 5 pm
Being a supervisor is a lot of responsibility, and it involves the fundamental ability to get things done through others. As a leader in your organization, you help set the tone, and you have the potential of making a very positive impact. In this introductory course you will:
- Understand the roles and responsibilities of effective supervisors
- Assess your own supervisory skills and strengths
- Set goals for your supervisory development

Diagnosing Your Team’s Effectiveness
Mon., Mar. 16 OR Wed., Mar. 18
6 – 9 pm
2 – 5 pm
Leading a team has its challenges but it’s an inescapable reality of today’s organizations. When we understand the principles of teamwork, we can harness the power of interdependence and individuality to create a powerful work team that achieves the right results. Come to this class to:
- Make the leap from team member to team leader
- Understand the stages of team development and how to navigate through each
- Assess your team’s effectiveness by applying the five elements of successful teams

Delegating for Development
Mon., Apr. 13 OR Wed., Apr. 15
6 – 9 pm
2 – 5 pm
One of the primary responsibilities of a supervisor is to delegate effectively. In this class, you will:
- Learn how effective delegation entails much more than merely pushing a task off
- Practice effective delegation
- Strategize to ensure tasks are completed appropriately, and that employees are learning the skills needed to succeed

Creating a Climate of Trust
Mon., Mar. 23 OR Wed., Mar. 25
6 – 9 pm
2 – 5 pm
As a supervisor, your ability to create and sustain a climate of trust is critical to your team’s satisfaction and success. But how can you demonstrate that you’re worthy of your direct reports’ trust, and, perhaps more importantly, how do you transform a climate that is currently NOT high in trust, into the opposite? Come to this class to:
- Explore the high cost of low-trust work groups
- Define trust, and identify the specific behaviors that support it
- Assess your part in creating a trusting work place

Setting Clear Goals and Performance Expectations
Mon., Mar. 30 OR Wed., Apr. 1
6 – 9 pm
2 – 5 pm
Tackling employee performance issues is an expected part of the supervisory role. Many performance issues stem from poorly defined goals and lack of purposeful feedback. Effective performance management starts with clear expectations and is reinforced through coaching and support! Come to this course to:
- Understand and practice the critical process of setting clear performance expectations.
- Discern between performance management and performance evaluation.

Coaching for Results
Mon., Apr. 6 OR Wed., Apr. 8
6 – 9 pm
2 – 5 pm
Coaching, a crucial leadership skill for successful supervisors, combines building relationships, providing support and monitoring progress. Coaching allows you to address performance issues before they escalate, and it empowers your employees to develop the skills they need to succeed. In this class you will:
- Identify the impact effective coaching has on you, the employee and the climate at work
- Learn and practice the precursors to coaching: being curious and asking good questions
- Develop a detailed plan to coach a specific person

Motivating Others
Mon., Apr. 27 OR Wed., Apr. 29
6 – 9 pm
2 – 5 pm
Understanding what motivates people and how to motivate others is a key skill in our ability to effectively lead. Many of us resort unconsciously to the old carrot-and-stick methods with very limited success. Come to this course to:
- Understand your role in creating the motivational climate at work
- Practice key motivational techniques
- Build a plan for motivating employees

Leading Meetings that Matter
Mon., May 4 OR Wed., May 6
6 – 9 pm
2 – 5 pm
Unfortunately, many of the meetings we organize and attend prove to be a waste of time, energy and money! This class ensures that the meetings you lead will be purposeful and productive. In this class you will:
- Design a meeting process that gets results using the RPR method.
- Set effective “rules of engagement” that bring out the best in your meeting participants
- Capture action items effectively

Presenting with Confidence
Mon., May 11 OR Wed., May 13
6 – 9 pm
2 – 5 pm
For most of us, speaking in public creates mild but manageable anxiety. Having something to say and being able to say it well empowers all involved! In this course you will:
- Learn 5 ways to quickly organize your thoughts when you are asked to present
- Discern between 3 common speaking purposes and know how each influences your content
- Play with delivery skills that will help your audience get the most from your message

Quality Interviews and Selecting the Best Candidates
Mon., May 18 OR Wed., May 20
6 – 9 pm
2 – 5 pm
Have you ever looked around the office and wondered how certain people were chosen for the position they hold? If so, you know that hiring the wrong person can impact the business results and office morale. The problem is that traditional interviewing methods do not tell us what we need to know about potential job candidates. In this workshop you will:
- Discuss common obstacles to effective employee recruitment & development
- Learn the basics of behavioral interviewing
- Practice writing and asking interview questions
- Evaluate your open positions through the lens of core competencies

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Do you want a more productive and energized workforce?

Today’s fast-paced business environment demands a highly trained and effective workforce. If you want to stay in business, you need to help your workforce perform at their best. Leaders need to establish direction and communicate effectively both internally and out in the community. Managers and supervisors need to define work, manage people and teams, create a positive and productive organizational culture and lead engaging meetings. Staff needs to work effectively together, provide exceptional customer service, meet quality standards and deliver on deadlines.

All these things are possible when you have effective and affordable workforce training at your fingertips.

At Cabrillo Corporate Training, we can help you…

- Define your direction based on your values and your strengths.
- Develop standards and identify competencies that will guide and align all of your training efforts.
- Identify the performance you want from your workforce and the training gaps that need attention.
- Deliver targeted training programs on site, based on your schedule, to meet your needs.
- Evaluate the training to ensure a return on your investment.

Why invest in employee training & development?

It’s simple. Effective employee training means increased productivity and organizational effectiveness. It means you are better able to cope with the demands of today’s competitive business environment.

And, well-designed training programs provide added benefits:
Improved employee morale, greater job satisfaction, more motivated employees, and decreased turnover. Long-term employee development efforts help keep an organization vital and successful.

Our seasoned experts bring dynamic and rich training programs to you!

Visit us at: www.cabrillo-corporatetraining.org
For more information call: 831-477-5649
Cabrillo Corporate Training is a proud partner with DDI: Development Dimensions International!
Ask us how DDI content can meet your needs!

The Leadership Challenge® Workshop is a unique, intensive and highly interactive experience that has served as a catalyst for profound leadership transformation in organizations of all sizes and in all industries. Immensely practical and hands-on, The Leadership Challenge® Workshop is designed to inspire, engage, and help you as a leader to develop the skills you need to meet whatever leadership challenges lay ahead.

Prior to this 2-day experience you will ask your managers and direct reports to complete a 360 evaluation for you, called the Leadership Practices Inventory (LPI). You will receive your results when you arrive at the workshop, and will therefore learn not only about leadership concepts in general, but about your specific strengths and challenges.

The core curriculum is structured around seven components, including five independent modules that focus specifically on each of The Five Practices of Exemplary Leadership®. Each module describes the practice, reviews the Leadership Practices Inventory (LPI) items related to that practice, and ends with techniques that asks participants to reflect on how to apply what they’ve learned to a current leadership challenge of their own. With a plan of action in hand for taking the key learnings from the workshop back to the workplace, you will be prepared to implement your new leadership practices back on the job immediately.

What’s included:

- Two days of intensive training designed to help you put your LPI (Leadership Practices Inventory) feedback to use immediately in your development as a leader.

Ask about our special partnership with Leadership Santa Cruz County!

- All program materials including: a Participant Workbook, TLC Values Cards, TLC Job Aid card and The Leadership Challenge (5th Edition) book.
- The Leadership Practices Inventory Online 360 Assessment: includes LPI Self and up to 20 LPI Observers (direct reports, manager, co-workers, etc.). Participants receive confidential feedback relating to the frequency of their use of The Five Practices.
- A personal coaching session after the 2-day training, provided by Claire Laughlin, designed to help you make progress on your personal action plan and get more out of your LPI results.
- Light continental breakfast each morning, lunch, and afternoon snacks.
- Camaraderie and connection with other local leaders.
- A truly memorable experience, with lessons that stick.

Visit our website at http://cabrillo.edu/services/extension/leadershipchallenge.html to learn more about the LPI and what it measures, and a link to a 5-minute video that describes the program.

Visit our website at http://www.cabrillo-extension.org
Personal Effectiveness Development Series

We can all use a little boost now and then! If your career feels stalled or you experience frustrations at work, you may need a “tune up!” This Personal Development Training Series is designed to help you address many of the issues and behaviors that can slow you down in your career or contribute to feelings of dissatisfaction at work. It can also provide a boost for an already thriving career! The 8 sessions that are part of this series are designed as stand alone courses. Take one, take all, or mix and match the titles that are best for you from this series and our Supervisor and Leadership Training Academies.

Tuesdays, March 10 – April 28
2 – 5 pm

Classes are held on the Aptos Campus. See individual rooms below. Take ALL EIGHT MODULES for just $395 or $54 per module.

Managing and Resolving Conflict

Tue., March 17
2 – 5 pm
Room: 1522
Conflict is a part of life. How confident and competent we are at resolving conflict can have a profound impact on our success at work and in life. In this course you will...
- Understand what conflict is and why your ability to engage in effective conflict is so vital to your success.
- Learn about 5 common approaches to conflict and the pros and cons of each.
- Apply a simple process for resolving the most ingrained conflicts.

Managing Stress

Tue., March 31
2 – 5 pm
Room: 1522
It’s now common knowledge that stress is a serious and dangerous health risk factor and can be linked to many of our most serious health challenges. But did you know that stress is also the cause of billions of dollars in lost productivity and revenue in our workplaces? When we can reduce our stress, work, relationships and everything in life can become more enjoyable.
In this course you will...
- Define “good” and “bad” stress and understand the causes of each.
- Identify what causes stress for you and practice managing your reactions.
- Learn and apply the Triple A approach to managing and reducing stress.

Building Rapport & Emotional Intelligence

Tue., April 7
2 – 5 pm
Room: 1522
The relationships we build at work are critical to our success. Ensuring that we find and cultivate a professional network will help us to identify mentors, seek and receive feedback that helps us grow, and stay informed about opportunities for growth. Yet many of us take our business relationships for granted. Come to this class to...
- Understand the role of building rapport in successful relationships.
- Identify 3 kinds of relationships that you should actively cultivate at work.
- Learn and practice important ways to ask for help and/or feedback.

Navigating Personal Change

Tue., April 28
2 – 5 pm
Room: 1522
Life is constantly changing and change can lead to feelings of overwhelm. To be effective at work, you must develop appropriate and healthy responses to change. What changes are you facing at work? What changes do you want to proactively make in your life? How do you react under stress? How do your habits keep you feeling stuck and resisting the changes you need to make? In this workshop, you will...
- Understand the impact of change on your mind, body and emotions.
- Become aware of the stages of change, what to expect in each stage and how to manage your personal stress reactions.
- Make a plan for self-care and self-empowerment in the face of change.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Setting Clear Goals and Performance Expectations
Tackling employee performance issues is an expected part of the supervisory role. Simply telling our employees what to do and how to do it often isn’t enough! Many performance issues stem from poorly defined goals and lack of purposeful feedback. Effective performance management starts with clear expectations, is reinforced through coaching and support-and is not deferred to an annual performance appraisal! Come to this course to...
- Discern between performance management and performance evaluation.
- Understand and practice the critical process of setting clear performance expectations.
- Translate performance expectations into measurable goals.
- Evaluate performance through the lens of a 4-part performance management model.

Mon., March 30 OR Wed., April 1
6 – 9 pm Room: 1522 Fee: $58

Motivating Others
"I just wish I knew how to motivate my employee!" This familiar refrain speaks to the nebulous nature of motivation and why it frustrates us as supervisors. Understanding what motivates people and how to motivate others is a key skill in our ability to effectively lead. Many of us resort unconsciously to the old carrot-and-stick methods with very limited success. Come to this course to...
- Understand your role in creating the motivational climate at work
- Review key motivational theories that explain the science behind what we do and don’t do
- Practice key motivational techniques.
- Build a plan for motivating employees

Mon., April 27 OR Wed., April 29
6 – 9 pm Room: 1522 Fee: $58

Conducting Quality Interviews and Selecting the Best Candidates
Have you ever looked around the office and wondered how certain people were chosen for the position they hold? If so, you know that hiring the wrong person can impact the business results and office morale. The problem is that traditional interviewing methods do not tell us what we need to know about potential job candidates. Dynamic behavioral interview techniques can help us find the right people for the right jobs. In this course you will...
- Discuss common obstacles to effective employee recruitment & development
- Learn the basics of behavioral interviewing
- Practice writing and asking behavioral interview questions
- Evaluate your open positions

Mon., May 18 OR Wed., May 20
6 – 9 pm Room: 1522 Fee: $58

Chi Aura Integration
Chi-Aura Integration is a complementary alternative healing method using the vital life force. Chi-Aura is a set of skills used to read the health of the body and facilitate healing and balance. By learning how to relax into a state of mind that is able to ‘read’ the energy field of the body and to work hands-on with the out-of-balance conditions which lead to illness, the nurse to patient relationship can be greatly enhanced by incorporating these skills.

In this 2-day workshop you will learn to perform the specific Chi-Aura hand positions learning specific acupoints, energy centers and parts of the body to release muscle tension and induce the relaxation response to promote healing. Chi-Aura Integration is relevant to nursing because it develops the nurse’s ability to improve their effectiveness in treating clients. This course is approved for 18 CEUs for Nurses, 14 CEUs for massage therapists, and 15 CEUs for acupuncturists. A downloadable manual will be made available to students before class.

Sat. & Sun., May 2 & 3
9 am – 5:30 pm Room: 406 Register by Feb. 23: $158
Register after Feb. 23: $158 includes comprehensive manual
Timothy Dunphy has taught Chi-Aura Integration for over 22 years in the US and Europe, enhancing participant’s personal growth and their therapeutic relationship to others.

Home Safety, Fall Prevention & Emergency Preparedness
As people age they naturally adapt to each change in function, when someone is ill these changes can be more challenging. In this class participants will learn to think prevention, adapt the environment, explore ways to minimize danger and maximize independence of the person they are caring for.

Tue., March 10
6 – 9 pm Room: 492 Register by Feb. 23: $30
Register after Feb. 23: $35

Touch and Cancer Care: Safe and Easy Massage Techniques
Participants are encouraged to bring the person with cancer in their lives that will be receiving the massage. Designed for caregivers, health aides, friends and family of people living with cancer, this workshop will include safety precautions, proper hand hygiene, and time for guided practice sessions. Massage is a safe and effective way of alleviating pain, nausea and anxiety, as well as many other side effects of cancer treatment. In this workshop, gentle massage techniques for the hands, neck and shoulders will be taught by an experienced oncology massage therapist and a former Dana Farber Cancer Institute hand massage volunteer. This protocol is safe to practice during all stages of the cancer journey, including while the cancer patient is receiving chemotherapy infusions in the hospital or at home. Learn to provide healing touch for a patient or loved one with cancer without worrying that you are doing something wrong. Simple touch protocol is adapted from the Society for Oncology Massage and the Dana Farber Cancer Institute.

Participants will be asked to bring a bath towel and pillow for bolstering. Oils and other related materials will be provided, including a handout reviewing the techniques covered in the workshop.

Sat., March 28
10 am – 12 Noon Room: Horticulture 5010 Register after Feb. 23: $35

Dorothy Wu is a premed student and former Hands on Care volunteer at Dana Farber Cancer Institute's Zakim Center for Integrative Therapies. She is a graduate of UC Davis Department of Surgery's Premedical Internship Program.

Sarah Diaz Bastin is a Certified Massage Therapist specializing in Swedish, deep tissue, and oncology massage. She received a Masters of Medical Qigong from the International Institute of Medical Qigong and teaches classes and supports patients with serious illness within an integrative healthcare framework.

Clinical massage techniques

Sarah Diaz Bastin has taught Clinical massage techniques for over 22 years in the US and Europe.

New!

This workshop is offered in partnership with the Health Projects Center, a non-profit agency serving Monterey, San Benito and Santa Cruz Counties. They offer several health related and social programs to health professionals, older adults and caregivers.

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To register call 479-6331 or visit us online at www.cabrillo-extension.org 37
**Music Writing**

**Memoir Writing: Exploring Memories and Meaning**

In this workshop you will explore some of the poignant memories and stories that have shaped your life. With innovative exercises for eliciting memories and writing memoirs, you will discover stories that may surprise you with their power for self-discovery. As you reflect upon the events that make up your life, you will notice the continuous thread that weaves through your experiences, deepening an understanding of who you are, and offering a sense of clarity, meaning, and purpose for your life.

Sat., March 28
9:30 am – 4 pm
Room: Horticulture 5005
Register by Feb. 23: $65
Register after Feb. 23: $76

**Healthy Harmonica**

Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk, and blues melodies and invigorate them with simple, but powerful, techniques to make any song deeply expressive.

No previous ability to read or play music–only a desire to have fun and feel more alive!

**Students will need a “C” major diatonic harmonica.**

**Instructor will have them available in class for $12 plus $15 materials fee payable to instructor in class**

**Dave Broida** - See bio

**Beginning Blues Harmonica**

Beginning Blues Harmonica will get you jammin’ the blues immediately! Emphasis in this class will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail and scream. No previous harmonica training is required– only a love of the blues and the desire to play!

**Students will need a “C” major diatonic harmonica.**

**Instructor will have them available in class for $12 if you don’t have one.**

Wed., March 25
6 – 7:30 pm
Room: $14
Register by Feb. 23: $30
Register after Feb. 23: $35

**Parenting**

**Countdown to Launch - Prepare Them for Their Future**

Learn how you can help prepare your teenager for their future as you move from the pilot’s seat into the co-pilot’s seat. This class will explore the changing role parents must play as their teenagers individuate. It also addresses how to develop your teen’s sense of intrinsic motivation so that they become active agents in preparing for their future. Understand your own triggers, the importance of self-care, and how to avoid parenting from a place of unresolved issues of your own past. Further develop communication skills to promote understanding and cooperation, and help build accountability and responsibility.

Sat., April 25
10 am – 1 pm
Room: 1522
Register by Feb. 23: $28
Register after Feb. 23: $32

**Stephanie Rosas** – See bio below

**Parents and Teens Together, Setting the Course!**

The final class in the series invites the teenagers to attend with their parents. Having both parents and teenagers in class is an opportunity to explore ways to work in partnership on mutual goals. Together they will practice establishing routines for studying and family life with family meetings, and making agreements on issues of importance in household functioning. Both parents and teenagers will learn tools for improved communication and see change as a continuum with opportunities for the future.

Sat., May 9
10 am – 1 pm
Room: 1522
Register by Feb. 23: $28
Register after Feb. 23: $32

**Stephanie Rosas** – See bio below

**Memoir Writing: exploring Memories and Meaning**

In this workshop you will explore some of the poignant memories and stories that have shaped your life. With innovative exercises for eliciting memories and writing memoirs, you will discover stories that may surprise you with their power for self-discovery. As you reflect upon the events that make up your life, you will notice the continuous thread that weaves through your experiences, deepening an understanding of who you are, and offering a sense of clarity, meaning, and purpose for your life.

Sat., March 28
9:30 am – 4 pm
Room: Horticulture 5005
Register by Feb. 23: $65
Register after Feb. 23: $76

**Lauren Mari-Navarro is a Licensed Clinical Social Worker and has been working with people undergoing life transitions for over 18 years. Lauren has had training in the Progoff Journal Method, “Mining Your Life for Meaning” writing process.**

**The Writer’s Journey**

Many of us hold a deep dream of wanting to write. We want to write so we can understand ourselves more deeply and so that we can be seen. We sense that there are stories living inside of us that need to be told, but in our busy lives, we have not been able to create the time, space or circumstances in which to do so.

This one-day workshop will give you that time. During our day of writing together and reading aloud, you will tap into your creativity, explore your wild mind, and learn the basic tools you need to develop a rich, vital writing life.

The Writer’s Journey is rooted in writing practice, developed by Natalie Goldberg in her classic book, Writing Down the Bones. The class is appropriate for both beginning and experienced writers.

**Students should bring a lunch.**

Sat., March 7
9 am - 4 pm
Room: Horticulture 5010
Register by Feb. 23: $78
Register after Feb. 23: $90

**Laura Davis** is the author of 7 non-fiction books, including The Courage to Heal, Becoming the Parent You Want to Be and I Thought We’d Never Speak Again. She teaches weekly writing workshops and has been mentoring and supporting writers for the past 16 years.

**The New Territory of the Teenage Years**

Feel like your child has changed overnight and no longer listens to anything you have to say? This class explains why that is by offering parents greater knowledge of this new developmental phase. By exploring what we want for our children and the importance of “connecting before correcting” parents will gain a clearer perspective on how to navigate what lies ahead. Learn about the changes occurring in the teenage brain and the importance of brain function for clear communication. This class also teaches simple and effective tools to gain cooperation and encourage participation in the family, the household and future aspirations.

Sat., April 11
10 am – 1 pm
Room: 1522
Register by Feb. 23: $28
Register after Feb. 23: $32

**Stephanie Rosas**, M.A., is a Certified Positive Discipline Parent Educator. Her current counseling work gives her great insight into the world of teens and how to best communicate with them. She is on the Board of Positive Discipline Community Resources and has worked in Santa Cruz County with at-risk youth, teen moms, foster youth, and those experiencing domestic violence.
Estate and End of Life Planning for Families Series

In this series of classes, family members will get help with navigating the financial, legal, health care and personal communication challenges that families face. What does fiduciary really mean? What is a trustee and why do you need one? Are you choosing a trustee? Will you be a trustee? Want the best for your family? Not sure which professional to ask about the challenges your family faces? This series will help!

Learn how to create the dream team for Mom and Dad’s care and then continue as a healthy family group through estate distribution. (This doesn’t happen by accident)

Ask the Experts Panel: Trustee Success Factors - Risk, Reward and Realities

The experts will share their perspectives on risk, reward and the realities of getting prepared for generational transition in each of their areas of estate law, elder health care, financial planning and family communication. Audience Q and A will follow the panel presentation.

Thu., March 12
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

You Don’t Know What You Don’t Know... Estate Legalaise in Layman’s Language

Our Family Meeting Facilitator sets the scene of a “Tale of Two Families” and their challenges in the journey of health care, dying and estate settlement. What do we need to know and why? We’ll have an Estate Attorney cover Trusts, Trusteeship, Executor, Wills, Powers of Attorney, Health Care Directives, and Conservatorship and Probate.

Thu., March 19
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

Financial Planning for Elder Care and End of Life Costs

Am I responsible to pay for my parents’ medical and health care bills if they can’t afford them? Studies show that most people don’t think ahead to end of life care and costs. Those unfunded costs can have a disastrous outcome for families. We will lay out a sample plan for our two fictional families, illustrating key tools for preparing for the future. Participants will have an opportunity to ask questions of specialists in Long Term Care Insurance and Reverse Mortgages. Elder Law and Estate Attorney, Lucille Des Jardins will discuss conservatorship and Medicaid funding for nursing home care. Family Meeting Facilitator, Karen Calcagno will share tips on having family meetings to make these important decisions.

Sat., March 28
9:30 am - 4:00 pm
Room: 711
Register by Feb. 23: $85
Register after Feb. 23: $98

Health Care Choices

Trustees are often responsible for health care choices for their elders. There is a steep learning curve in getting acquainted with the benefits and costs of each of many kinds of care. Presenter, Tracy Cole, Cole Senior Services, provides geriatric assessments and is widely connected to Santa Cruz County geriatric services of all types. The secret for success is in finding the right solution for your particular situation. Tracy will share her broad expertise with class interaction. How do you get the whole family to agree to the chosen health care solution? Karen Calcagno will share tips for getting family members to pull together as a team.

Thu., March 26
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

How to Have A Successful Family Meeting

This class provides a map and a guide to respectful civility and effective action in even the most difficult circumstances. The Family Meeting Process is highly effective for a successful meeting of two people or a whole family circle, especially when the stakes are high and emotions are hot. Boomers, their parents and their children will benefit from the skills and tools shared in this class.

Thu., April 16
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

Peaceful Estate Settlement

For a variety of reasons, families often experience splintered relationships when parents have passed away and their assets (no matter how small) are distributed (or not). Family member/trustees often do not have the relationship skills to navigate the murky waters of grief, sibling jealousy, or unfair outcomes presented in their parent’s wills. We will provide insight into benefits and costs of having an outside trustee (fiduciary) handle management and closure of the estate. We will also discuss special needs trusts for a disabled child and answer the question: “What is a trust protector?”

Thu., April 2
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

Creating Your Legacy, Honoring Theirs

“No knows where my critical information is located?” “How can I help my elders share their legacy of stories, values and wisdom before they are gone?” “How do I want to be remembered, and am I creating the story I want to have told of me after I am gone?” Karen Calcagno, Family Meeting Facilitator, helps you think through how you will begin the conversations to answer these questions.

Thu., April 9
6 - 9 pm
Room: 711
Register by Feb. 23: $62
Register after Feb. 23: $68

REGISTER FOR ALL 7 CLASSES or take each individually. Register by February 23rd and take all for just $449. After February 23rd the program cost is $475
Introduction to Smart Investments
Whatever your dreams for happiness may be, financial freedom makes them even more attainable. This introductory investment class will give you the tools to help you define your goals with a realistic and definate timeline. You will also learn about many financial investments available to you such as:

- Stocks - Primary and Secondary Markets, Dividends and Growth
- Bonds - Municipal, Corporate and Government
- Mutual funds
- Tax Advantaged Investment

4 Tues., Feb. 24 – March 17
7 - 9 pm
Room: Horticulture 5001
Register by Feb. 23: $64
Register after Feb. 23: $75
Galaham Zuanich – see bio below

Planning for Health Care in Retirement
One of the most valuable things you can take into retirement is the confidence of knowing that your health care is covered. This class will give you insight into healthcare costs. We will look into Medicare and learn what it covers and what it costs.

Tue., May 12
7 - 9 pm
Room: Horticulture 5010
Register by Feb. 23: $18
Register after Feb. 23: $25
Galaham Zuanich – see bio below

Managing Your Retirement Accounts
The burden for saving and investing for retirement has shifted from companies to you. Pension plans are gone and the promise of Social Security may not be available. Most of us have some sort of retirement savings vehicle (401(k), 403(b), 457) through our employer. Now, more than ever, these savings tools are extremely important to our future. Come to this class to learn how to manage your retirement accounts and what to do when you move from one employer to the next.

Tue., May 19
7 - 9 pm
Room: Horticulture 5010
Register by Feb. 23: $25
Register after Feb. 23: $25
Galaham Zuanich – see bio below

Retirement Planning: Receive the Most from Your Social Security
Did you know that you have options in receiving Social Security? Some options may result in receiving more money from Social Security retirement benefits. In this course we will explore the options that you have in deciding when and how to begin taking Social Security benefits. By the end of this class you will be able to determine what is the best course of action for you and your family.

Tue., May 5
7 - 9 pm
Room: Horticulture 5010
Register by Feb. 23: $18
Register after Feb. 23: $25
Galaham Zuanich – see bio below

Where Does All My Money Go?
Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you ever wonder where your money went last month? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt but don’t know where to find the money?

This course will teach you the very basics of how to control your finances rather than letting them control you. It is the help you need before learning about investing, debt elimination, retirement or college planning. There aren’t many places that you can go to learn these principles, so take advantage of this opportunity to learn online.

This class is taught online. For more information or to register, please see page 44.

College Planning and Admissions: How to Get In and How to Pay For It
If you are a parent with a high school student, this class will help you learn what you need to know to help your child search for a good college, understand what admission people are looking for, write that dreaded essay and create an excellent resume. Paying for college is one of the largest expenditures most parents will face in their lifetimes. In this class we will discuss strategies that can help you reduce college costs.

High school students are encouraged to attend Session 1 with their parent(s) at no extra cost.

2 Wed., March 4 & 11
6:45 – 8:45 pm
Room: 432
Register by Feb. 23: $54
Register after Feb. 23: $62
Stephen Shapiro, CPA, CFP, has advised individuals on financial matters for over 20 years and has led financial workshops since 1989.

Jennifer Decker Wade has worked in education for almost 20 years. She focuses on all aspects of college planning, applications, and admission and has helped hundreds of students successfully navigate the college admissions process.

Foreclosures: Less Risk/More Rewards
Many people want to buy residential properties in foreclosure at substantial discounts but don’t know how to uncover title or debt to establish equity. Warren has taught hundreds of people over 20 years how to make such purchases with minimal risk and cash. His three hour seminar illustrates the four-part foreclosure process with handouts and emphasizes how to buy the best discounted properties at trustees’ sales. This seminar has proven to be a rewarding investment of your time and money.

Sat., April 25
10 am – 1 pm
Room: 435
Register by Feb. 23: $48
Register after Feb. 23: $54
Warren Racine has been a licensed Real Estate agent/broker for over 40 years.

Keys to Successful Money Management
If you’re interested in discovering how most wealthy people amassed their fortunes, this is the course for you. Contrary to popular opinion, most of us don’t achieve true wealth through luck or an accident of fate. Just about anybody can build wealth. All it takes is organization, discipline, and a firm knowledge of how to proceed. If you’re serious about accumulating a sizable nest egg and living the life of your dreams, this course will supply you with the knowledge and skills you’ll need to succeed.

This class is taught online. For more information or to register, please see page 44.

Introduction to Stock Options
Learn how to evaluate, buy, sell, and profit with investment tools that were once thought to be only for the pros. This course will teach you how to protect your portfolio and profit in a down market, an up market, or even a flat market. Learn to leverage your investment dollars for potential profits that surpass those possible with stocks.

This class is taught online. For more information or to register, please see page 44.
Welcome to www.ed2go.com/cabrillo

Over 350 courses are available on our redesigned website to make it easier to find and enroll in the title(s) you are looking for.

Experience Education to Go Online Classes

If you can’t take the time to go to school, our online classes are there to help you study and learn at home. The instructor-facilitated online courses are informative and highly interactive, and our instructors are famous for their ability to create warm and supportive communities of learners. These not-for-credit classes are available to anyone with a computer, Internet access and e-mail.

All courses are six weeks long (with an optional two-week extension). Courses include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses from your home or office, any time day or night.

How to Get Started:

Visit our Online Instruction Center: www.ed2go.com/cabrillo
Select your class and follow the prompts.

Start Dates: A new section of each class begins on the following dates:
February 18, March 18, April 15, & May 20.
NEW CLASSES ARE MARKED WITH AN *

Requirements:

All courses require Internet access and e-mail. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Over 400 courses are available on our redesigned website to make it easier for students to find and enroll in the title(s) they are looking for. Here is just a sample:

Web Page Design ($95)
Designing Effective Websites
Intro & Intermediate Dreamweaver CS6
*Intro and Intermediate Web Page
Achieving Top Search Engine Positions
Advanced Web Pages

Web Graphics and Multimedia ($95)
*Intro & Intermediate Flash CS6
Intro & Intermediate Photoshop CS6
Adobe Acrobat X

Web and Computer Programming ($95)
Introduction to PHP & MySQL
Introduction to Java Programming
Introduction to Ajax Programming
Introduction to Python 3 Programming
*Mac, iPhone, and iPod Programming

Basic Computer Literacy ($95)
*What’s New in Microsoft Office 2013
Computer Skills for the Workplace
Introduction to Windows 8

Computer Applications ($95)
Intro & Intermediate Visual Basic
Intro & Intermediate & Advanced Excel 2013
*Word, Access, Publisher & Outlook 2013
Introduction to CorelDRAW X5

Graphic and Multimedia Design ($95)
Introduction to Illustrator CS6
Intro & Intermediate InDesign, Photoshop, Flash CS6

PC Troubleshooting, Networking, & Security ($95)
Wireless Networking
Advanced PC Security

Database Management & Programming ($95)
Introduction to Database Development
Introduction to MD Access 2010
Introduction to SQL
Introduction to Programming

Computer Certification Prep ($149)
CompTIA Security+ Certification Prep
Advanced A+ Certification Prep
Intermediate A+ Certification: Operating Systems

Digital Photography & Digital Video ($95)
*Photoshop Elements 12 for the Digital Photographer
*Introduction to Photoshop CS6
Introduction to Digital Scrapbooking

Entertainment Industry Careers ($95)
*Introduction to Screenwriting
*How to Get Started in Game Development
*Introduction to Final Cut Pro X

Languages ($95)
Speed Spanish I, II, III
Spanish for Medical Professionals I, II
Instant Italian
Conversational French
Conversational Japanese
Easy English 1,2,3
Grammar for ESL
*Discover Sign Language

Writing & Publishing ($95)
Beginning Writer
Write & Publish Your Nonfiction Book
*Publish and Sell Your E-Books
Effective Business Writing
Writing Young Adult Fiction
Keys to Effective Editing

Grant Writing & Nonprofit Management ($95)
A to Z Grant Writing
Writing Effective Grant Proposals
Introduction to Nonprofit Management
Marketing Your Nonprofit
Nonprofit Fundraising Essentials

Start Your Own Business ($95)
Marketing Your Business on the Internet
Start & Operate Your Own Home Business
Introduction to Interior Design
Start Your Own Arts and Crafts Business
*Using Social Media in Business
Small Business Marketing on a Shoestring

Sales & Marketing ($95)
Professional Sales Skills
Marketing Your Business on the Internet
Customer Service Fundamentals

Accounting ($95)
Accounting Fundamentals I & II
*Performing Payroll in Quickbooks 2014
Introduction to Crystal Reports
*Intro to Intermediate Quickbooks 2014
*Quickbooks for Contractors 2014

Business Administration ($95)
Distributing and Logistics Management
High Speed Project Management
Fundamentals of Supervision and Management

Test Prep ($95)
GED, GRE & GMAT Preparation LSAT
Preparation: Part I & Part II SAT/ACT Preparation: Part I & Part II

Personal Development ($95)
12 Steps to a Successful Job Search
Resume Writing Workshop
Keys to Effective Communication
*Jump-Start Your Career With LinkedIn

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Kickstart Your Health: The Power of Plant-Based Nutrition
Have you ever considered a plant-based diet to lose weight or improve your health, or because you’ve wanted to be kinder to our planet and the animals? Have you hesitated because you don’t know where to start or you wonder how you would get enough protein? Whether for health or environmental concerns, or simply because you’d like to incorporate more whole foods and vegetables into your diet, you’ll want to join us for this class series. You’ll learn the latest in plant-based nutrition science, as well as how to select, prepare and cook tasty vegan foods while you concurrently “test-drive” this way of eating in a supportive class environment.

Family nurse practitioner, Susan Lavelle, will offer practical tips for getting started, provide updated information and discuss key nutrients and their impact on your health and longevity, as well as demonstrate how to cook a variety of delicious plant-based recipes at every class. You’ll see - it’s not as hard as you think! And, as a bonus, by the end of the class you’ll likely shed some unwanted pounds, reduce your cholesterol and blood pressure, stabilize your blood sugar, and boost your energy and mood. So come test-drive a plant-based diet and see how this approach can help you feel better and be more energetic than ever!

The book by best selling author, Neal D. Barnard, MD, “21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health”, will be provided to class attendees.

6 Mon., April 13 – May 18
6 – 8 pm
HW119 (Inside the Stroke Center)
Register by Feb. 23: $165
Register after Feb. 23: $178
A materials fee of $35 is payable to the instructor at the 1st class to cover food, handouts, other materials and supplies.

Susan Lavelle is a registered nurse practitioner at Cabrillo College’s Student Health Services. She is also a certified PCRM Food for Life instructor and passionately promotes healthy dietary choices and lifestyle to prevent disease and achieve optimal health.

The Power of Food: Cancer Prevention and Survival
This class is for anyone wanting to PREVENT cancer and/or for those who wish to support cancer victims. Certain dietary patterns seem to have a major effect in helping cancer survivors to live longer, healthier lives. This Food for Life: Cancer Project class offers a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of whole foods, plant-based nutrition, and learn practical cooking skills needed to help you on your journey to better health.

Tue., March 10
6 – 8 pm
Location: New Leaf Market, 1101 Fair Ave., Santa Cruz – Culinary Classroom
Register by Feb. 23: $30
Register after Feb. 23: $35
Sandi Rechenmacher – See bio

The Power of Food for Diabetes: Prevention and Treatment
Research studies have demonstrated that a whole food, plant-based nutrition approach can prevent and reverse diabetes. The goal of this Food for Life: Diabetes Initiative program is to empower people who have diabetes and those concerned about developing diabetes, along with their friends and family members with new information and skills. A cooking demonstration and samples of delicious, health-promoting dishes, along with a take-home packet of easy and affordable recipes will be part of this experience.

Tue., March 17
6 – 8 pm
Location: New Leaf Market, 1101 Fair Ave., Santa Cruz – Culinary Classroom
Register by February 23: $30
Register after February 23: $35
Sandi Rechenmacher – See bio

Power Foods for the Brain: Development and Memory
This class offers a cooking demonstration and provides samples of delicious, brain-powering foods along with resources to help keep us as sharp as a tack. Imagine having a sharp memory, good concentration and alertness, day after day for as long as you live. Focus will be given of the mental and physical exercises that will protect your mind and strengthen your memory.

Tue., March 31
6 – 8 pm
Location: New Leaf Market, 1101 Fair Ave., Santa Cruz – Culinary Classroom
Register by February 23: $30
Register after February 23: $35
Sandi Rechenmacher – See bio

Kickstart Part II - Power of Food for Healthy Weight Management
This advanced course will take you closer to your natural and optimal weight. For some people, it’s the first time the idea of not restricting the amounts of foods, but rather, giving focus to the QUALITY of what one eats becomes the guiding principle for losing weight and staying healthy. The Food for Life: Kickstart-II program will help students find alternatives to the foods that cause common cravings (cheese, milk, meat, sugar, oil, salt, etc.) in order to reach their health goals. In this class, attendees will learn user-friendly nutrition science, enjoy a cooking demonstration, and taste scrumptious alternative recipes.

Tue., March 24
6 – 8 pm
Location: New Leaf Market, 1101 Fair Ave., Santa Cruz – Culinary Classroom
Register by February 23: $30
Register after February 23: $35
Sandi Rechenmacher – See bio

The Power of Food for Immune and Digestive Health
What is The Human Microbiome? This class will give each student the inside scoop on a most vital piece of our immune system. Learn how the microbiome influences our moods and energy levels, creates exceptional immune support, assists with weight loss, and can help prevent common digestive troubles. Students will discover how to deliciously strengthen this symbiotic and vital relationship between one’s body and one’s ‘bugs.’ There will be a live sauerkraut/fermented food demonstration and sampling. An opportunity you can’t afford to miss!

Tue., Apr 14
6 – 8 pm
Location: New Leaf Market, 1101 Fair Ave., Santa Cruz – Culinary Classroom
Register by February 23: $30
Register after February 23: $35
Sandi Rechenmacher is a nutritional consultant and veteran Food for Life instructor. She presents an introduction to the world of whole foods plant-based nutrition that allows our body to reconnect with the way it was designed by nature to heal itself and enjoy a pain-free living.

Hiking: The Path Less Traveled
Explore the greenbelts and State Parks of Santa Cruz County in this fun and challenging hiking class. You will become familiar with the Santa Cruz Hiking system, learn some natural history, flora and fauna, and at the same time get some great exercise. Participants should have at least average fitness levels and be able to hike five miles on moderately steep terrain. Each week will feature a different hike on trails not commonly known. This class is for intermediate hikers.

For more information about basic dress and supplies to bring, please visit our “class resources” web page
6 Sat. April 18 – May 30 (No class May 23)
9:30 am – 12:30 pm
First class meets at the Tennis Courts in Parking Lot K
Register by Feb. 23: $98
Register after Feb. 23: $114
Phil Kaplan has taught in the Kinesiology Department at Cabrillo for 25 years and has been teaching hiking classes for the past 15 years.

For more information, call 479-6331 or visit us online at www.cabrillo-extension.org
**Minecraft Hacking Club**  
**(ages 10-13)**

Ever wanted to create your own in-game items for Minecraft, like blocks, tools, or armor? At the Minecraft Hacking Club, you’ll be able to invent all these things and more, coding your own customized version of Minecraft! By creating a Minecraft mod (short for “modification”) you can forge your own powerful, never-before-seen tools and armor; cook up your own food creations; and even shape your own Minecraft world generation! Minecraft mods are made through Java coding, but don’t worry, you don’t need to have any coding experience to join.

Each month-long course repeats a four-session curriculum; therefore, repeat students will be revisiting familiar material.

4 Mon., Mar. 2-23  
OR  
Apr. 6-27  
OR  
May 4–June 1  
3:30 – 5 pm  
Room: 2501  
Register by Feb. 23: $142 each session  
Register after Feb. 23: $150 each session

**Junior Minecraft Club**  
**(ages 6-8)**

Want to learn the secret to creating the biggest and best super-construction in Minecraft? It’s all about teamwork! In this club, you’ll join a team of Junior Builders to learn about creating a blue-print, keeping track of tasks, and working in a shared space towards a shared goal. Are you used to the tablet version of Minecraft or new to Minecraft entirely? No problem! Our friendly Minecraft teachers are ready to help you learn the ropes, so your mouse and keyboard skills can grow as fast as your buildings do! Each month-long session is designed to stand alone, tackling different projects every course, with no prior attendance required.

4 Wed., Mar. 4-25  
OR  
Apr. 8-29  
OR  
May 6–May 27  
1 - 2:30 pm  
Room: 1301  
Register by Feb. 23: $142 each session  
Register after Feb. 23: $150 each session

**Programming Club**  
**(ages 9-12)**

Learn the basics of computer programming in this new four-week club. We will cover introductory computer programming skills using Processing, a Java-based language designed to produce interesting graphics and simple games. The class is designed for curious aspiring programmers and students need no prior experience in programming (although basic proficiency with computers is required).

4 Fri., Mar. 6-27  
OR  
Apr. 10-May 1  
OR  
May 8–May 29  
3:30 – 5 pm  
Room: 2501  
Register by Feb. 23: $142 each session  
Register after Feb. 23: $150 each session

**3D Design & Printing**  
**(ages 13-17)**

Jump into the rapidly growing world of 3D printing and start bringing your ideas into reality! At the 3D Design & Printing course, you’ll be introduced to Blender, a powerful, free, open-source 3D modeling tool. Not only will we cover the basics of modeling in Blender, but we’ll do so in the context of designing for 3D printing. Learn all the tips and tricks to ensure that your creations are printed successfully. At the end of the class, you’ll be able to send your design to Shapeways.com, where you can choose from a wide range of material options including plastic, ceramic, stainless steel, silver, gold, and more.

Please note that in this class, students do not directly operate a 3D printer.

4 Thu., Mar. 5 - 26  
OR  
Apr. 9-30  
3:30 – 5 pm  
Room: 1302  
Register by Feb. 23: $142 each session  
Register after Feb. 23: $150 each session

**Video Game Design**  
**(ages 9-12)**

MakersFactory’s popular Video Game Design Club is back, re-imagined! If your student has a passion for playing and designing video games, check out the Video Game Design Club! The club includes a self-led curriculum: students decide what to work on each week and have free creative reign over the game. Students gain valuable skills using GameMaker Studios, one of the most popular video game design software suites, which will establish a solid foundation in programming skills. We will publish the student’s games to a website so that they can show their family and friends! Students will work from a “template” game which changes and updates every few months so that students can design games in a variety of genres. Template games include “Platformer” (think Mario)”RPG” (think Zelda) “Space Shooter” and more!

4 Tue., Mar. 3-24  
OR  
Apr. 7-28  
OR  
May 5–May 26  
3:30 – 5 pm  
Room: 1302  
Register by Feb. 23: $142 each session  
Register after Feb. 23: $150 each session

**Minecraft Free Play Camp - Spring Break Special!**  
**(ages 9-12)**

Spring Break calls for an extra-special Minecraft Free Play Camp! Youth will build and explore the Minecraft world in a shared, virtual world. But for Spring Break, the Minecraft world will be entirely transformed by the popular “Biomes o’ Plenty” game modification. Students will be able to discover over thirty new biomes, such as “Tropical Rainforest”, “Mystic Grove”, “Coral Reef”, “Jade Cliffs”, “Redwood Forest”, and much more!

Space is limited and will go fast, so register early!

Mon.-Fri., March 30 – April 3  
9 am -12 noon  
OR  
1 – 4 pm  
Room: 2501  
Register by Feb. 23: $235  
Register after Feb. 23: $250

**Instruction Team:**

- **Joe Allington**, BA in Computer Science: Game Design, specializes in two-dimensional design with Adobe Illustrators, three-dimensional design with Blender/Rhinoceros, and alternate-dimensional design with Pathfinder.
- **Andy Stoller**, BA in Physics, works in summer camps and classroom environments focusing on high-tech, hands-on, and computer-savvy teaching and curriculum development.
- **Christina Deogracias** teaches and collaborates with students in Minecraft.

**College Planning and Admissions: How to Get In and How to Pay for It**

If you are a parent with a high school student, this class will help you learn what you need to know to help your child search for a good college, understand what admissions officers are looking for, write that dreaded essay and create an excellent resume. Paying for college is the one of the largest expenditures most parents will face in their lifetimes. In this class we will discuss strategies that can help you reduce college costs.

High school students are encouraged to attend Session 1 with their parent(s) at no extra cost.

2 Wed., March 4 & 11  
6:45 – 8:45 pm  
Room: 432  
Register by Feb. 23: $54  
Register after Feb. 23: $62

Stephen Shapiro, CPA, CFP, has advised individuals on financial matters for over 20 years and has led financial workshops since 1989.

Jennifer Decker Wade has worked in education for almost 20 years. She focuses on all aspects of college planning, applications, and admission and has helped hundreds of students successfully navigate the college admissions process.
Video Game Design 1.0
(ages 14-17)
This class is a unique journey to help students make the transition from being a video game consumer to a video game developer. Students will learn different skills and theories to conceptualize, develop prototypes, create, and tune a single level in one particular genre. In order to ensure that it is accessible to all levels of computer programming expertise, we will be sticking to the side scrolling genre, and helping students to focus on creating an experience at their own level of development. Familiarity with an editing tool like Tiled is recommended but not required.

Please bring a flash drive to save files.
4 Sat., April 18 – May 9
11 am-1 pm
Room: 829
Register by Feb. 23: $190
Register after Feb. 23: $200
Michael Alman & Amir Ashkan Nourkalaj– see bio below

Creative Digital Photography - Shooting with Natural Light
(ages 12-16)
Learn the basics of shooting & processing great photographs with digital cameras. Topics covered will include visual image composition, getting the correct lighting for shooting outdoors, and using portable reflectors. Walks around campus will allow for landscape photography, botanicals & floral, architecture, portraits & more. Learn basic photographic image processing, including color corrections, contrast, workflow & editing from camera to digital darkroom using Adobe Photoshop. Students will also learn where & how to print their photographs.

DSLR camera recommended, though iphone / cell-phone camera are ok. Bring a thumb drive to store and take home edited images.
4 Tue., March 3 - 24
3:30 - 6:00 pm
Room: 317
Register by Feb. 23: $85
Register after Feb. 23: $92
Alixandra Mullins – see bio below

Video Game Design 1.5
(ages 14-17)
Get ready to level up with Video Game Design 1.5! What do games like Mario, Megaman, Super Meatboy, and Sonic The Hedgehog all have in common? They are all platforms. Video Game Design 1.5 will take students through the challenging, yet rewarding journey to develop a unique platformer. The class will draw upon the skills learned in Video Game Design 1.0 and teach students new skills in mechanics, dynamics, and aesthetics. Having some proficiency in the software GameMaker by Yoyo Games is highly encouraged but not essential.

Please bring a flash drive to save files.
4 Sat., April 18 – May 9
1:30-3:30 pm
Room: 829
Register by Feb. 23: $190
Register after Feb. 23: $200
Michael Alman, MA, PPS, has served as Director of Davidson Middle School’s, and was Director of the Professional Photographers of America.

Creative Digital Photography II - Shooting & Image Blending/ Compositing
(ages 12-16)
Learn the basics of shooting & processing great photographs with digital cameras. Topics covered will include planning your image composition & getting the correct lighting for shooting outdoors. Walks around campus will allow for various subjects to be used as photographic image compositing elements including; botanicals & floral, architecture, portraits & more. Learn basic processing of your digital photography and tools for image compositing with Adobe Photoshop to take your digital photographs to the next level. Students will learn basic image blending, such as how to make selections & cut-outs to composite (blend) three or more images together for a final project. Students will also learn where & how to print their photographs.

DSLR camera recommended, though iphone / cell-phone camera ok. Bring a thumb drive to store and take home edited images.
4 Tue., April 14 - May 5
3:30 - 6:00 pm
Room: 317
Register by Feb. 23: $85
Register after Feb. 23: $92
Alixandra Mullins has been a professional photographic artist for over a decade and her images licensed as far away as Europe, Australia & the Middle East. Alixandra has taught in the Digital Media Departments at Gavilan & Cabrillo Colleges and is an active member of the Professional Photographers of America.

Backyard Astronomer
Learn how to identify the stars and constellations seen in our local skies in this fun hands-on workshop. Using the Cabrillo planetarium and observatory you will see the wonders of the universe and learn about astronomy history, methods, equipment, and recent discoveries. We’ll show some of the newest images from the Hubble of Mercury and talk about the 400+ newly discovered planets.

Participants should dress warmly for outdoor observation on the hill. In case of rain or fog, class will assemble in the planetarium.
This class is appropriate for students aged 10 to adult.
2 Fri., April 17 & 24
6:30 – 9:30 pm
Room: 707
Register by Feb. 23: $58
Register after Feb. 23: $65
Karl von Ahnen has been an amateur astronomer and telescope user since age 12. He has served as a lab instructor-assistant in the Cabrillo Astronomy Department and is the Technical Director of the Minaqua Planetarium.

Elkhorn Slough Wildlife Safari
Join us on the International Migratory Bird Day (and Mother’s Day weekend!)
Explore the calm waters of a premier wetland habitat, Monterey Counties Elkhorn Slough, from the unique advantage of a comfortable seat aboard a large pontoon craft as we observe water-associated birds and assorted marine mammals at very close range. Seals, sea lions, sea otters and a wide spectrum of resident and migratory bird species are abundant.

Two of the most experienced naturalists in the Monterey Bay area will be your personal guides. Bring your binoculars and/or camera to enjoy close-up observations and unique photography opportunities while learning about the biology of individual species.
Please refer to our Class Resources webpage for more information and directions to location.
Sat., May 9
8:15 am – 12 noon
Participants will meet at Elkhorn Slough
Register by Feb. 23: $68
Register after Feb. 23: $75
Bruce Elliott – see bio next page
Captain Yohn Gideon is a local Elkhorn Slough naturalist and has been taking guests through the slough for over 20 years.

Karl von Ahnen has been an amateur astronomer and telescope user since age 12. He has served as a lab instructor-assistant in the Cabrillo Astronomy Department and is the Technical Director of the Minaqua Planetarium.
**Herons and Other Large Wading Birds of the Americas**

Herons and related species feature one of the most easily recognized bird families in the world, including many of the more graceful and beautiful species (as well as a few of the most grotesquely unattractive and/or ugly creatures imaginable!). We’ll look at a spectrum of them all, their interesting habits, habitats, and adaptations to those habitats. Such traits make them favorites of both amateur birders as well as professional ornithologists. Our review will include all the species found in the Western United States as well as other selected species elsewhere in the world; the program will be well illustrated with slides of the species discussed.

Please refer to our Class Resources webpage for more information and directions to location.

Sat., May 16 1–4 pm

**Elkhorn Slough in the Office Complex Conference Room:**
Register by Feb. 23: $25
Register after Feb. 23: $28

**Bruce Elliott,** a retired senior Biologist Supervisor for the California Dept. of Fish and Game. Bruce has conducted dozens of natural history themed presentations at Cabrillo College over the last 30 years.

**Sea Otter Adventures - Lecture and Field Trip**

Discover the fascinating lives of Monterey Bay’s sea otters through a multimedia presentation and field trip. We’ll start with a morning lecture, have a lunch break, then observe the sea otters in Moss Landing. Learn what their long struggle to survive can teach us and what we can do to assure a sustainable ocean for the future! Enjoy stunning images of otter’s daily activities, review recent litigation over the expansion of their range, some history of the great sea otter hunt, and discuss some of the extraordinary adaptations these creatures have undergone in evolving from land to sea. An afternoon trip to Moss Landing to view the elusive sea otters in the wild with possible photo opportunities and a short 1-mile hike!

Please refer to our Class Resources webpage for more information and directions to location.

Sat., April 18 10 am–5 pm
Room: 2501 (Lecture) & Moss Landing (field trip)

Register by Feb. 23: $68
Register after Feb. 23: $72

**Kim Steinhardt,** JD, photographs and studies sea otters, and writes a regular column called “The Sea Otter File,” dealing with all things otter. He is a popular presenter, leading natural and cultural history walks and lecturing on sea otters at Seaciff Beach and New Brighton State Parks.

**Soul Collage®: Invite the Poetry of Images into Your Life**

Anyone who has a love for images and symbols and is looking for an intuitive approach to enhance personal growth and nourish the soul will find this workshop inspiring and fun. SoulCollage® is a flexible and profound expressive arts method through which you build your own unique deck of cards for personal reading. Thousands of people have found solace and inspiration practicing this creative method. SoulCollage is now in 39 countries around the world, but it originated right here in Santa Cruz County by local author Seena Frost! Join us in celebrating our 10th year of offering SoulCollage at Cabrillo College Extension.

This is a course for beginners as well as those already familiar with SoulCollage® who will enjoy having time to review the basic concepts and create new cards.

Participants will be able to immediately apply what they learn during this creative day together.

Sat., April 18 9:30 am–4 pm
Room: Horticulture 5005

Register by Feb. 23: $75
Register after Feb. 23: $88
Plus $20 materials fee payable to instructor in class

**Lauren Mari-Navarro, LCSW and Mariabruna Sirabella, MFT** are trained facilitators of the SoulCollage® Method encouraging creativity and self-discovery. Both teachers have private practices in the Santa Cruz community.

**How to Use a Smartphone**

If you bought a smartphone for someone, expect to get some calls with questions like, “What’s an app?”, or “Why does my battery run out so quickly?”, or “How do I upload videos to Facebook?”

Explore the basic functionality of your new smartphone. Learn common tasks like sending a text message, watching a video clip on YouTube, or surfing the Web. This workshop also covers fundamentals like configuring the security options, adjusting the brightness of the display, and setting the device up to work with a wireless network.

Bring your iPhone, Android, Blackberry, or other smartphone to class with your charger.

Sat., March 21 2–5 pm
Room: 507

Register by Feb. 23: $24
Register after Feb. 23: $28

**Carol Jensen** has been teaching at Cabrillo College for over 15 years.

**Discover Your Baby**

Our brains grow and develop fastest in the first 8 months of life. This class will teach you a series of movement development games to connect with your infant, and support movement milestones. Babies are just starting to lay down movement patterns in their brain. With your help they can create a symmetry and balance in their bodies that will last a lifetime. Babies are at the perfect age to start with body awareness. You will learn in this class:

- How to determine when it is a good time to play with your infant
- What are the developmental lines of movement
- How to stimulate your baby’s nervous system to set a foundation for movement and balance in mind

Note: If this class interrupts your child’s naptime, feel free to come without your child. The information will still be useful. If you do bring your child, please bring a blanket and their favorite toy.

Sat., March 7 9:15 – 11:15 am
Room: 1501

Register by Feb. 23: $65
Register after Feb. 23: $72

**Stephanie Spencer,** MFA, has been teaching Dance and Kinesiology at Cabrillo College for the last 17 years. She is also a Master Trainer in Pilates, GYROKINESIS®, and GYROTONIC®.

**Michelle Simon,** M.D., has been a practicing pediatrician for over 25 years. She also has graduate degrees (MS, PhD) in Neuroscience where she focused the development of the nervous system.
Parking Fees
Everyone parking on the Cabrillo campus must have either a semester permit or day pass. Day passes cost $4 and are available in vending machines located in student lots. These vending machines are well marked. Parking in student spaces only.

Registration is Easy!
- The fastest way is to use our online registration at: www.cabrillo-extension.org, which is available 24 hours a day, 7 days a week.
- Or, fill out the form below and fax it to: 831-477-5239.
- Or, charge by phone using Visa or MasterCard. Call 831-479-6331.
- Or, fill out the form below and mail it with your check or credit card information to: Cabrillo College Extension, 6500 Soquel Dr., Aptos, CA 95003

Discount for Early Registration
On discounted classes you will see both early and late fees listed. Please choose the appropriate fee. Discounts do not apply to some classes. Late registrants may find a class already filled, or that delaying their registration caused a class to be canceled.

Refunds
There’s no fine print in our refund policy. Classes canceled by Cabrillo will be refunded in full. We will gladly process your request for a refund if it is received in our office at least five (5) business days prior to the beginning of the class. There is a 10% service fee, subject to a $5 minimum. We cannot accept requests for refunds, regardless of the reason, if they are received less than five (5) business days prior to the class start date.

If you find at the last minute that you are unable to attend a class, you may send someone in your place by notifying the Extension office by phone or email, prior to class start.

Youth Programs and Motorcycle Safety School have different refund policies.

Office Hours
Monday-Friday 9 am – 5 pm

The Cabrillo Extension program strives to deliver a wide variety of programs and services to supplement the college’s instructional program. Classes offered through the Extension program are responsive to community need and interest, although they do not generate college credit, grades, transcripts, nor are they transferable. These fee-supported classes are presented for information and enjoyment and do not necessarily reflect the views of the Cabrillo College District. The college does not endorse any product or the services of any presenter.

Mail this portion to: Cabrillo College Extension 6500 Soquel Drive Aptos, CA 95003 or fax it to: (831) 477-5239

Name ________________________________
Address ________________________________ State, Zip ________________________________
City ________________________________ Home phone ________________________________ Cell phone ________________________________
Work phone ________________________________ Email Address ________________________________

☐ Check enclosed (Payable to Cabrillo College) ☐ Charge my credit card ☐ Visa ☐ MasterCard

Card # ________________________________ Expiration Date ________________________________
(Required) (Required) Signature ________________________________

Class Name ________________________________ Start Date ________________________________
Participant’s Name ________________________________ Fee ________________________________
Motorcycle Safety Training

Our award-winning Motorcycle Safety class is the only DMV approved class in Santa Cruz County. This course fills the DMV requirement for under 21 riders. Riders over 21 also benefit from taking this course.

Class size is extremely limited, and classes fill early.
Please call for 479-6331 for cost and next available classes.

Doug Green is the Site Manager.
Community Education classes are fee-supported. The Extension catalog is not printed or distributed at taxpayer expense.

MakersFactory!
We offer amazing Minecraft, 3-D Design & Printing and Video Game Design Workshops to youth & adults!
See page 28 & 48-49.

Culinary Classes!
Learn Knife Skills Like the Pros, Art of Making Sushi, Soup & Savory Scones, Gluten Free Treats & The World of Wine & Cheese.
See page 14-17.

SpringArts!
Enjoy a line up of over 30 unique classes, including: Wood Carving, Glassblowing, Travel Sketching, 3-D Design & Printing, Basic Stone Carving & so much more!
See page 1-10.

Hands-on Computer Classes
Enhance your employment position by learning new computer skills in a hands-on classroom setting.
See page 28-29.

www.cabrillo-extension.org