This Spring — We’ve added more than 50 New Classes. Take a look!

Registration January through June

REGISTER EARLY FOR DISCOUNTED FEES!
Register by February 25 and get an early bird discounted fee!

**Featured this Spring:**

- **Leadership Academy**
- **Freight Train, Steam Punk, Found Object Workshop**
- **Jeff Luhn’s Photography Classes**
- **Owls of Central California**

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**Registration is easy!**

Register online at [www.cabrillo-extension.org](http://www.cabrillo-extension.org) or phone, fax or mail your registration.

Registration form is located on page 47. For information call 831-479-6331.

**Enroll Early!**

Popular classes fill up quickly and low enrollment classes may be cancelled. Classes are for adults ages 16 and up unless otherwise specified.
Loosen Up! Painting with Acrylics
This is a fun, inspiring and invigorating class to help students loosen up and paint freely and expressively in acrylics. We will be working on small paintings to develop both skill and intuition in the painting process. Students will learn how to use paint and tools to work with dynamic color and composition, with lots of demos and hands on painting time.
A materials list will be provided upon registration.
Sat. & Sun., May 11 & 12
10 am – 4 pm
Room V2020
Register by Feb. 25: $165
Register after Feb. 25: $180
Plus painting materials
Susan Dorf - see bio below

Fearless Painting
Develop your painting technique as the groundwork to freeing the imagination. This class is designed to inspire and jumpstart the creative process. Students are encouraged to move beyond familiar territory and judgment into deeper levels of expression and experience, equipped with a full toolbox of techniques and knowledge of materials. Class time will include demonstrations of techniques and processes, presentations of other artists’ work, and lots of hands-on painting time. We will be using acrylic paints and mediums.
A materials list will be provided upon registration. Approximate cost of materials is $100-$150.
Sat. & Sun., May 18 & 19
10 am – 4 pm
Room V2020
Register by Feb. 25: $165
Register after Feb. 25: $180
Plus painting materials
Susan Dorf, BFA, has exhibited her work throughout California and internationally. Her artwork has been published in books, calendars and posters.

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 demo’s...and lots of fun! Discover your own creative expression in this afternoon class.
No experience necessary. We welcome all skill levels.
A materials list will be provided upon registration.
Sat., April 6
1 - 5 pm
Room: Horticulture 5010
Register by Feb. 25: $64
Register after Feb. 25: $72
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.

Expressive Botanical Illustration
This class will bridge scientific illustration with fine art. Inspiration from paintings by great botanical illustrators, the cross-cultural use of plant motifs in the decorative book art tradition, textile design, painting and architectural detail will fuel both our close-up botanical studies and patterned art-deco images. Black and white and color techniques will be demonstrated to attain both recognizable and expressive botanical illustrations. The four unifying design patterns found in all flora will be the basis for artistic exercises.
We’ll draw colorful produce and specimens from Cabrillo’s Horticulture Center primarily in the classroom, with a session exploring the colors around Cabrillo’s landscape.
This course is designed for both the horticulture and art student. Beginners are welcome.
A supplies list will be given upon registration.
4 Sat., April 13 – May 4
1:30 – 5:00 pm
Room: Horticulture 5010
Register by Feb. 25: $195
Register after Feb. 25: $214
Ann Thiermann, M.F.A., is a college educator and fine artist. Her murals, landscapes and gardenscapes reflect her close attention to and love for the details of the natural world.
Cell phones are not just for phone calls anymore! The quality of the camera and the thousands of photography apps that are available have turned the iPhone into a real camera and a tool for taking, processing, and distributing images. This hands-on workshop will provide you with opportunities to:

- Take better images with your iPhone
- Interpret your images in ways using apps
- Complete hands-on photo editing
- Perform an actual photo shoot.

Learn about this new genre of photography & be inspired!

Cathy Cakebread is a photographer and high tech consultant. She has been taking photographs for as long as she can remember, starting with her Kodak Brownie and now with her iPhone.

Robert Kato has been capturing fine art photography images for over three decades. His current imagery is created using alternative and traditional digital printmaking techniques.

Please Note: This workshop is designed only for iPhone4 and above. Topics covered will also work for iPad and iPad mini users!

Fri., Apr. 19
6:30 - 9 pm
Room VAPA 1001

AND

Sat., Apr. 20 OR Sat., Apr. 20
9 am - 1 pm 2 - 6 pm
Room VAPA 2022

Register by Feb. 25: $150
Register after Feb. 25: $165

Chinese Brush Calligraphy

One way to broaden your knowledge about Chinese language and East Asian art is to learn Chinese brush calligraphy. Each Chinese character is designed artistically and meaningfully, and for thousands of years, Chinese brush calligraphy has been considered an art form in East Asia.

This class will introduce you to the different methods of character creation in Ancient China and the stories about how characters were created and evolved, exploring the relationship of Chinese calligraphy, painting and culture. One or two of the most popular calligraphy styles will be practiced, and you can then use your knowledge of Chinese character in your artwork and graphic designs.

4 Sun., March 3 - 24
2 – 5:30 pm
Room Hort 5010

Register by Feb. 25: $124
Register after Feb. 25: $136

Plus $30 materials fee payable to instructor at class

Yaming Shen has advanced degrees in Chinese language, literature and linguistics. She is the Chinese instructor at Cabrillo College. Yaming is co-author of a 14-volume Chinese textbook and has other publications on Chinese pedagogy and related fields.

Moku Hanga: Japanese Waterbase Woodcut

This is an intensive weekend workshop that will teach the basics of this traditional waterbase technique. Japanese woodblock differs from western woodblock in that it is waterbased and non-toxic, it is printed with a hand-held baren, and it is printed on handmade Japanese kozo fiber paper. This class will cover carving, printing and registration. We will plan and cut blocks, then print an edition of multi-colored prints on Japanese paper. Printmaking experience is helpful but not required.

The $25 materials fee includes basic cutting tools, blocks and Japanese paper. An informational letter will be sent upon registration.

Sat & Sun., May 18 & 19
10 am – 4:00 pm
Room V2008

Register by Feb. 25: $185
Register after Feb. 25: $200

Plus $25 materials fee payable to instructor at class

April Vollmer is a New York artist with an MFA from Hunter College who has specialized in mokuhanga since 1998. She has exhibited widely and is on the Board of the International Mokuhanga Conference. For more information about the artist and the technique visit her website at www.aprilvollmer.com.
Intermediate Forging and Toolmaking

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.

This class is limited to 6 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. This is an off-site location; portable restrooms will be available for students.

Sat. & Sun., June 1 & 2
9 am – 5:30 pm
Location: Santa Cruz Studio
Register by Feb. 25: $365
Register after Feb. 25: $395
Plus $10 materials fee payable to instructor Vern Caron, M.A. has taught forging and toolmaking through Cabrillo College and UC Extension for more than 20 years

Creating Artful Fabrics and Garments

Learn easy techniques that will make your fabric more artful. Add surface design with paint, stencils, and trims before moving on to construction. Then take what you know about piecing to a new level to re-design your clothing with insets, shaped seams and dimensional sewing—and perhaps with a combination of your handmade fabric and garments from your remake stash. Play is the name of the game and there will be lots of that going on. Continue with the details that will define your style. Learn to make knot buttons, frog closures, cover your own cording and more! The workshop will with be full of playful energy with a focus on growing your work & inspiring your creative process.

Fri., Sat. & Sun., April 19, 20 & 21
6:30 – 9 pm (Fri.)
9 am – 5 pm (Sat. & Sun.)
Room VAPA 2014
Register by Feb. 25: $350
Register after Feb. 25: $365
Diane Ericson is the designer and illustrator of ReVisions, a line of creative sewing patterns and art stencils.

Introduction to Forging and Toolmaking

Experience the exciting craft of steel forging and toolmaking through demonstration and hands-on exercises in this weekend workshop. After instruction on the properties and characteristics of different metals, students work a forge and learn how to manipulate hot steel.

Demonstrations of various hammer types and the applications of different anvil designs are given. Building and operation of both gas and coke-fired forges are discussed. Students are encouraged to develop their own direction and interests in forging and toolmaking as an art form.

This class is limited to 6 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. This is an off-site location, portable restrooms will be available for students.

March 2 & 3 OR May 11 & 12
9 am – 5:30 pm
9 am – 5:30 pm
Location: Santa Cruz Studio
Register by Feb. 25: $365
Register after Feb. 25: $395
Plus $10 materials fee payable to instructor Vern Caron – see bio

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Sewing Workshop
Bring your sewing projects of any complexity to this hands-on workshop. At your own experience level, from beginning to advanced, learn how to sew a straight seam, make a simple pair of drawstring pants, line a jacket, or even how to create a tailored suit or a wedding gown. A new feature to this workshop is that students may also choose to learn quilting techniques. One-on-one instruction will be given to each student.

Sewing machines will be provided for the students use.
6 Fri., Apr. 12 – May 17
10 am - 2 pm
Room 405
Register by Feb. 25: $195
Register after Feb. 25: $210
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 Tues., May 7 - 28
7 – 9 pm
Room Hort 5001
Register by Feb. 25: $62
Register after Feb. 25: $72
plus $28 materials fee at 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.

Beginning Stained Glass
Would you like to enjoy making your own stained glass window or hanging? This class will teach you the foundations like cutting, fitting, soldering and applying finishing treatments as you complete your first panel. Beginning students will be taught to work with glass and lead safely. You can also take this class as a refresher and a chance to receive some assisted work time.

The instructor provides some materials and tools, but each student will need his/her own tools and project materials which will cost $100-300, depending which tools and project you choose. Tools and materials can be shared.

A materials list will be provided upon registration.
4 Mon., Feb. 25 – Mar. 18
6:30 - 9 pm
Room Hort S110
Register by Feb. 25: $70
Register after Feb. 25: $82
plus $30 materials fee at class
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.

Beginning Hot Glass Bead Making
Learn how to safely fire up your hot head torch and make a variety of styles of beautiful glass beads with Italian glass moretti rods. You will learn shaping for round, disc, cylinder, square and others as well as use of frit, millefiori and raking.

Tools will be provided for use in class or you can purchase your own in advance. Materials fee covers tools and supplies used in class. Repeat students welcome!

Students should wear closed-toed shoes and cotton clothing.

Beadmaking classes are not recommended for pregnant women because of MAPP gas usage.
Fri., May 10
5:30 – 9:30 pm
Room Hort S110
Register by Feb. 25: $70
Register after Feb. 25: $82
plus $30 materials fee at class
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.

“We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.”
— Frank Tibolt
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 and wall art as well as 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. At that time we will have a discussion of what worked and what you would do differently. You will then have materials available and time to do 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 Fri., Apr. 5 & 12
6:30 – 9:00 pm
Room Hort S110
Register by Feb. 25: $95
Register after Feb. 25: $110
$50 materials and firing fee payable to instructor in class.
Jackie Marr – See bio

Glass Garden Mosaic Stone

In this class I will show you how to use various glass cutting tools, stained glass and glass rods to create a pleasing design of your choice on a 12” stepping stone. Each student will create a personal stone using a variety of tools and design inspirations. Carbide pistol cutters, runners, strip cutters, two wheel mosaic cutters and tile nippers will be demonstrated and available for your use.

Week one you will design and glue all your pieces on either a 12” round or a 12” square stone. I will bring a delicious variety of glass colors and textures to choose from but you are welcome to bring your own scrap glass, Van Gogh, Silvercoats or other embellishments to personalize your piece. Students will return week two with their stone and learn the grouting process. Grouting tool kit will be provided.

Students Provide: One 12-inch concrete stepping stone- any color- round or square.
$30 material fee includes use of instructors tools, troughs for working in, assortment of stained glass to choose from, glue and brushes, colored sanded grout and a grouting kit to keep. Additional choices of grout and glass are available at “Kiss My Glass” in advance.

OPTIONAL: $15 materials fee for those who choose to bring their own glass and grout.
2 Mon., Apr. 1 & 8
6 – 8:30 pm
Room Hort S110
Register by Feb. 25: $75
Register after Feb. 25: $88
$30 materials fee payable to instructor in class.
Jackie Marr – See bio

See what’s happening at the Visual and Performing Art Complex
www.cabrillovapa.com
Online ticketing now available!
Photography

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 for the break.

2 Sat., Mar. 30 & Apr. 6
9:30 am - 2:30 pm
Room 1303
Register by Feb. 25: $85
Register after Feb. 25: $98
Deborah Cardillo – See bio

More Fun with Photoshop
The sequel to Photoshop for the Hobby Photographer, or for anyone comfortable with Photoshop, this class will cover advanced Photoshop techniques useful in enhancing your photos, such as curves, blending modes, masks, channels and the paste into command.

Prerequisite: It is recommended that you take Photoshop for the Hobby Photographer before taking the More Fun with Photoshop class.

Students should bring a brown bag lunch for the break.

2 Sat., Apr. 27 & May 4
9:30 am - 2:30 pm
Room 1303
Register by Feb. 25: $85
Register after Feb. 25: $98
Deborah Cardillo is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.

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.

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.

Sat., March 9
1 – 5 pm
Room 410
Register by Feb. 25: $65
Register after Feb. 25: $76
plus $15 materials fee
Jeffery Luhn – See bio

Digital Photography II
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. 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.

Materials fee of $15, payable to the instructor in class, covers a CD with the entire presentation including detailed lessons and examples.

Bring your camera, tripod, external flash (if you have one), manual and comfortable walking shoes.

Sat., May 18
1 – 5 pm
Room 410
Register by Feb. 25: $65
Register after Feb. 25: $76
Plus $15 materials fee
Jeffery Luhn – See bio
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.
Sat., April 6
1 - 5 pm
Room 410
Register by Feb. 25: $65
Register after Feb. 25: $76
plus $15 materials fee at class
Jeffery Luhn – See bio

Getting Great Travel Shots
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! Bring your camera, manual and questions!
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.
Sat., April 20
1 - 5 pm
Room 410
Register by Feb. 25: $65
Register after Feb. 25: $76
plus $15 materials fee at class
Jeffery Luhn – See bio

Photographing Children, Family & Friends
Are you the photographer for your family and friends? You need to be ready with successful strategies for capturing great shots! This 4-hour workshop reveals the best approaches for photographing people and situations without being bogged down by complicated camera menus. Document the lives and times of your loved ones and yourself in interesting ways. Jeff gives you successful strategies that he’s developed over the last 35+ years as a commercial photographer & video producer.
Materials fee of $15, payable to the instructor in class for a DVD of the entire lecture with graphics and additional supporting documents.
This class is suitable for all levels. Bring your camera and manual!
Sat., June 1
1 – 5 pm
Room 410
Register by Feb. 25: $65
Register after Feb. 25: $76
plus $15 materials fee
Jeffery Luhn – See bio

Great Portrait Photography II
This class teaches you to produce professional level portraits using the same techniques the pros use in the studio and on location. Learn how to acquire and use reasonably priced lighting equipment to build a temporary home studio and a location shooting kit. Various lighting styles and shooting situations will be demonstrated. If you’ve ever wanted to take pictures for weddings, families, newspapers or books, this class is essential.
Bring your camera and manual. Materials fee of $15, payable to the instructor in class, covers a CD with the entire presentation including detailed lessons and examples.
Sat., April 27
1 - 5 pm
Room V2022
Register by Feb. 25: $65
Register after Feb. 25: $76
plus $15 materials fee
Jeffery Luhn has been a commercial photographer for more than 35 years. He graduated from Brooks Institute of Photography and has shot for many multinational corporations in over 30 countries.

Jeffery Luhn – See bio
CabrilloArts Scholarship Fundraisers

Proceeds from these workshops provide scholarships for Cabrillo College students to participate in the CabrilloArts 2013 summer program.

iPhone Creativity

Cell phones are not just for phone calls anymore! The quality of the camera and the thousands of photography apps that are available have turned the iPhone into a real camera and a tool for taking, processing, and distributing images. This hands-on workshop will provide you with opportunities to:

- Take better images with your iPhone
- Interpret your images in ways using apps
- Complete hands-on photo editing
- Perform an actual photo shoot

Learn about this new genre of photography & be inspired!

Cathy Cakebread is a photographer and high tech consultant. She has been taking photographs for as long as she can remember, starting with her Kodak Brownie and now with her iPhone.

Robert Kato has been capturing fine art photography images for over three decades. His current imagery is created using alternative and traditional digital printmaking techniques.

Check out their website: http://iphonecreativity.com/

Please Note: This workshop is designed only for iPhone4 and above.

Topics covered will also work for iPad and iPad mini users!

Fri., Apr. 19
6:30 - 9 pm
Room VAPA 1001

AND

Sat., Apr. 20 OR Sat., Apr. 20
9 am - 1 pm 2 - 6 pm
Room VAPA 2022

Register by Feb. 25: $150
Register after Feb. 25: $165

FREE Evening Trunk Show: Re-Designing Your Wardrobe

Diane will open her closet of creative, remodeled garments in a trunk show that is sure to inspire your sewing and expand your design thinking. See how easy it is to get started revising & recreating a new wardrobe that is more you! Diane will share loads of ideas, new concepts to play with and ways to create new energy in your work. This session is for the seasoned sewer or a beginner excited to stitch up a more creative future.

Friday April 19
6:30-9 pm (FREE lecture open to the public)
Room VAPA 2014

Diane Ericson is the designer and illustrator of ReVisions, a line of creative sewing patterns and art stencils. As a contributor to Threads Magazine, Diane shares her creativity through articles on various “sewing meets art & design” techniques.
PSSST! Do we have your attention?
cabrilloArts is moving to June
SAVE THE DATES!
JUNE 17 - JUNE 28, 2013
We will have a fabulous line-up of workshops as usual!
See below for a sample sneak preview.
Visit: www.cabrilloarts.org for more information

Creative Re-Use: Preparing for the Playa or Pimp your Art
Push it, age it, wear it, light it up, turn it on, make it move…
Students will be able to further their art by exploring a wide variety of inspirational ideas and techniques. With an emphasis on upcycling and repurposing, students may work on anything from sculpture or furniture to kinetic or illuminated art. Lighting technology, woodworking, welding, wiring and surface embellishments are just some of the skills offered for the making. Take your idea to a whole new level!

Patrick Stafford teaches lighting fabrication, furniture design, and furniture mixed-media at Cabrillo College. His work ranges from fine woodworking to blacksmithing with detours into electricity and painting.

Off the Panel: Experimental Encaustic
In this 5-day workshop students will explore encaustic in unconventional ways, working “off the panel” with linear elements, such as various papers, threads, strings, fiber, and fabric. We’ll address 3D forms by constructing elements, which can be used as stand-alone sculpture or as multiples for installation. We’ll also explore the versatile ways in which encaustic can be transformed—carved, scraped, layered, collaged, dipped, cast, modeled, sculpted, and textured. This workshop is geared for students who have worked in encaustic, are at an intermediate to advanced level, and who want to expand their repertoire. Our plan is to provide a wax laboratory, which will support discovery, direction and exploration.

Wendy Aikin, Judy Stabile & Daniella Woolf
founded Wax Works West, an encaustic school they have operated for 7 years, offering classes in every aspect of encaustic painting and sculpture.

Telling Tales: The Narrative Garment
Telling tales, conjuring imagery, and interpreting clichés, puns and metaphors will be part of our toolbox as we create visual narratives using garments to convey our stories. Pants, dresses, jumpsuits, hats, shoes and undergarments are a part of individual and cultural identities, and they have a rich history in the art world. We’ll explore ideas and techniques for creating wearable art, sculpture and site specific installations. Put on your thinking cap and come with a spring in your step for this fast paced and exciting dive into the art garment pool.

Rose Sellery is Program Coordinator of the Cabrillo Gallery. She is known for her whimsical and thought provoking three-dimensional visual narratives and wearable art pieces and has been featured in FashionArt Santa Cruz, and the World of Wearable Art in New Zealand and she is a 2011 recipient of the Gail Rich Award.

MIX IT UP! Crossmedia Screen-Printing
Surreal relationships, layered imagery, contrasting-yet-integrated styles, type that reads both forward and backward, fundamental “Pop” references…. these are just the beginning. Combine painting, drawing, collage, and transfer images with screen printing to make images that might be playful or deadly serious. The course includes an intro to basic photo silkscreen printing, watercolor washes, and image transfers and encourages the subtle melding of these processes with colored pencils, acrylic blends and gouache.

Erin Goodwin Guerrero, a Professor of Art Emeritus from San Jose State University, has shown her art extensively in the United States and in Mexico. Her visual investigations incorporate religions, early beliefs, and anthropomorphic invention.
NEON!

Ever wondered how Neon lights work? Do you want to introduce a neon element to your artwork? Come join us in this 2-day workshop!

We will go through the basics of creating a Neon Light and learn what it takes to produce a simple squiggle that will light-up! We will discuss cutting, and torch-bending phosphor filled glass tube into abstract shapes, fusing the tube ends, and procedures required to ensure a long lasting product. Finished form will then be filled with neon gas and mounted to a support structure. Mounting equipment will be supplied.

Students will attach an included transformer and have a working sample to take home.

2 Sun., Feb. 24 & Mar. 3
10 am - 4 pm
Room V3005
Cost: $240
plus $75 materials fee

Bruce Suba works out of his home studio in Scotts Valley making neon, scientific glasswork, plasma lamps, crackle tubes & wireless neon art. He has worked with Zephyr Studios, Kim Newcomb’s & Lundberg Studios and has made lasers, cathode ray tubes, quartz laser flash lamps, quartz metal halide lamps & x-ray tubes.

Wood Carving

The object of this 2-day workshop will be to teach students the fundamentals of wood carving. Participants will work on projects using both hand chisels and electric rotary carving tools. Topics covered are safety, types of carving tools, best woods/materials for carving, styles, and finishing. After instruction and demonstrations on the properties and characteristics of different woods, students will practice what they have learned on examples to be taken home. Cabrillo has a wide selection of gouges and chisels with which to experiment. You can also bring in your own tools and learn how to sharpen them.

Practice woods will be included.

2 Sun., Mar. 17 & 24
10 am - 4 pm
Room V3004
Fee: $180
plus $25 materials fee

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, as well as in Barcelona, Spain.

Freight Train, Steam Punk, Found Object Workshop

Bring your train collectibles, steampunk treasures, or other found objects to this two-day class. We will be riveting, welding, wiring, bolting, gluing, etc. Experience welding, cutting metal and lots of MacGyvering. Includes access to the amazing collection of hand and power tools at Cabrillo College Art Dept. All skill levels welcome!

Students will carry away a personal project combining a varied collection of materials. They will also gain skills for safe use of many different tools including: drill press, riveters, metal shears, welding torches, MIG welders, right-angle grinders, etc.

All skill levels welcome!

2 Sun., Apr. 28 & May 5
10 am - 4 pm
Room V3004
Fee: $180
plus $25 materials fee

Jeff Caplan is the owner of a Junkyard. He has been a sculptor and jeweler since 1999. His Fire-breathing Dragonflies and other sculptures are on display at Cabrillo College, the Kulpa Gallery, Sierra Azul and the SC MAH.

Small Metals Open Lab

Sign-up for 10 Saturdays (10am - 4pm) of 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., Mar. 2 – May 25 (No class March 16, April 6 & 20)
10 am - 4 pm
Room V3001
Fee: $180

Aaron Miller Artist & Jeweler will oversee this lab and provide assistance.
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 build in class.

Sun., May 12
10 am - 4 pm
Room V3004
Fee: $90 plus $25 materials fee

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 Burningman.

Warm Glass Techniques: Fusing and Slumping Glass in a Kiln

Warm Glass or kiln-formed glass refers to glass that has been fused and slumped by heating in a kiln. In this 6-day course students will learn how to cut, stack, fuse, and slump glass over numerous forms to create a myriad of shapes. They will have access to an incredible palette of beautiful sheet glass. Cutting, sawing, grinding, drilling and mounting glass will be covered, along with the importance of COE (Coefficient of Expansion).

Students will work with sheet glass, glass shards, frit, powders, glass paint, mica, flex glass, copper, pattern bars, stringers, and adhesives. Objects that you could make and take home might include: a glass bowl, a sconce diffuser, a lense for a ceiling light, a glass composition that could be hung in a window.

Cabrillo College possesses a wide variety of molds for the kiln- forming of glass shapes!

6 Sun., Mar. 10 – Apr. 21 (No class March 31)
10 am - 4 pm
Room V3005
Fee: $425
plus $45 materials fee

Penny Waller been fusing and slumping glass in a kiln for over 20 years. Penny attended Pilchuck and Red Deer College, and studied with many highly skilled teachers, artists and masters.

Electronics for Artists

Artists who desire to work with lights and motors need a basic understanding of electrical and electronic parts. These three 1-day courses are designed to be accessible to all levels and will cover voltage, current, resistance, power, and other electrical concepts in an increasing complexity.

Session 1: Starting with the Basics:
Making lights flash and dim.

Session 2: Moving on to Intermediate:
Precisely controlling motors.

Session 3: Finishing up with Advanced:
Interacting with your creation.

Students will learn the use of electronic tools (voltmeters, soldering irons, breadboards, microcontrollers, etc.) and will take home a kit(s) that will allow them to practice what they have learned.

Session 1: “Light it up” ($115-including materials. April 7, 2013)
Session 2: “Make it move” ($115-including materials. April 14, 2013)
Session 3: “Talk to it” ($115-including materials. April 21, 2013)

3 Sun., April 7 - 21
10 am - 4 pm
Room V3004
Fee: Individual Sessions 1,2,or 3: $90 and $25 materials fee each
OR
SIGN-UP FOR ALL 3 FOR JUST $245 AND MATERIALS FEE OF $75

Simon Quellen Field is a very knowledgeable and approachable instructor. He the author of several books on science, chemistry, cooking, and computers, and is the CEO of Kinetic MicroScience, a company that designs scientific toys.
BUSINESS OF ART SEMINAR SERIES

NEW! The Business of Art Seminar Series
From Passion to Profitability

An innovative collaboration has been formed to assist artists in Santa Cruz County. Cabrillo’s Division of Visual and Performing Arts (VAPA), Cabrillo Extension, the Small Business Development Center and the Business & Entrepreneurship Center have partnered with the Cultural Council to offer a series of seminars to help artists start, manage, and grow their businesses.

Business of Art 101
If you would like to establish a true business selling your art, this seminar is for you! Topics will cover the basics of business start-up: Required licenses, fictitious business name, legal structure, basic tax deadlines and reports, and the importance of a solid business plan. This seminar will bring your art from a hobby to a profitable business.
Led by SBDC Certified Business Advisor Keith Holtaway.
Sat., February 23
10:00 a.m. to 12:30 p.m.
Room 1001 (VAPA Lecture Hall)
Fee: $30

Leveraging Social Media for Your Art
Harness the power of social media sites! This seminar will cover social media listening tools, best practices and case studies of artists who do it well, how they are transacting sales through social communities, and how you can effectively use Facebook, Twitter, Pinterest and other sites to share your message and artwork.
Led by Karen Kefauver, writer, photographer and social media consultant.
Sat., April 27
10:00 a.m. to 12:30 p.m.
Room 1001 (VAPA Lecture Hall)
Fee: $30

Get Your Art Out There! Solid Marketing Principles
If you want to attract more collectors, gallery dealers and museum curators, you must know how to market your art. You will learn how to get a simple definition of art marketing, the nine factors that create the formula “Exposure = Success”; and the seven stages of art marketing.
Led by Aletta de Wal, M.Ed, an equal parts artist, educator and entrepreneur.
Sat., March 30
10:00 a.m. to 12:30 p.m.
Room 1001 (VAPA Lecture Hall)
Fee: $30

Cool Tech Tools to Sell Your Art
If you’re wondering how apps, mobile devices and other gadgets can help you sell your art, this seminar is designed for you! The newest, coolest tech tools will be demonstrated, including Square, QR Codes, on-line shop site tools and artist cooperative websites.
Led by Alex Kramer, Director of the South Bay Business and Entrepreneurship Center and a self-professed “gadget geek.”
Sat., June 1
10:00 a.m. to 12:30 p.m.
Room 1001 (VAPA Lecture Hall)
Fee: $30

Build Your Business!
Provisioning Free and Confidential Counseling in All Areas of Business Management
CALL or go Online for the 2013 Spring Schedule of Low Cost Workshops
www.centralcoastsbdc.org 831.479.6136

☑ QuickBooks Basics
☑ Writing a Winning Business Plan
☑ Social Media Marketing
The Road from Idea to Product
Having a strong idea is the most important component of today’s technology-based business. Knowing how to then manage the ideation process through ‘design thinking’ and ‘customer development’ is one of the most reliable recipes for making a business out of your idea. This workshop unites the dreamer in you with the doer in you. We’ll step through today’s most powerful ideation techniques and close with an actionable four-step approach to making your idea a business.
Sat., March 23
1 - 4 pm
Room: Horticulture 5001
Register by Feb. 25: $42
Register after Feb. 25: $48
Alex Cowan – See bio below

Web Enabling Your Business-
The Fundamentals
Having a credible, relevant online presence is important for so many businesses today, particularly for professionals. But finding someone who makes websites isn’t necessarily the right first step. What would happen if you called a landscaper and told them you wanted some gardening done? In this workshop, you’ll work through your objectives and priorities, and identify best practice approaches to realize your objectives.
Sat., May 18
1 - 4 pm
Room: Horticulture 5001
Register by Feb. 25: $42
Register after Feb. 25: $48
Alex Cowan – See bio below

New Product Improv
Bringing an idea from concept to concrete plan is a repeatable process the conscientious participant can easily master. If you have a new high tech product idea you’d like to sculpt into an actionable plan or if you’d just like to learn the process of ideation, this workshop will provide you a hands-on opportunity to do so. We’ll spend the first hour in a description of today’s top techniques for product development. For the next three hours, participants will work specific exercises on idea formulation and planning with instructor assistance.
Bring your own ideas to work on or pick from several available ideas from the instructor.
Sat., April 20
1 - 5 pm
Room: Horticulture 5001
Register by Feb. 25: $54
Register after Feb. 25: $62
Alex Cowan – See bio below

Future Freelancing -
Implementing Today’s Best Practices
Less Hostess, more sushi- that’s the rallying cry of this workshop. Too many tech businesses continue to use fattening, outdated techniques for product and company development. If your work falls under the traditional rubric of marketing, management, product design, web strategy or product management, this workshop will introduce you to a menu of consulting products that are highly sellable, repeatable and will enhance your accumulated expertise. The instructor will present a menu of five consulting products and then review the related key concepts and skill sets you’ll need to start. Topics include: design thinking, Lean Startup, business model canvas, customer development and agile.
Sat., June 22
1 - 5 pm
Room: Horticulture 5001
Register by Feb. 25: $54
Register after Feb. 25: $62
Alex Cowan runs the enterprise software firm Leonid Systems and is the author of ‘Starting a Tech Business’.
**Accounting 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, FASB and GAAP all in one class. This is an excellent prerequisite for those wishing to maintain their accounting records either manually or using computerized systems.

Sat., March 9  
9 am – 1 pm  
Room 432  
Register by Feb. 25: $65  
Register after Feb. 25: $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 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., April 6 - 27  
9 am - 1 pm  
Room 507  
Register by Feb. 25: $195  
Register after Feb. 25: $214  
Carol Jensen – See bio

**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 16  
9 am – 1 pm  
Room 432  
Register by Feb. 25: $65  
Register after Feb. 25: $76  
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., May 4  
9 am - 1 pm  
Room 507  
Register by Feb. 25: $65  
Register after Feb. 25: $76  
Carol Jensen specializes in financial aspects of start-up businesses and she is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

“Leadership and learning are indispensable to each other.” —John F. Kennedy

**NEW!**
Introduction to Mediation

Concerned about conflict in our world but not sure what you can do about it? Attend this interactive daylong workshop and gain skills to help people resolve even the trickiest issue. The class will start with basic instruction and move right into putting the skills to use.

Topics will include:
- Early identification of warning signs
- Helping each person in the conflict calm down so they can think rationally
- Supporting each party in expressing their needs
- Identifying areas of common ground
- Working together on creative, lasting solutions

Sat., Mar. 2
9 am - 4 pm
Room 410
Register by Feb. 25: $95
Register after Feb. 25: $110

Suzanne Koebler has worked with the Conflict Resolution Center of Santa Cruz County for the past five years. She loves teaching people skills to solve problems creatively.

Customer Service Essentials

Customer Service is the lifeblood of business. In today's competitive environment, serving our customers well can mean the difference between success and failure. Learn the hands-on skills that you need to deliver exceptional service and to grow in your career. In this class you will:
- Assess the needs and expectations of your primary customer groups using the RATER scale
- Practice critical skills such as stress management, positive speaking skills, and active listening.

Wed., Mar. 6
6 – 9 pm
Room 1522
Fee: $54
OR
Mon., Mar. 11
1:30 – 4:30 pm
Room 1522
Fee: $54

Michelle Waters infuses each training opportunity with expertise and enthusiasm. She has taught hundreds of clients how to work effectively in teams, prepare powerful presentations and deliver quality customer service.

Developing as a Leader: Your Personal Journey

To be a great leader is a personal journey. It starts with understanding the role of a leader, and clarifying your personal values, strengths and challenges. In this half-day class, you will...
- Understand the stages of leadership development and the competencies needed for success in various stages.
- Assess your own personal leadership style.
- Clarify your leadership values, and create behavioral goals for your own development over the next 12 months.

Thu., March 7
1:30 - 5 pm
Room: 1522
Fee: $68

Claire Laughlin has nearly 20 years of teaching, training and consulting experience. Her passion is helping groups and organizations work together to build exceptional, high-energy and values-driven workplaces – even in the face of rapid change.

Managing Stress and Conflict

Did you know that stress is also the cause of billions of dollars in lost productivity and revenue in our workplaces? Stress is also at the core of how we handle conflict. When we can reduce our stress, conflict cycle can become more productive. In this course you will:
- Define stress and understand its causes
- Identify your personal triggers and practice managing your stress reactions
- Understand 5 conflict responses and practice effective conflict management

Wed., Mar. 27
OR
Mon., Apr. 1
6 – 9 pm
Room 1522
Fee: $54
OR
1:30 - 4:30 pm
Room 1522
Fee: $54

Michelle Waters – See bio

Being a Great Supervisor

Being a supervisor is a lot of responsibility. 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

Wed., Feb. 20
OR
Mon., Feb. 25
6 – 9 pm
Room 1522
Fee: $54
OR
1:30 - 4:30 pm
Room 1522
Fee: $54

Michelle Waters – See bio
**Become A Notary Public**

Start your own business, become a more valuable employee, provide customer service for your business or organization, earn additional income or get re-commissioned. This intensive one-day seminar is designed to equip you with everything you need to know to become a successful Notary. You will find out about new legislation, how to pass the test, identify document signers, keep a journal, fill out certificates and avoid lawsuits.

The class includes a practice Notary Public Exam in addition to the State Exam. Register for the exam from 4:15 – 5 pm. Exam is from 5 – 6 pm. For the exam, bring a $40 check payable to Secretary of State, current driver’s license or state-issued ID, a 2 x 2 color photo, and a few #2 pencils. 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, as 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., April 6
8 am – 6 pm
Room 454
Register by Feb. 25: $95
Register after Feb. 25: $110
plus $30 text payable at class
Carrie Christensen – See bio below

**Landlord Made Easy**

If you are a landlord, or are thinking about becoming one, this class will provide you with the basics of managing real estate. Learn how to legally advertise, screen applicants, develop procedures and build excellent tenant relationships.

We’ll go over basic Fair Housing laws and legal requirements with tips and tricks to lead to an easier landlording experience.

Bring your lunch if you want to participate in one-on-one Q & A time.

Sat., May 18
9 am – 1 pm
Room 406
Register by Feb. 25: $60
Register after Feb. 25: $70
plus $5 material fee payable in class.
Kathleen Richards – see bio

**Renew Your Notary Commission**

Renewing notaries are required to take a three hour approved notary refresher course and notary exam: this class will satisfy that requirement. Learn about all the new laws and regulations.

Register for the exam from 4:15 – 5 pm. Exam is from 5 – 6 pm. For the exam bring a $40 check payable to Secretary of State, current driver’s license or state-issued ID, a 2 x 2 color photo, and a few #2 pencils. Fingerprints required after you pass the exam.

Please arrive early as no one will be admitted after the class begins. No refunds for late arrivals.

Note: Renewing Notary class is taken with the 6 hour Notary class in the same classroom. However, you will arrive later as the law only requires that renewing Notaries take 3 hours of instruction.

Sat., April 6
12:45 – 6 pm
Room 454
Register by Feb. 25: $50
Register after Feb. 25: $58
plus $30 text payable at class
Carrie Christensen is the Director of Notary Public Seminars, Inc., a leading notary public course provider for more than 15 years. She teaches at colleges and universities throughout California.

**Landlord Made Easy II**

Learn the In’s and Out’s of a proper lease, the necessary addendums, and what you can and can’t put into a lease. Know the documentation needed to protect you, the property and the tenant.

Sat., May 18
1:30 – 3:30 pm
Room 406
Register by Feb. 25: $30
Register after Feb. 25: $36
plus $5 material fee payable in class.
Kathleen Richards – see bio

**Presentational Speaking**

Many people report feeling more afraid of speaking in public than of death! For most of us, speaking in public creates mild but manageable anxiety. What we do with this anxiety is very important to our success, and learning a few key skills can help us be much better prepared.

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
- Make a plan for meeting your audience needs
- Review important tips and tricks for creating great visual aids

Wed., May 8
6 – 9 pm
Room 1522
$54

Michelle Waters infuses each training opportunity with expertise and enthusiasm. She has taught hundreds of clients how to work effectively in teams, prepare powerful presentations and deliver quality customer service.
Renting Made Easy
This course will teach you the rental process from how to be prepared with proper documentation, viewing the property and what to look for, understanding the lease and your responsibilities to the contract and landlord to dealing with roommates and finally how to handle the move out in order to get your full deposit back. This course will touch on Fair Housing and basic Tenant/Landlord laws. This course will show you how to be the best tenant the landlord has ever had.

Bring your lunch if you want to participate in one-on-one Q & A time.

Sat., June 1
9 am – 12 Noon
Room 406
Register by Feb. 25: $42
Register after Feb. 25: $48
plus $5 material fee payable in class.
Kathleen Richards – see bio

Renting Made Easy for Students!
This course will help first time renters such as students find housing. Students often face difficulties with income requirements, rental history, concerns with roommates and often just don’t understand the responsibilities associated with signing a lease.

This course is geared towards students and their special needs and circumstances. Learn to save time and money and help yourself become a stellar tenant long after college.

Sat., June 1
12:30 - 3:30 pm
Room 406
Register by Feb. 25: $42
Register after Feb. 25: $48
plus $5 material fee payable in class.
Kathleen Richards, MBA, MPM, RMP, owner of Portola Property Management, has been a professional property manager for over 12 years. She has been an expert witness in court cases and has served on local and state boards for property mgmt. trade associations.

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.

Sat., April 6
10 am – 1 pm
Room 432
Register by Feb. 25: $62
Register after Feb. 25: $74
Class fee includes workbook
Josh Wagner – see bio below

Starting Your Own Nonprofit-The Paperwork
Expert help to complete your forms! The IRS exists to tax us. Therefore, convincing them to grant the coveted tax-exempt status can sometimes be a battle. In this class, we’ll show you in detail how to create a strong application to the IRS that will not only assure your success, but also minimize the time it takes the IRS to approve your application. Becoming a nonprofit organization requires a lot of paperwork. Both the state and federal government have multiple forms with multiple questions. In this workshop, Josh Wagner will take you step-by-step through these forms explaining what they are asking for and answering your questions.

Topics include:
Generating and Filing Articles of Incorporation
Creating a strong IRS tax-exemption application
Obtaining California tax-exempt status
Personal attention is given to individual questions.

Sat., April 27
10 am – 1 pm
Room 432
Register by Feb. 25: $62
Register after Feb. 25: $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.
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 understanding the roles of computer 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 in the course fee.

Three dates to choose from:
Fri., Feb. 15 OR Fri., Apr. 19
9 am – 5 pm
Room 1302
Fee: $95

Fri., Apr. 19
9 am – 5 pm
Room 1302
Fee: $95

Mindi Cater – See bio

Microsoft Access – Level 1
This class provides a detailed introduction to Access 2010, 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 skills.

A comprehensive manual/textbook is included in the course fee.

Fri., Mar. 8
9 am – 5 pm
Room 1302
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 2010. Topics include using the ribbon interface and toolbars; creating, editing and formatting text; text selection; the Clipboard; page layout and printing commands; using proofreading tools; custom line spacing and indents; creating custom tab stops; bulleted and numbered lists; working with tables and forms; adding borders and shading; using Find and Replace; and more.

Required: Computers for Rookies or equivalent skills.

A comprehensive manual/textbook is included in the course fee.

Fri., Mar. 1 OR Fri., Apr. 26
9 am – 5 pm
Room 1302
Fee: $124

OR

2 Thu., Mar. 21 & 28
6 – 9 pm
Room 1302
Fee: $124

Mindi Cater – See bio

Microsoft Word – 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 by using styles; Mail Merge documents; creating and working with templates, and more.

Required: Microsoft Word 2010: Level 1 or equivalent skills.

A comprehensive manual/textbook is included in the course fee.

Fri., Apr. 12
9 am – 5 pm
Room 1302
Fee: $124

Mindi Cater – See bio
Microsoft Excel– Level 1
This introductory class is for the computer user who wants to become proficient in Excel 2010. Topics introduced include the ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; using absolute and relative cell references; formatting cell contents; inserting and deleting columns, rows, and cells; creating charts, and more.

Required: Computers for Rookies or equivalent skills.

A comprehensive manual/textbook is included in the course fee.

Fri. Feb. 22  
9 am – 5 pm  
Room 1302  
Fee: $124  
OR  
Fri. May 3  
9 am – 5 pm  
Room 1302  
Fee: $124  

Mindi Cater – See bio

Microsoft Excel - Level 2
This intermediate level class covers more complex skills than those presented in Microsoft Excel 2010: Level 1. Topics include working with lists of data; filtering and sorting data; displaying subtotals in a list; formatting and printing multi-page workbooks; using advanced functions in formulas; tracing formulas: auditing formula errors, and more.

Required: Microsoft Excel 2010: Level 1 or equivalent skills.

A comprehensive manual/textbook is included in the course fee.

Fri., Mar. 22  
9 am – 5 pm  
Room 1302  
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. Topics include the ribbon interface; 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., Mar. 15  
9 am – 5 pm  
Room 1302  
Fee: $124  

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

QuickBooks Pro
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 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., April 6 - 27  
9 am - 1 pm  
Room 507  
Register by Feb. 25: $195  
Register after Feb. 25: $214  

Carol Jensen specializes in financial aspects of start-up businesses and she is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

“Small opportunities are often the beginning of great enterprises.” —Demosthenes
Supervisory Academy Training Series

Being a supervisor can be difficult! You have a lot of responsibility, and usually, very little training. This program is designed to change all of that! The Cabrillo College Supervisory Academy is a 12-week program designed to help you develop your skills and become a better supervisor. You can pick and choose which modules are best for you, or attend all 12!

Through this 12-week program, you will learn and practice the skills that will make your job easier. You will come to know yourself better as a supervisor and make effective choices about your leadership development. You will learn to manage time and priorities, communicate better with your staff, build a team, manage stress and conflict, and motivate your employees toward better performance.

**Wednesdays**, Feb. 20 - May 8  
**Mondays**, Feb. 25 - May 13
6:00 - 9:00 pm  
1:30 - 4:30 pm

Classes are held in the 1500 Bldg., 2nd Floor, Room 1522
Take ALL TWELVE MODULES for just $545 or $54 per module

### COURSE MODULES

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<tr>
<td><strong>Essential Communication Skills</strong></td>
<td>Wed., Mar. 20 OR Mon., Mar. 25</td>
<td>6 – 9 pm OR 1:30 – 4:30 pm</td>
</tr>
<tr>
<td><strong>Managing Stress and Conflict</strong></td>
<td>Wed., Mar. 27 OR Mon., Apr. 1</td>
<td>6 – 9 pm OR 1:30 – 4:30 pm</td>
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#### Being a Great Supervisor

- Being a supervisor is a lot of responsibility. 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

#### Managing Time and Priorities

- Today’s workplace moves quickly. As a leader, you move from one emergency to the next, and often, important tasks do not get done. In this course you will:
  - Assess how you spend your time at work using the dimensions of urgency and importance
  - Prioritize your tasks, and take control of your schedule
  - Understand common barriers to effective time management and make a plan to overcome your barriers

#### Customer Service Essentials

- Customer Service is the lifeblood of business. In today’s competitive environment, serving our customers well can mean the difference between success and failure. Learn the hands-on skills that you need to deliver exceptional service and to grow in your career. In this class you will:
  - Assess the needs and expectations of your primary customer groups using the RATERS scale
  - Practice critical skills such as stress management, positive speaking skills, and active listening.

#### Navigating Personal Change

- Life is constantly changing and change inevitably creates stress. As a leader, it is imperative that you model appropriate and healthy responses to change. What changes are you facing at work? In your life? In this workshop, you will:
  - Understand the impact of change and assess your “change-resilience”
  - Learn the stages of change and how to manage your personal stress reactions
  - Learn critical self-awareness tools that will help you embrace change and move from habit to choice

#### Essential Communication Skills

- As a leader, the way you communicate can heavily influence employee motivation, the quality of information shared, and employee engagement. Come to this course to:
  - Practice essential skills for creating the organization you want, including listening and speaking clearly
  - Understand the functions & channels of communication
  - Understand communication barriers

#### Managing Stress and Conflict

- Did you know that stress is also the cause of billions of dollars in lost productivity and revenue in our workplaces? Stress is also at the core of how we handle conflict. When we can reduce our stress, conflict cycles can become more productive. In this course you will:
  - Define stress and understand its causes
  - Identify your personal triggers and practice managing your stress reactions
  - Understand 5 conflict responses and practice effective conflict management
Quality Improvement Principles  
**Wed., Apr. 3**  OR  **Mon., Apr. 8**
6 – 9 pm  1:30 - 4:30 pm

Did you know that stress is also the cause of billions of dollars in lost productivity and revenue in our workplaces? Stress is also at the core of how we handle conflict. When we can reduce our stress, conflict cycle can become more productive. In this course you will:

- Define stress and understand its causes
- Identify your personal triggers and practice managing your stress reactions
- Understand 5 conflict responses and practice effective conflict management

Employee Motivation  
**Wed., Apr. 24**  OR  **Mon., Apr. 29**
6 – 9 pm  1:30 - 4:30 pm

Understanding how to motivate others is a key skill in our ability to effectively lead others. 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 impacting employee motivation using the 4-D cycle, coaching, supporting and recognition skills
- Build a plan for motivating your team

Performance Management  
**Wed., Apr. 10**  OR  **Mon., Apr. 15**
6 – 9 pm  1:30 - 4:30 pm

Employee performance problems can be frustrating. Often, we act as if simply telling or showing our employees how to perform should be enough. However, performance needs to evolve through coaching and support - and NOT be relegated to an annual performance appraisal. Come to this course to:

- Discern between performance management and performance evaluation
- Apply a 4-part performance management model to your most pressing performance issues
- Discuss common barriers to effective performance

Interviewing and Selecting Team Members  
**Wed., Apr. 17**  OR  **Mon., Apr. 22**
6 – 9 pm  1:30 - 4:30 pm

The wrong person in the job can cost your business a lot of money and can produce a lot of stress. But often, traditional interviewing methods do not tell us what we need to know about potential job candidates. In this course 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

Business Writing  
**Wed., May 1**  OR  **Mon., May 6**
6 – 9 pm  1:30 - 4:30 pm

In this busy world, the quality of our communication makes a difference. For better or worse, people make judgments about our competence and credibility based on our written and oral communication. Come to this class to:

- Learn 5 ways to quickly organize your thoughts and translate them into writing
- Learn essentials skills for effective e-mail communication
- Learn common grammatical and word choice errors and receive a cheat sheet to improve your writing

Presentational Speaking  
**Wed., May 8**  OR  **Mon., May 13**
6 – 9 pm  1:30 - 4:30 pm

Many people report feeling more afraid of speaking in public than of death! For most of us, speaking in public creates mild but manageable anxiety. What we do with this anxiety is very important to our success, and learning a few key skills can help us be much better prepared. 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
- Make a plan for meeting your audience needs
- Review important tips and tricks for creating great visual aids

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Leadership Academy

The challenges of leadership in organizations are changing. The transition from managing yourself to managing others requires a shift in your attention, the development of new skills, and a boost in confidence that comes with trying new things. Leadership development is a journey, and the leaders who succeed are the ones who have a clear destination and a map of the territory to guide them.

Our new Leadership Academy focuses on helping you develop as a leader. To be successful, you need to know and understand your leadership strengths and challenges, mobilize and motivate groups of people to achieve results, and provide leadership through change.

You’ll learn the necessary skills in this 12-week certificate program; designed to demonstrate and teach the importance of accountability and responsibility for individuals at all levels. We provide a performance-based approach to learning the skills you need to become leaders within your organization and your personal life.

Our new Leadership Academy will help you transform into the leader you want to be.

Thursdays, March 7 – May 23
All classes are held 1:30 – 5:00 pm
Take ALL TWELVE MODULES for just $695 or $68 per module
Classes are held in the 1500 Bldg., 2nd Floor, Room 1522

Course Modules

Developing as a Leader: Your Personal Journey
Module One Thu., March 7
To be a great leader is a personal journey. It starts with understanding the role of a leader, and clarifying your personal values, strengths and challenges. In this half-day class, you will…

• Understand the stages of leadership development and the competencies needed for success in various stages.
• Assess your own personal leadership style.
• Clarify your leadership values, and create behavioral goals for your own development over the next 12 months.

Building a Healthy Organizational Culture
Module Two Thu., March 14
The "culture" of an organization influences everything! In a healthy culture, people have a unified vision and values, and actions align with those values. People work together toward clear and common goals, and conflict is healthy and productive. Come to this half day class to learn more about…

• The essential components of a healthy organizational culture
• Ways to assess your culture and it's overall health
• Specific actions you can take that will improve your organizational culture

Setting Goals and Achieving Results
Module Three Thu., March 21
One of your primary responsibilities as a leader is to drive your team toward results. This involves being crystal clear about where you are heading, and why, and then managing the needs, expectations and workload of your team in order to achieve those results. Come to this half-day class to explore…

• The most common barriers to achieving goals.
• Your top organizational goals
• How to engage in success-based goal setting with your team.
• How to organize and measure your progress toward goals.

Team Leadership
Module Four Thu., March 28
As leaders, one of our primary challenges is to get work done through others. Much of this is done through well-organized teamwork. In this class, you will learn to…

• Identify team limiting behaviors and address those behaviors effectively
• Facilitate an effective team meeting
• Assign team roles and responsibilities based on strengths
• Organize your work into clear and manageable work plans that guide the team's actions
Effective Delegation  Module Five  Thu., April 4
One of the primary responsibilities of a developing leader is to delegate effectively. You need to be able to identify an employee’s strengths and weaknesses, select and delineate work tasks clearly, and appropriately monitor the execution of the tasks throughout the employee development process. Come to this half day class to…
- Know when to delegate, when to coach, when to support and when to direct
- Practice delegating effectively using a “conversation planner”
- Practice following-up with employees after the fact to ensure that tasks are done completely and appropriately, and that employees are learning the skills they need to succeed

Leadership and the Brain  Module Six  Thu., April 11
In this class we will examine the latest discoveries in neuro-science that allow us to develop our leadership abilities more quickly and with greater success. Specifically, you will…
- Explore how people learn and remember and why it matters as a leader.
- Understand the cycle of stress
- Practice two skills to reduce your stress and the stress experienced by others on your work team.

Coaching for Improvement and Development  Module Seven  Thu., April 18
Developing others is one of our primary responsibilities as leaders. In this class you will…
- Learn the 4 critical factors that support performance improvement and how to use them while coaching.
- Use the GROW feedback model to provide specific and balanced feedback
- Practice following up for success.

Project Management  Module Eight  Thu., April 25
If you manage project work or non-routine activities, and would like your projects to run more smoothly, on time and with better outcomes, this highly interactive class is for you! Learn how to:
- Work with a team to draft the initial stages of a project plan
- Identify stakeholders and communicate better with them.
- Determine the scope, milestones and deliverables of the project.
- Develop a “working” timeline that allows for interdependencies.

Leading Organizational Change  Module Nine  Thu., May 2
As a leader, you are called upon to lead yourself and others through the change process. Do you have the tools you need? In this workshop you will:
- Develop a deeper understanding of your role as a change leader, and the characteristics of effective change leadership.
- Learn valuable communication skills for navigating change.
- Develop your own personal leadership “tool kit.”

Making Meetings Work: The Essentials  Module Ten  Thu., May 9
In today’s workplace, we are inundated with meetings! Unfortunately, many of those meetings are a waste of time, energy and money! In this essential leadership course, you will learn how to:
- Design a meeting process and write an agenda that gets results!
- Bring out the best in your meeting participants
- Stimulate the “right kind” of conflict in a meeting

Making Meetings Work: High Engagement  Module Eleven  Thu., May 16
How often do you go to meetings that are boring and off topic, or too long and repetitive, with outcomes that could have been just as easily accomplished by reading an e-mail or memo. In this dynamic class, you will practice facilitating engaging activities that help your group:
- Solve the right problem
- Commit fully to future actions
- Get and stay engaged

Effective Decision Making  Module Twelve  Thu., May 23
As a leader, the quality of your decisions is critical to your success, and the decisions you make can impact others in very meaningful ways. In this dynamic half-day class you will…
- Evaluate the decisions that you must make on a range of dimensions including complexity, uncertainty, and risk.
- Think through who will be impacted by a decision, and how to best engage them in the decision-making process.
- Practice generating a wide variety of quality alternatives and develop criteria for evaluating alternatives.
- Learn how “cascading communication” will help you strengthen your team and gain credibility as a leader.
Do you want a more productive and effective workforce?

Today’s fast-paced business environment demands a highly trained and effective workforce. If you want to stay in business, you need to focus on your business and 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!

- Leadership Development
- Management and Supervision
- Leading Change
- Project Management
- Time Management
- Team Building
- Making Meetings Work
- Presentational Speaking and Communicating with Impact
- Business Writing
- Compliance Training such as cultural competence training and sexual harassment prevention
- Customer Service
- And much more!

For more information call: 831-477-5649

Cabrillo Corporate Training is proud to announce a new partnership with DDI- Development Dimensions International!

Ask us how DDI content can meet your needs!
Creating a Service Culture
Wed., Mar. 27, 2-3:30 pm  Fee: $19
In today’s business environment, offering high quality customer service can help you stand out from the crowd. In this webinar for supervisors, managers and business owners, you will learn key skills for creating a service-oriented culture in your workplace. We will discuss:

• 5 ways that customers evaluate the quality of your service.
• How to define and promote a service culture with your staff or employees.
• How to manage and measure service performance and outcomes.

The Advantage:
Teleconference Book discussion
Tues., April 16th, 12-1  FREE
Learn how to enroll for free at: http://www.cabrillo.edu/services/corporate/book_club.html

There is a competitive advantage out there, arguably more powerful than any other. New York Times best-selling author, Patrick Lencioni, argues that the seminal difference between successful companies and mediocre ones has little to do with what they know and more to do with how healthy they are. In this book, Lencioni brings together his vast experience and many of the themes cultivated in his other best-selling books and delivers a first: a cohesive and comprehensive exploration of the unique advantage organizational health provides.

The Intergenerational Workplace
Wed., Apr. 24, 2-3:30 pm  Fee: $19
In today’s workplace, people from 4 or 5 generations may be working side by side. And now, more than ever, people from different generations have different behaviors, expectations about work, and motivations. They need different tools and practices in order to interact effectively. This poses significant challenges for managers, supervisors and business owners. In this 90-minute webinar we will:

• Learn about key differences between generations
• Explore ways to engage and motivate people of different ages and with different backgrounds.
• Discuss ways to “level the playing field” and help all of your employees work better together.

Using Technology to Enhance Teamwork
Wed., May 29, 2-3:30 pm  Fee: $19
The challenge: bring people together to get things done in the most efficient, effective manner possible, without sacrificing the interpersonal connections that are fostered through face-to-face teamwork. Today’s teams are more frequently dispersed, and we can reap tremendous productivity benefits when we work remotely. Yet, we still need to feel like a team, and this can be a challenge when “water cooler time” is eliminated. In this fast-paced webinar you will:

• Discuss the pros and cons of virtual or dispersed teams
• Review several tools that you can use to enhance virtual teamwork including video and teleconferencing, online collaboration tools and many forms of instant messaging.
• Make a plan to avoid the common pitfalls of virtual teamwork.
• Learn tips and tricks for making the most of your virtual team meetings and keeping communication open and flowing.

Claire Laughlin has nearly 20 years of teaching, training and consulting experience. Her passion is helping groups and organizations work together to build exceptional, high-energy and values-driven workplaces – even in the face of rapid change.

As the Director of Cabrillo College’s Corporate Training Department, Claire consults with a wide variety of organizations in Santa Cruz County including public, private and non-profit. Her training programs are highly interactive and are designed to transform behavior, systems and culture using powerful tools, concepts and skill building models.
For many of us providing care to another person is inevitable. This series of classes will better prepare community members for that role by providing an opportunity to learn, develop skills and gain confidence in regular and necessary caregiving practices. This program is the result of a collaborative effort involving multiple community agencies specializing in geriatric care or in-home caregiving. Each class will include instruction, discussion and practical application of essential caregiving skills.

The Caregiver Training Series is a great investment for those who are (or will be) caring for a loved one, considering a career change in the health or allied health fields, or providing personal assistance to a person with a disability. Students may choose to take the entire series or simply choose individual classes. Those who complete the entire program will receive a Certificate of Completion.

For more information, please email santacruzcaregiver@gmail.com or leave a message at 831-708-8576.
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. This method can be used by individuals for self-healing or by the practitioner in relationship with their patients. 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.

This 2-day workshop will teach techniques that will elicit the relaxation response and help develop the “Awakened Mind State”. You will learn to perform the specific Chi-Aura Integration 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 CEU’s for Nurses, 14 CEU’s for massage therapists, and 15 CEH’s for acupuncturists.

A free downloadable manual will be made available to students before class.

Sat. April 13 & 14
9 am – 5:30 pm
Room 410
Register by Feb. 25: $145
Register after Feb. 25: $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.

Advanced Care Planning and End-of-Life Needs

Learn about Advance Healthcare Directives, the emotional, spiritual, and physical needs of those near the end of life; common symptoms, and comfort measures caregivers can provide.

Sat., May 18
9:30 am – 12:30 pm
Room HW2214
Register by Feb. 25: $25
Register after Feb. 25: $30

How to Make Caregiving a Successful Career

This class will engage students in learning about expected professional behaviors when caregiving, ethical and legal considerations, professional development and career advancement.

Sat., May 18
1 – 4 pm
Room HW2214
Register by Feb. 25: $25
Register after Feb. 25: $30

Have you or a loved one had a stroke? Are you or a family member learning to live with functional losses?

The Cabrillo Stroke and Disability Learning Center may be able to help!

Call 831-477-3300 for information about specialized classes and adapted activities offered for adults in this program on the Cabrillo College, Aptos campus.
Morning Pastries: Cinnamon Rolls and Sticky Buns
Spend a warming afternoon baking cinnamon rolls and sticky buns. Experience the magic of making a simple yeast activated dough into mouth-watering morning pastries. Learn how to punch, scale and shape rolls and buns from sweet dough.
Sat., March 23
10 am – 1:30 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70 plus $25 materials payable at class

Soup & Savory Scones
Learn the basics of soup making while working with a bounty of Santa Cruz grown vegetables! We will prepare Garden Vegetable Soup, Leek and Potato, Cassoulet Soup, and Cream of Broccoli. Everyone will also make Orange Currant Scones as well as Herb and Cheese Scones. No need to make lunch on this day!
Sat., Feb. 23
10 am - 1 pm
Room 908
Fee: $60
Plus $20 materials payable at class

Italian Flat Breads
Have you ever wanted to bake bread, but you just thought it was too complicated? Well, here is the class for you! You’ll learn to make topped focaccia and ladder shaped fougasse breads by mixing ingredients with just a bowl and a spoon. No fancy machines or kneading required to make these delicious breads.
Sat., March 16
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70 plus $25 materials payable at class

An Italian Lunch
Come with your appetite and apron to this hands-on class where rolling out your own delicate pasta stars as the main course.
We will begin with an appetizer of Pesto Torta, we then prepare Pumpkin Soup, Garden Harvest Salad, Garlic Zucchini Sauté, Fettuccine Alfredo, Ricotta and Spinach Ravioli, and finish with Classic Biscotti and Cantucci Cookies. Buon Appetito!
Sat., April 20
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70
Plus $20 materials payable at class

Chocolate for Lunch!
Just about everybody loves a good chocolate bar or chocolate dessert, but have you every thought of eating chocolate as a main course?
Come join Anne in the Cabrillo Bakeshop for a chocolate feast.
We will prepare, Cocoa Carne Asada, Chicken Mole, Cocoa Infused Black Bean Soup, Green Salad with roasted Cacao Nibs, and Cacao Nib Butter Cookies.
Sat., April 27
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70
Plus $20 materials payable at class

“There is no love sincerer than the love of food.” —George Bernard Shaw
Glorious Fruit Tarts
Celebrate the sweet colorful fruits of the spring by learning how to bake a beautiful fresh fruit tart. Learning how to work with rich short dough and fruit glazes.

Students bake and decorate a 9” tart to take home to their families. Remember to bring an apron and a box to this fun low-key baking class.

Sat., May 11
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70
plus $25 materials payable at class

Bean to Bar - How to Make Chocolate
Have you ever wondered about the alchemical process of making chocolate from earthy cocoa beans? Join Anne in the Cabrillo bakeshop as she demonstrates the various machines used in creating luscious chocolate from cacao beans. From roasting, to winnowing and finally conching chocolate, you will learn what it takes to make your very own chocolate! Smell the heavenly perfume of chocolate mixing while you’re lead through a chocolate tasting. We will explore the many nuances of some of our favorite chocolates and perhaps discover some new favorites. Recipes and chocolate making supply resources will be provided.

Participants must be 16 years or older.
Sat., May 18
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70
Plus $9 materials payable at class

Sumptuous Galettes
The French have an easy and delicious way of making free form pies called galettes. In this class we’ll make a flaky buttery pastry and fill it with the fruits of the season. We will also make Anne’s award winning Tomato Basil Galette.

Sat., June 1
10 am - 1 pm
Room 908
Register by Feb. 25: $60
Register after Feb. 25: $70
plus $25 materials payable at class

Our baking classes are taught by Anne Baldzikowski, an award winning culinary instructor in the Cabrillo College Culinary Arts Department. She has owned two wholesale bakeries and brings a wealth of knowledge and enthusiasm to her classes.

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
Wed., May 15
7:00 – 9 pm
Room Hort 5001
Register by Feb. 25: $60
Register after Feb. 25: $70
Plus $30 materials fee at class

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, culinary arts, and now runs her own ranch in Royal Oaks raising sheep and making cheeses from their milk.
Introduction to Beekeeping for the Hobbyist

Have you always wanted to have a hive of honeybees in your backyard? This class will give you the basics on what you will need to start your new endeavor including: what equipment you will need, start up costs, how to get bees, where to locate your hive, and how to maintain a healthy hive throughout the seasons.

There are so many benefits to keeping bees from helping your garden’s pollination, honey extraction, and just the incredible wonder of observing a truly remarkable miracle of nature.

Sat., April 13
10 am - 1 pm
Room: Hort 5005
Register by Feb. 25: $50
Register after Feb. 25: $58

Katherine Niven has been teaching through the Cabrillo Culinary Arts Department for 29 years. She has been a beekeeper for the last 7 years and recently set up two hives up in the Cabrillo Horticulture Center.

The A to Z of Rainwater Harvesting Systems

Rainwater harvesting is a popular alternative for homeowners and gardeners who want to become more self-sufficient by collecting rainwater while reducing their water bills. Rainwater can be used to water gardens and for emergency water supply. In this class we will discuss the fundamentals of designing a domestic rainwater harvesting system, how to optimize capture and usage, filtration and distribution. Graywater systems will also be discussed.

There will be a lunch break followed by a field trip to visit two nearby residential rainwater harvesting system projects.

Sat., April 6
10 am – 3 pm
Room 405
Register by Feb. 25: $78
Register after Feb. 25: $90

Bobby Markowitz is a licensed landscape architect specializing in rainwater harvesting design. His passion about rainwater harvesting has come out of his 30 years experience in landscaping, from his own organic garden and concern for the environment.

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; that way you will have little or no mortgage. You don’t need a license to build your own house. You can build your own house 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 to 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., April 6
10 am – 1 pm
Room 435
Register by Feb. 25: $50
Register after Feb. 25: $58
plus $20 text payable at 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.

“Mid pleasures and palaces though we may roam, Be it ever so humble, there’s no place like home.”
— John Howard Payne
Designing Your Kitchen for the 21st Century

This class will prepare you for defining and designing your “ideal” kitchen. Be it, a face-lift or complete overhaul, the key design elements for your kitchen are: cabinets, appliances and finish materials. Are you wondering what the difference is between similar products? Are custom cabinets better than ready-made? Is engineered stone better than natural stone? Are there greener options? Wondering how to incorporate the “latest” and not get a “dated” design? Want to avoid the common layout problems? Then, this class is for you.

Preparation for class: On graph paper, using pencil, draw a floor plan of your existing kitchen, including windows and doors. Each square represents 6 inches. On separate piece of paper, describe problems of existing kitchen and make a list of what you want your new kitchen to feature. These will be collected at the break and reviewed before end of class by instructor.

(Note: drawing floor plan by hand is the easiest method, using pencil, but for the adventurous, we’ve listed free design software. http://kitchenplanner.ikea.com/US/UI/Pages/VPU1.htm or http://www.homestyler.com/designer

Sat. April 27
9 am – 1:30 pm
Room 512
Register by Feb. 25: $65
Register after Feb. 25: $75
Yvonne Ross – see bio

Bathroom Design for the 21st Century

While your bathroom may be the smallest room in your home, it can be the most complicated to remodel. Will a face-lift be sufficient or do you need to tear everything down to the 2 x 4’s? Are you lacking storage? Is the lighting impossibly horrible? Are you interested in “greener” options that don’t break the bank? This class will give you the tools you need to achieve the best possible outcome.

Attendees: Plan to email your floor plan and digital photos to instructor before the second session. More detail will be provided at first class.

Sat. June 29
9 am – 1:30 pm
Room 512
Register by Feb. 25: $65
Register after Feb. 25: $75
Yvonne Ross has received certification for kitchen design, green building and lighting design. Working as a field project manager she has managed all phases of construction from permits to material selection and installation for over 250 kitchens.

Planning Your Kitchen Remodel

This class is designed for those who want to drive the kitchen remodel process. You want tools and information so you can answer your contractor and subcontractors’ questions; as well as, be one step ahead of them. You want to avoid the “if I’d only known” syndrome. This class will cover: the key steps for planning your remodel, the most common cost over-runs, the roles and responsibilities of designer, general contractor and key sub-contractors, how to get a realistic estimate, the advantages and disadvantages with a time and material contract and a fix bid contract, and how to keep costs and schedule on track.

Recommendation: Bring a snack or bag lunch for the 30 minute break which will be used by instructor to answer specific questions you have for your project. You can use this time to review instructor’s design folders, books, and portfolios.

Sat. May 18
10:00 am – 2:30 pm
Room 512
Register by Feb. 25: $65
Register after Feb. 25: $75
Yvonne Ross – see bio

Your Energy Efficient Home

Rising energy costs significantly affect the economy on every level. There is also growing interest in discovering ways to conserve energy use in the home. Learn how home energy efficiency can positively impact you and your personal economy. After an overview of energy production and distribution participants will have the opportunity to analyze their energy bills and homes and learn about ways to reduce their costs, energy use, and carbon footprints.

2 Sat., March 23 & 30
10 am – 1 pm
Room 715
Register by Feb. 25: $48
Register after Feb. 25: $54
Karen Groppi is the lead faculty for the Cabrillo Energy Academy. Energy is one of Karen’s life defining interests and as an engineer, optimizing the production and use of energy is her continual quest.
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 not for beginning hikers.

A letter will be given upon registration with information about basic dress and supplies to bring.
6 Sat. Apr. 20 – June 8 (No class on May 11 or 25) 9:30 am – 12:30 pm
First class meets at Tennis Courts in Parking Lot K
Register by Feb. 25: $98
Register after Feb. 25: $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.

Kickstart Your Health: The Power of Plant-Based Nutrition
Come test-drive a plant-based diet and see how this approach can help you feel better and more energetic than ever! Have you ever considered experimenting with a vegan diet to lose weight, maximize your health, be kinder to the planet, or help animals? If so, then you’ll want to join us in this series of classes which offer a pragmatic and fun way to taste a variety of flavorful plant-based dishes and savor some fabulous recipes. Over the course of 6-weeks you’ll learn the latest science in plant-based nutrition and while you are trying it out, you can shed some unwanted pounds, cut your cholesterol, get your blood pressure in control, and boost your mood and energy.

Family nurse practitioner, Susan Lavelle, will provide practical tips for getting started and discuss key nutrients in a plant-based diet, along with sharing recipes and cooking demonstrations.
If you are ready to fine-tune your health, increase your energy, conquer food cravings, and enhance your knowledge about the power of a plant-based diet, you won’t want to miss this opportunity.

7 Mon. April 8 - May 20 6 – 8 pm
HW1119 (Inside the Stroke Center)
Register by Feb. 25: $175
Register after Feb. 25: $188
Materials fee of $35 payable to instructor in class.
Susan Lavelle is a registered nurse practitioner at Cabrillo College Health Services. She has passionately promoted disease prevention and helped others achieve optimal health.

Early & Fit: Wake Up and Smell the Coffee
Well, coffee isn’t served, but a dynamic warm-up followed by cardio/ metabolic work and strength training are on the menu! Building on a foundation (literally) of alignment our core, hips and shoulders (which includes balance, flexibility and awareness). Rather than thinking about training body parts, we train movements that involve linking up several body parts. This is how we move in our everyday lives, hence the workout becomes “functional”. All experience levels are welcome, as most exercises can be modified to your ability. Along the way other benefits may arise like weight & body fat loss, healthier eating habits, friendships and a more positive relationship with your body!

Session 1 Mon., Wed. & Fri., Feb. 11 – Mar. 8 (No class Feb. 18)
Session 2 Mon., Wed. & Fri., Mar. 11 – Apr. 10 (No class April 1, 3 & 5)
Session 3 Mon., Wed. & Fri., Apr. 12 – May 6
Session 4 Mon., Wed. & Fri., May 8 – June 3
Session 5 Mon., Wed. & Fri., June 5 - 28
6:30 – 7:30 am
Cabrillo Gymnasium
Register by Feb. 25: $126 (each session)
Register after Feb. 25: $140 (each session)
Paula Saraga is a personal trainer, yoga instructor and massage practitioner with an M. A. in Body Oriented Psychotherapy. She also taught Hatha Yoga in Cabrillo’s Kinesiology Department for 5 years.
Sign up for all of Paula’s Early and Fit classes by Feb. 25 to get the early bird discount!

The Three Keys to Successful Fat Loss
Discover the true path to effective and lasting fat loss. Our “Three Keys to Successful Fat Loss” seminar will teach you the exact steps you need to take to rid yourself of unwanted body fat for good.
Wed., Feb. 20 OR Feb. 27 6:30 - 7:15 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $12
Tyler Bramlett, RKC, CK-FMS, Personal Fitness Coach

Thick and Fit!
Core Competency: Why Pulling Your Belly in is Wrong

Many of us have heard “tighten your core” and “pull your belly button to your spine” when performing exercises. These longstanding techniques attempt to improve safety and performance by increasing function of the core. But is this correct? What is the core? What does the core do? Is my core doing what it should? This lecture will describe the core, what it is used for and how the fitness industry has missed the boat when it comes to proper use of your midsection. Discover how proper control of your core can alleviate muscle tension, reduce spinal pain and improve movement quality and control.  

Wed., March 20
6:30 -7:15 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $12
James Vegher, DPT, NCS

Why Does My Knee Still Hurt After My Surgery?
Patients who have undergone knee surgery frequently report that the pain in their knee is the same after surgery as it was before. Why is this? This lecture explores this frequent occurrence and explores how the body mechanically breaks down to provide a greater context for understanding rehabilitation and pain following surgery. 

Wed., April 17
6:30 - 7:15 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $12
James Vegher, DPT, NCS

My Aching Neck: Why Does it Keep Coming Back?
The second most common orthopedic complaint to family physicians is neck pain. Frequently, pain is alleviated with standard intervention such as medication, massage or physical therapy but the pain can often return without provocation. This cycle can repeat itself over and over again without consistent alleviation of symptoms and frequently worsens with each new bout. This lecture explains the etiology of the most common types of neck pain and explains why the pain comes back despite improvement. 

Wed., May 22
6:30 - 7:15 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $12
Chris Christensen, DPT, CSCS

Precision Mechanics

We are all born with the same movement blueprints embedded in our brain and we all develop basic motor skill in the same sequence. Life, recreation and occupation move us away from these optimal movement patterns, alter our alignment and disrupt our true muscle balance. Precision Mechanics stimulates these ideal, genetically encoded movement patterns that are in all of us to re-activate our muscle system’s proper balance. Precision Mechanics’ unique positions and movements facilitate entire body control, correct joint alignment and proper core contraction. 

Instructed by a doctor of physical therapy this class is appropriate for most fitness levels and, because the class teaches ideal movement, it can alleviate aches and pains as well as transition people from rehab back to fitness. Re-establishing proper movement and stability also helps those who have reached a plateau in training or those who are interested in improving core strength, posture and body control.

6 Tues. & Thurs., Apr. 2 – May 9
3 – 4 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $297
James Vegher, DPT, NCS

Preparing for the Wharf to Wharf
Are you ready for the best local race in California? Join us as we help you to prepare yourself for the most beautiful 6 miles on the Central Coast. Jeff Moreno, Physical Therapist and running form expert, has designed an eight-week training program for runners looking to finish and enjoy the Wharf to Wharf Race with the focus on avoiding injury. Each individual will get a basic training program that consists of running 3-4x/week with one of those training days focused on developing the skill of running in a 60 minutes session. The entire program is based on peer reviewed research that deals specifically with performance enhancement and injury prevention for runners.

Objectives include:
- Improved Single Leg Balance
- Improved Power
- Improved Core Strength and Stability
- Improved Glut Strength
- Improved Skill of Running

8 Wed., May 29 – July 17
6 – 7 pm
Precision Wellness Center (HW1, Room 1138)
Fee: $97
Jeff Moreno, DPT, OCS
Behind Packing House Doors: Voices of Watsonville’s Croatian Community

Of all the immigrant groups who came to California, probably the least known are the Croatians of the Dalmatian Coast. Often identified as Austrians, Slavonians, or Dalmatians, they came from a glorious tradition of international traders, sailors, and political thinkers and changed the way the United States did business. They also brought their customs and beliefs to their new home and established a way of life that was vibrant and rich in traditional folkways.

This day-long course will be an intimate look into the Watsonville Croatian community that only two native daughters can provide.

This first-ever class will have the following elements:

- A slide-illustrated lecture overview of the Watsonville Croatian story
- A walk in downtown Watsonville to see the buildings the Croatians built
- Tour the apple packing warehouses
- A bus tour to the more distance locations including the local cemeteries
- A special visit to Gizdich Ranch

The day will conclude with a traditional Croatian-style barbecue prepared by local chef, Peter Kovacich and held at Basor Terrace Winery on Whiting Road north of Watsonville.

We will walk a total of approximately three miles during the day at a leisurely pace, with many stops and talk stories.

Participants will receive directions, a map and a letter from the instructors.

Participants must be at least 21 years old.

Sat., May 11
9:30 am to 7:30 pm
Class meets at the Watsonville Center Main building
318 Union St., Room A150
Register by Feb. 25: $100
Register after Feb. 25: $120

Sandy Lydon, Cabrillo College historian emeritus has been researching, writing and teaching the history of Santa Cruz County for over 40 years.

Into the Heart of the Redwoods: An Adventure Through Time and Space!

Sandy Lydon brings back our very popular redwood immersion course. We will spend the morning sauntering through the famous Henry Cowell Redwoods where you will discover the true diversity of the coast redwood forest. We will see not only the magical old-growth trees, but also the rare albinos and several dawn redwoods that were brought here from China in the 1950s. We will also examine the story of John C. Fremont’s famous (infamous?) visit. Did he really camp in the tree that bears his name?

In the afternoon you will have a chance to fly through the redwood forest at Mount Herman’s Redwood Canopy zip-line course, guided by experienced, certified staff members. You will experience the trees in a way once reserved for tree climbers, birds and squirrels.

Participants will receive directions and a letter from Sandy on how best to come prepared for the adventure. Please bring your lunch. Fee includes admission to the zip-line adventure.

Must be at least 18 year old to participate. Participants are responsible for admission to Henry Cowell State Park.
Sun., April 21
9 am to 6 pm
Henry Cowell State Park Picnic Area, Felton
Register by Feb. 25: $95
Register after Feb. 25: $110

Sandy Lydon, Cabrillo College emeritus historian has been exploring the redwood forests and their history for over 50 years. He has led hundreds of groups into the redwoods and is co-author of the award-winning Coast Redwood: A Natural and Cultural History.

Donna Mekis, co-author of Blossoms Into Gold, holds degrees in Anthropology and Education from UC Santa Cruz. She has had a forty-year career in higher education.

Kathy Mekis Miller, co-author of Blossoms Into Gold. She and her husband opened Sun Shops in Santa Cruz in 1971 and it was honored as 2009 Business of the Year by the Santa Cruz Chamber of Commerce.
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 or be rescheduled.

This class is appropriate for students aged 10 to adult.
2 Fri., Apr. 26 & May 3
6:30 – 9:30 pm
Room 707
Register by Feb. 25: $58
Register after Feb. 25: $65

Karl von Ahnen has been an amateur astronomer and telescope user since age 12. He has served as lab instructor-assistant in the Cabrillo Astronomy Department and is the Technical Director of the Minolta Planetarium.

“The most incomprehensible thing about the world is that it is at all comprehensible.” — Albert Einstein
Hummingbirds: How They Do Amazing Things!
The biological characteristics of the hummingbird is absolutely fascinating!
Restricted to the Americas, these incredible avian acrobats hover, fly backwards (even upside-down!), endure a metabolic marathon that may only narrowly permit them to survive through a single day, and exhibit plumages that exceed that of Birds-of-Paradise, and are often even iridescent.

Several score of the more than 350 described species carry names of precious gems, reflecting their unique brilliant feathery.

Join us for a evening learning about the birds our Latin American neighbors call the “Zum-yums”.
Fri., June 7 6:30 – 9 pm
Room: 403
Register by Feb. 25: $24
Register after Feb. 25: $28
Bruce Elliott – see bio

Spring Season at the Pinnacles National Park
The Pinnacles Monument has just become our newest National Park. Join us for a day within the eastern half of the park during the peak of the annual bird migration and the spring wildflower display. Pinnacles, was once part of a huge volcano that migrated from southern California over 23 million years ago. This location presents a fascinating platform for a day of tectonic plate geology, fauna, flora, Native American history and the recent re-introduction of the California Condor.

A letter and directions to the East Side Park entrance will be provided upon registration.
There is a $5 park entrance fee (unless you possess a National Park Service annual pass or a Golden Eagle Passport).
Sat., May 18
Time: 9 am - 3 pm
Pinnacles National Park
Register by Feb. 25: $64
Register after Feb. 25: $72

Bruce Elliott is a retired Senior Biologist with the California Dept. of Fish and Game and taught at Cabrillo College for over 35 years.

Owls of Central California
Back by popular demand!
Northern Monterey County hosts as many as eight species of owls that are often vocal during their breeding courtship period of late winter. In this class you will have an opportunity to study the biology of local California owl species in a two-part program.

In an afternoon classroom lecture, we will review the biology, species characteristics, and distribution of the several owl species that occur in habitats about the Monterey Bay. You will learn to identify the owls by silhouette and calls.

After a break for dinner, the class will re-assemble for an evening of searching through one of the most productive owling areas in central California near Carmel Valley.

The lecture will be at the Pacific Grove Natural History Museum. Plan to have dinner in the area.
Information and map given upon registration.
Sat., March 2
2:30 – 4:30 pm (lecture) 7 – 9 pm (field session)
Pacific Grove Natural History Museum
Register by Feb. 25: $68
Register after Feb. 25: $75
Bruce Elliott – see bio

The Hooved Mammals of the American West
There has long been a fascination with animals in the wild, particularly here in the North American West. The future status of hooved species such as big horn sheep, the American bison, pronghorn antelope, elk, moose, mountain goat, caribou, musk-ox and the various species of deer presents a precarious balance. Our efforts to restore and manage viable populations of these native ruminate in a challenging dynamic process.

In the new evening lecture, we will discuss the biology of the individual species and the different strategies employed to maintain and manage them.
Fri., March 22
6:30 – 9 pm
Room: 403
Register by Feb. 25: $24
Register after Feb. 25: $28
Bruce Elliott – see bio
Introduction to Smart Investments
Whatever your dreams for happiness, 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 definite timeline. You will also learn of 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., Mar. 12 – Apr. 2
7 - 9 pm
Room 411
Register by Feb. 25: $64
Register after Feb. 25: $75
Galaham Zuanich — see bio below

Retirement Planning – A Common Sense Approach
The objective of this course is to educate the community on the issues surrounding retirement. We will cover retirement concerns that include: having enough money to retire, knowing how much you need to retire, and retiring on time. We will also explore the risks you face in retirement and discuss strategies to avoid these risks.

4 Tues., Apr. 23 – May 14
7 - 9 pm
Room 411
Register by Feb. 25: $64
Register after Feb. 25: $75
Galaham Zuanich is an associate vice president with a major investment firm and has been a financial advisor for eight years. He has a BS in Commerce Finance.

College: How to Get In and How to Pay the Bill
If you are a parent with a high school student looking to enter college, 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 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., Mar. 13 & 20
6:45 – 8:45 pm
Room 410
Register by Feb. 25: $54
Register after Feb. 25: $62
Stephen Shapiro, CPA, CFP, has advised individuals on financial matters for over 20 years and has led financial workshops since 1989.

Financial Sense to White Picket Fence: Budgeting, Borrowing, Buying and Beyond
This is a true opportunity to position yourself to take advantage of today’s affordable housing market. Join us and learn the components of sustainable homeownership. Topics covered include budgeting, saving, renting, home buying, understanding loan options, and maintaining one’s home for the long term. This one day class emphasizes the importance of budgeting and planning for homeownership for the prospective homebuyer who has not owned a residence in the last three years. Topics include practical monthly operating budgeting, consumer and property debt, reserves for home maintenance, and cash flow. Students assess their consumer and mortgage borrowing capacity including housing expense top and bottom ratios. Learn what questions to ask when selecting an ethical agent and loan originator. Students receive a certificate of participation upon conclusion of the course.

Sat., March 2
8 am – 5 pm
Room 432
Register by Feb. 25: $109
Register after Feb. 25: $120
A $20 textbook is included in the class fee.

Carol Jensen specializes in financial aspects of start-up businesses and she is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

“I not only use all the brains that I have, but all that I can borrow.”
— Woodrow Wilson
Beginning Acoustic Guitar: Part 1
Students will learn to play the Guitar in six weeks by practicing the basic open chords used in popular styles of music. In this beginning class, students will work on timing, ear training, and strumming. Students will be introduced to tablature and how chords work together. This teaching method does not require the reading of music notation or study.

Students must bring their own steel or nylon string acoustic guitar to class.
6 Thurs., Mar. 14 - April 18
7 – 8 pm
Room 513
Register by Feb. 25: $85
Register after Feb. 25: $98
plus $10 materials fee payable to instructor at class
Doug Montgomery – See bio below

Beginning Acoustic Guitar: Part 2
Students that have taken a beginning guitar class, and have a basic understanding of the guitar will enjoy this class. Students should be able to play basic open chords with enough speed to play songs. We will work on the following:

• How to use a pick effectively
• How to read tablature
• How to transpose a song and use a capo
• Fills, intros, and endings
• Strumming techniques
• How to walk in and out of chords using bass notes
• Learn how to build a song using the Nashville number system

Students must bring their own steel or nylon string acoustic guitar to class.
6 Thurs., Mar. 14 - Apr. 18
8:15 – 9:15 pm
Room 513
Register by Feb. 25: $85
Register after Feb. 25: $98
plus $10 materials fee payable to instructor at class
Doug Montgomery has played drums and guitar for most of his life, focusing on guitar for the past 20 years. He is a member of the California Bluegrass Association and specializes in crosspicking and flatpicking.

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!
Thurs., Mar. 14
6 – 7:30 pm
Room 514
Register by Feb 25: $30
Register after Feb. 25: $35
plus $15 for course materials payable to instructor at class

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!
Thurs., Mar. 14
7:45 – 9:45 pm
Room 514
Register by Feb. 25: $45
Register after Feb. 25: $52
plus $15 for course materials payable to instructor at class

Students will need a “C” major diatonic harmonica. Instructor will have them available in class for $12 if you don’t have one.

Dave Broida has been teaching and performing for 20 years. He plays professionally throughout northern California and teaches throughout the state.

"Hide not your talents, they for use were made. What’s a sun-dial in the shade?"
— Benjamin Franklin
**Piano Your Teachers Never Taught You**

Discover why students who have taken these workshops proclaim, "I've learned more in three hours than I did in three years of lessons." You will be shown 72 chords, 156 hand positions and how to read music from a lead sheet and fake books playing any popular song in any key with the tools of the trade that will make you sound like a pro. This class also prepares you for taking the other piano workshops. If you can read the notes C, D, E, F, G, A, B you already know enough to enroll.

Fri., Mar. 15  
6:30 – 9:30 pm  
Room 506

**How to Play Blues and Boogie Woogie Piano**

Take this workshop and get ready to jam! Jazz, rock and roll, gospel, and even country western music all have their roots planted in the blues. Learn the blues scale, the blues form, shuffle rhythms, bass lines, improvising techniques, blues and boogie-woogie patterns and how to give your pop tunes that "bluesy" feel.

Whether you're a trained pianist or a total beginner, this workshop will have you playing the blues in no time.

Sat., Mar. 16  
11 am – 2 pm  
Room 506

**Learn to Play Piano by Ear**

You don't have to be born with a special gift in order to play music by ear. If you can figure out the melody to "Mary had a Little Lamb" you're ready to take this class. The secret to playing music by ear is knowing what chords go along with the melody.

Learn how to use bass lines, how to hear and know the correct chord changes, how to transpose, and how to use the Circle of Fourths and Fifths. You can forget about your sheet music, you'll be memorizing tunes as you learn them. You should have a basic knowledge of chords for this class, or take the Piano Your Teachers Never Taught You class first if you don't.

Sat., Mar. 16  
3 – 6 pm  
Room 506

Fees for piano classes:

Register by Feb. 25:  
$40 if you register for any single class

Register after Feb. 25:  
$46 if you register for any single class

REGISTER FOR ALL THREE OF TODD WALKER’S PIANO CLASSES FOR JUST $109!

Each class has a materials fee of $29 to be paid to instructor at class for his exclusive workbook and CD.
Beginning Social Ballroom Dance
Come join the fun in this introductory dance class where you will learn the basic skills for following and leading in selected ballroom dance styles which include: Fox Trot, Waltz, Tango, Two Step, Argentine Tango and the Hustle.

Ballroom dance offers the unique opportunity to brings people together in a very wonderful community. You will learn to be confident dancing with one another in any social setting. It’s a whole new way to learn to be able to express yourselves with others.

No previous dance experience necessary. Couples may register at a discounted rate.

6 Sun., Mar. 3 – Apr. 14
(No Class Mar. 31)
5 – 7 pm
Room 1117
Per person: $98
Per couple: $182

Intermediate Social Ballroom Dance
Continue your fun, experienced dancers, by adding to your skill, perfecting the specifics of leading and following, and dramatically improving on your ballroom dancing techniques. We’ll practice the different dance styles which include: Fox Trot, Waltz, Tango, Two Step, Argentine Tango, Hustle and other popular ballroom dances.

This class is for any dancer interested in taking their ballroom dancing to the next level.
6 Sun., Mar. 3 – Apr. 14
(No Class Mar. 31)
7 - 9 pm
Room 1117
Per person: $98
Per couple: $182

Amy Farhood is a graduate of Mills College in dance and an award-winning ballroom dancer and choreographer. She has been teaching ballroom dance for 20 years.

Community Folk Dance
The line and partner dances of the Mideast and Balkan countries are featured at this popular Friday evening event. Dance steps will be taught from 7:30 - 9 pm and requests will be taken between 9 - 11pm. Partners aren’t necessary, but children under 12 must be accompanied by an adult.

The last Friday of each month will feature live music for dancing.
Friday nights
7:30 - 11 pm
Room 1117 (Gymnasium Building)
$5 per evening at the door, $10 on “live music” nights.

Register Now!
Classes start February 11

To Register: www.cabrillo.edu/services/ar
Classes and Financial Aid are available!
831-479-6100
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. This is an introductory course meant for beginners but those already familiar with SoulCollage® 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 13
9:30 am – 4 pm
Room Horticulture 5001
Register by Feb. 25: $75
Register after Feb. 25: $88
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.

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., May 4
9:30 am – 4 pm
Room Horticulture 5001
Register by Feb. 25: $65
Register after Feb. 25: $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 9
9 am - 4 pm
Room 512
Register by Feb. 25: $78
Register after Feb. 25: $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.

Motorcycle Safety Training

Our award-winning “Motorcycle Safety” class is the only CMSP-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.

Our program received CMSP (California Motorcycle Safety Program) Awards in 2008-2009 for Excellence of our Rider Coaches and in Range Safety.

Doug Green is the site manager.
Welcome to www.ed2go.com/cabrillo

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 Ed2Go class begins on the following dates:
February 20, March 20, April 17, May 15 & June 19.
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 375 courses are available on our ed2go redesigned web site to make it easier for students to find and enroll in the title(s) they are looking for. Here is just a sample:

Speed Spanish
Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You’ll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you’ll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Instant Italian
This dynamic course will teach you how to express yourself comfortably in Italian. You’ll learn practical, everyday words and phrases that will make your stay in Italy more enjoyable. You’ll read, hear, and practice dialogues based on typical situations. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. You’ll be surprised by how quickly and easily you can learn many useful expressions in Italian! The course audio feature lets you hear the words and phrases spoken aloud with just a click of your mouse. You’ll also learn about the Italian language’s impact on the world, the Italian alphabet, phonetics, and pronunciation, proper forms of address, expressions of courtesy, and how to make introductions. You’ll be pleased at how quickly this course helps you build your skills, and prepares you for your next adventure.

A to Z Grantwriting
This is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You’ll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You’ll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant-writing campaign, and how to put together a complete proposal package.

No matter who you are or what level of experience you have, you’ll find the A to Z of writing and submitting successful proposals here!

For more information or to register, visit us at: www.ed2go.com/cabrillo
Creating Web Pages
Create and post your very own Web site on the Internet using HTML in this extensive, hands-on, six-week workshop. First, you’ll learn about the capabilities of the World Wide Web and the fundamentals of web design. Then, with your instructor’s patient guidance, you’ll plan the content, structure and layout of your Web site, create pages full of neatly formatted text, build links between the pages and to the outside world, and add color, backgrounds, graphics, and tables. You’ll also learn critical and timely information on securing the best possible location in search engine listings, and powerful no-cost or low-cost web marketing strategies.

Beginner’s Guide to Getting Published
Do you know the five most common reasons why manuscripts are instantly rejected—often without even being read? Do you know how to correctly format and submit a manuscript? Do you know which publishing markets most fit your writing style? Can you write a query letter that publishers won’t be able to resist? If your goal is to become a published freelance writer of fiction or nonfiction for books or magazines, this comprehensive course will help you guide your work directly into the hands of an editor and onto the shelves of your favorite stores.

Taught by a successful journalist and author, this course will provide you with instant access to critical information most other writers don’t discover for years. With the knowledge you gain throughout this course, no editor will ever surprise you or stump you with phrases like “on spec” or “kill fee.” If you really want to be a writer, this step-by-step course will give you all the tools you need to get published—again and again and again.

Learn to Buy and Sell on eBay
Online auctions match buyers with sellers in a global marketplace for almost any item. If you’ve ever dreamed of working from home or just earning extra income by buying and selling goods online, we will guide you every step of the way. You’ll learn how to create titles that get noticed, how to craft advertising copy that sells items quickly and for top dollar, and how to create and upload photos of the items you are selling. You’ll also learn how to safely conduct financial transactions, how to accept credit card payments, and how to pack and ship any item hassle-free. If you’re a buyer, you’ll learn how to value almost any item up for auction, how to get the best possible price, how to protect yourself against fraud, and how to compete effectively against other bidders.

Natural Health & Healing
Would you like to learn more about natural health but don’t know where to start? If so, then this is the course for you! We’ll discuss the various stages of health and illness, and you’ll discover that true health means wholeness of the mind, body, and spirit.

You’ll start a personal health journal to evaluate your current lifestyle and observe how your behaviors can affect your health. We’ll also explore naturopathy, which seeks ways for the body to heal itself. You’ll find out about proper breathing techniques that enhance health, and you’ll learn the value of hydrotherapy, diet, bio-rhythms, and fasting. We’ll also examine using the power of the mind for healing the body—discussing brain function tests, visualization, and relaxation therapies. Then we’ll delve into vitamins, minerals, antioxidants, free radicals, and the basic requirements that constitute a healthy diet. By the end of this course, you’ll have begun taking charge of your own health and healing!

Start Your Own Edible Garden
Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you’ll learn how to give your garden a healthy start and keep it growing strong all season.

You’ll begin by figuring out which type of garden is right for you. Not everyone has the same amount of time, space, or sunshine, so the first step to a great harvest is selecting the right crops. Since healthy soil is the key to a great garden, you’ll see how to identify problems in pH and drainage and fix them. You’ll even learn to understand fertilizers and make compost!

Along the way, you’ll delve into the variety of crops you can select: leafy greens, root vegetables, fruit, herbs, and more. Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest.

All of our Online Classes have a section that starts each month.

Spring Start Dates: February 20, March 20, April 17, May 15 or June 19
ONLINE CLASSES

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 Ed2Go class begins on the following dates: February 20, March 20, April 17, May 15 & June 19.

NEW CLASSES ARE MARKED WITH AN *

The Internet ($95)
Navigating the Internet
Web 2.0 Blogs, Wikis & Podcasts
Introduction to Creating WordPress Web Sites

Web Page Design ($95)
Designing Effective Websites
Introduction to Dreamweaver CS5
Introduction to CSS and XHTML
Achieving Top Search Engine Positions
*Advanced Web Pages

Web Graphics and Multimedia ($95)
*Intro & Intermediate Flash CS5
*Intro & Intermediate Photoshop CS5
Adobe Acrobat 9

Web and Computer Programming ($95)
VisualBasics 2008
Introduction to PHP & MySQL
Introduction to Java Programming
*Introduction to Ajax Programming
*Introduction to Python 3 Programming

Basic Computer Literacy ($95)
Intro & Int. Windows Vista
Computer Skills for the Workplace
*Introduction to Windows 7

Computer Applications ($95)
*What’s New in Microsoft Office 2010
*Microsoft Excel 2010
*Word, Excel, Access, Publisher & Outlook 2010
*Introduction to CorelDRAW X5

Graphic and Multimedia Design ($95)
Introduction to Illustrator CS5
*Intro & Intermediate InDesign, Photoshop, Flash CS5

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

Database Management & Programming ($95)
Introduction to Database Development
*Introduction to MS 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 10 for the Digital Photographer
Making Movies with Windows Vista
*Introduction to Digital Scrapbooking

Languages ($95)
Speed Spanish I, II, III
Spanish for Medical Professionals
Instant Italian
Conversational French
*Conversational Japanese
*Easy English
*Grammar for ESL
*Spanish for Law Enforcement

Writing & Publishing ($95)
Beginning Writer’s Workshop
Write & Publish Your Nonfiction Book
Writerific: Creativity Training for Writers
Effective Business Writing
*Writing Young Adult Fiction
*Keys to Effective Editing

Entertainment Industry Careers ($95)
Your Screenwriting Career
Breaking into Sitcom Writing
Get Paid to Travel
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<td>Sales &amp; Marketing ($95)</td>
<td>Principles of Sales Management, Marketing Your Business on the Internet, Managing Customer Service</td>
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<td>Business Administration ($95)</td>
<td>Distribution and Logistics Management, High Speed Project Management, *Going Green at the Workplace</td>
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<td>Test Prep ($95)</td>
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<td>Personal Finance &amp; Wealth Building ($95)</td>
<td>Keys to Successful Money Management, Real Estate Investing I &amp; II, Debt Elimination Techniques That Work, Introduction to Stock Options, The Analysis and Valuation of Stocks</td>
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<td>Personal Enrichment ($95)</td>
<td>Merrill Ream Speed Reading, Genealogy Basics, *Mastering Public Speaking</td>
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<td>Art, History, Psychology, &amp; Literature ($95)</td>
<td>Enjoying European Art Online, Drawing for the Absolute Beginner</td>
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<tr>
<td>Law &amp; Legal Careers ($95 - $160)</td>
<td>Introduction to Criminal Law, Employment Law Fundamentals, Business Law for Small Business Owners</td>
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Please visit our online catalog for complete class descriptions, instructions & requirements.

www.ed2go.com/Cabrillo
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](http://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.

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.

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

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ONLINE EDUO CLASSES
REGISTRATION FORM

www.cabrillo-extension.org
Cabrillo College governing Board
Ed Banks, Gary Reece, Alan J. Smith, Rachael Spencer, Susan True and Donna Ziel
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Vice President, Instruction Kathleen Welch
Dean of Instruction, Career Education and Economic Development Rock Pfotenhauer
Director, Cabrillo Extension Scott Johnson
Cabrillo Extension Staff Francis Sweetman, Jennifah Chard, Hildie Bell and Bridget Brown
Marketing and Communications Director Kristin Fabos
Design and Production Evelyn Hirsch, Marketing and Communications Department

Cabrillo Youth Summer Institute
Riding the Waves to College & Careers

Back by popular demand… the Cabrillo Youth Summer Institute! CYSI gives junior high students the opportunity to begin their journey to college & careers. Students spend a week exploring a chosen “career path” through both classroom and hands-on activities.

The Cabrillo Youth Summer Institute can help students identify, discover, and explore college and careers. Research shows that a key contributor to future academic and career success is exposure to career awareness activities in grades 7-9. We will introduce kids to the college and career opportunities that exist and prepare them to make decisions about high school coursework and, ultimately, their future. Summer 2013 programs may include: Allied Health, Culinary Arts, Digital Media, Engineering, Entrepreneurship, and more. Please check website for new additions including programs for high school students.

Camp Details

- Students entering 7th & 8th grades in the Fall of 2013 are eligible to attend
- Two sessions will be offered 8:30 AM-12:30 PM & 1:30 PM – 5:30 PM
- Camps run Monday-Friday at Cabrillo College
- Approximately 20-25 students per institute
- Cost of each institute range from $165-$180/week (Culinary will be $235-$250). Camp tuition includes all materials and supplies

http://www.sccommits.org/camp
Precision Mechanics
Check out our new Precision Wellness Center during these 6 new Health & Fitness lectures and training programs.
See page 32-33.

Culinary Classes!
Chocolate for Lunch! Cinnamon Rolls and Sticky Buns, Italian Flat Breads, How to Make Chocolate and many more.
See page 28-29.

Spring Arts!
Enjoy a line up of seven all new classes, including: Wood Carving, Warm Glass Techniques, Electronics for Artists, Neon!, Explorations in EL Wire & Found Object Workshop.
See page 10-11.

Hands-on Computer Classes
Enhance your employment position by learning new computer skills in a hands-on classroom setting.
See page 18-19.

www.cabrillo-extension.org

Community Education classes are fee-supported. The Extension catalog is not printed or distributed at taxpayer expense.