REGISTER ONLINE: www.cabrillo-extension.org
OR CALL: (831) 479-6331

REGISTER BEFORE SEPTEMBER 9th FOR DISCOUNTED FEES ON SELECT CLASSES!

MAKE YOUR OWN GIFTS!

THIS FALL
ENJOY

EARLY BIRD DISCOUNTS
ONLINE CLASSES
BRING A FRIEND DISCOUNTS
MAKE YOUR OWN GIFTS!
### CABRILLO ARTS | PAINTING, DRAWING, PRINTMAKING & MIXED MEDIA

#### Explore Acrylic Paint Pouring 🎨

In this messy, experimental class, we’ll explore the fun and addicting technique of pouring acrylic paint onto canvas. Students will create 2-3 colorful abstract masterpieces in this fast-paced class! We will cover the basics of color theory as it applies to poured acrylic, “dirty pours,” “flip cup pours,” and students will learn how to create tendrils by blowing through straws. This form of painting is easy to learn and fun for all skill levels. Paintings must dry for 24 hours, so you’ll need to return to pick up your work 24 hours after class.

Thu., Sept 26
6:30 – 8:30 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $40
Register after Sept. 9: $48
Register 2 or more: $35 each
Plus $20 materials fee paid at registration

Pat Evans teaches mixed media, metal clay, fused glass, and traditional metal nationwide and at her studio, Creator Haven, in Watsonville. Pat is a former 4th grade teacher who brings out the creativity in every student.

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#### Dia de los Muertos Painted Skulls 🎨

Traditional sugar skulls are replaced with hand painted, handcrafted plaster Dia de los Muertos skulls in this one day workshop. We will paint our plaster skulls with bold patterns and rich colors inspired by this traditional, folk-art style. Learn to mix and pour quick-setting platter, then paint your skulls with colorful designs in this fun, fast-paced class. As an extra bonus, you’ll also learn to make molded chocolate skulls!

**Dia De Los Muertos: Parent/Child**

Sat., Oct. 12
10:00 am – 1:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $45
Register after Sept. 9: $52
Register 2 or more: $40 each
Plus $15 materials fee paid at registration

**Dia De Los Muertos: Adult Workshop**

Sun., Oct. 13
10:00 am – 1:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $45
Register after Sept. 9: $52
Register 2 or more: $40 each
Plus $15 materials fee paid at registration

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### CLASSES & WORKSHOPS

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#### Online Classes / ED2GO

- Graphics Design: Interior Design
- Advanced Graphic Design Concepts
- Digital Illustration
- Introduction to Web Design
- Picture Book Illustration
- The Art of Storyboarding
- Adobe Photoshop
- Adobe Illustrator

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### REGISTRATION IS EASY!

Register online at www.cabrillo-extension.org or by phone (831) 479-6331 or mail in your registration (see page 61)

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**Early Bird Discounts**

Register before **SEPTEMBER 9th** and get Early Bird discounted fees on select classes!

**Bring A Friend Discounts**

Bring A Friend discount on select classes when you register 2 or more!
Travel Sketching: Capturing Memories
Whether you are bound for exotic places, traveling to your backyard, or out and about in town, you will learn how to do quick, spontaneous ink sketches with a Pilot Parallel chisel edged pen. Using a water brush, learn how to draw out various values from the pen’s water-soluble ink. Lots of demos and lots of fun! Discover your own creative expression in this all-day class.
No experience necessary. All skill levels welcome.
Please go to our Class Resources web page for important information, including materials list.
Sat., Oct. 26
10:00 am – 4:00 pm
Room: Horticulture 5001
Register before Sept. 9: $82
Register after Sept. 9: $90
Carolyn Fitz has been sharing her passion for ink painting for over 25 years. She has traveled to Japan and China on art study tours and has been an artist in residence at Yosemite National Park for the last 14 years.

Print Noir: Creating High Contrast Black & White Linoleum Block Prints
Printmaking is a process of mirror images and surprise, making it the perfect medium for the playful, puzzling, and mysterious. Over the weekend we will view examples by various printmakers, discussing styles, techniques and imagery. We will explore the many ways drama and impact can be accomplished through the simple use of black and white, and the skillful use of a variety of tools and the specific marks they make. What tales do you want to tell with images?
Students will get hands on practice with carving tools, learn how to use them, and practice mark-making, inking, and using registration marks to line up your prints. Students will finish at least one black and white linoleum block print, and make a small edition. Students will gain skill and confidence to carve, ink, and print their own prints at home.
Please go to our Class Resources web page for important information, including materials list.
Sat. & Sun., Sept. 28 & 29
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Register before Sept. 9: $195
Register after Sept. 9: $210
Plus a $25 materials fee paid in class
Melissa West is a member of the California Society of Printmakers and WEAD (Women Eco Artists Dialog). She loves printmaking because of the workman-like process of carving and printing blocks.

Handmade Papermaking Introduction
In this hands-on workshop, you will learn how to make your own paper using new and recycled materials. You will learn how to construct your own papermaking screen, how to prepare “paper pulp,” and how to successfully create new sheets of paper. You can create your own colors, add flower petals, fortune-cookie fortunes, thread, and many other small items to create paper that is beautiful and practical! This paper is ideal for craft projects, mixed media, printmaking, or for personalized stationery or cards!
Please go to our Class Resources web page for important information, including the required materials list.
Sat. & Sun., Oct. 5 & 6
12:30 – 4:30 pm
Room: 1304
Register before Sept. 9: $98
Register after Sept. 9: $110
Register 2 or more: $95 each
Plus a $25 materials fee paid at registration
Melody Overstreet, BA, is a poet, artist, printer, and educator. She currently teaches at Georgania Bruce Kirby Preparatory School. Her work is inspired by the interconnection between human beings and the land.

Mokuhanga: Japanese Waterbase Woodcut - Advanced
Mokuhanga, the Japanese woodcut printmaking water-based technique, was used to print the refined ukiyo-e prints of the Japanese Edo period. This advanced class is designed for students of Japanese woodcut who wish to use more specialized printing techniques and learn how to print on dampened handmade paper. This four-day intensive workshop allows participants with some experience to work on blocks with dampened Japanese washi. We will review printing techniques like bokashi and goma zuri and delve further into the special characteristics of handmade paper.
The first half of the class is devoted to planning and carving blocks and the second half is reserved for printing. Each day will begin with a lecture-demonstration focusing on a different aspect of mokuhanga, including tool use and sharpening, paper, and printing techniques. The final day is devoted to printing an edition of multicolored prints on Japanese paper.
The $50 materials fee covers two blocks, the loan of baren’s and some cutting tools, color, miscellaneous supplies, proof paper and a sheet of handmade Japanese washi that can be cut into approximately eight prints. Additional paper will be available for purchase in class.
Prerequisite: previous experience with moku-hanga is required to assure that students are able to progress to more advanced approaches to printing.

Mokuhanga: Japanese Waterbase Woodcut - Advanced
Mokuhanga, the Japanese woodcut printmaking water-based technique, was used to print the refined ukiyo-e prints of the Japanese Edo period. This advanced class is designed for students of Japanese woodcut who wish to use more specialized printing techniques and learn how to print on dampened handmade paper. This four-day intensive workshop allows participants with some experience to work on blocks with dampened Japanese washi. We will review printing techniques like bokashi and goma zuri and delve further into the special characteristics of handmade paper.

Sketching with Watercolor, Pen and Ink
Watercolor, pen, and ink are the perfect portable mediums through which any place or setting can become a springboard for a spontaneous depiction full of life. As the light returns to us in the early winter, come add some color and light to your day at the beautiful Horticulture Center, high atop the Cabrillo campus!
Through demonstrations and practice, learn several approaches that combine water soluble ink with watercolor paint to produce dynamic results. Learn simple ways to launch into using pen and ink, and discover the power of the imperfect line and how a simple blush of color can convey so much! Bonni will demonstrate various approaches combining watercolor with pen and ink, as you paint in the studio, and outside if weather permits.
All skill levels are welcome! Please wear comfortable shoes and clothes. Bring a stool, a sun hat, water, and your supplies.
Please check our Class Resources web page for a detailed list of required supplies and materials.
2 Tue. & 2 Thurs., Jan. 14 - 23, 2020
10:00 am – 1:00 pm
Room: Horticulture 5010
Register before Sept. 9: $175
Register after Sept. 9: $160
Register 2 or more: $150 each
Bonnie Carver, MA, has taught drawing and art for over 16 years locally and internationally. She is a perennial Open Studios artist and has displayed her work in numerous juried shows throughout California.
Beginning Embroidery

Whether you want to embroider delicate flowers, simple line images of animals, creative clever quotes, or something more personal and playful, this workshop is a great way to learn the basics. Learn about all the tools and materials needed for hand embroidery, and five beginning stitches: running stitch, back stitch, chain stitch, satin stitch, and the French knot. We will have lots of time to practice stitches and explore ways to combine them to create patterns and images.

You will choose a pattern, either from those provided in class, or one you bring from home, and begin working on the project in class. Patterns brought from home should be simple, and appropriate for a 4” embroidery hoop.

Materials fee includes a small embroidery hoop, needles, embroidery floss, and patterns. There will be plenty of colorful choices of embroidery floss to choose from. Students should bring a small pair of sharp scissors and your glasses if you wear them!

Sat. & Sun., Oct. 19 & 20
10:00 am – 3:00 pm
Room: 1520
Register before Sept. 9: $148
Register after Sept. 9: $160
Register 2 or more: $145 each

Embroidery Workshop: Small Projects

Embroider your initials on a handkerchief, a delicate flower on a napkin, or create a simple embroidered wall hanging of a favorite quote, phrase or saying.

This workshop gives you the opportunity to work on the project that you choose while getting expert advice, and in the company of fellow stitchers! We will cover intermediate stitches such as chain stitch, lazy daisy flower, stem stitch, and the French knot. We will discuss the projects and some design and technique considerations for each, review images and examples of projects similar to those on which students will be working, and then each student will start stitching!

This is a great class for making a handmade gift for someone else, or a personalized piece for yourself.

Materials fee includes some supplies. Please go to our Class Resources web page for a detailed list of the projects, and the required materials for each.

This class is for students who have completed Beginning Embroidery, or those with basic embroidery skills.

Sat. & Sun., Nov. 16 & 17
1:00 – 4:00 pm
Room: 1520
Register before Sept. 9: $82
Register after Sept. 9: $90
Register 2 or more: $80 each
Plus a $15 materials fee at registration
Rebekah Jones - see bio

Learn to Sew Basics

If you’ve always wanted to learn to sew but didn’t know where to start, this weekend workshop will take you through all the sewing basics of how to use a sewing machine, proper pinning and use of tools, as well as how to lay out a basic pattern. We will be making three simple projects: an herbal heating bag, an infinity scarf, and a tote bag. All three projects are perfect for the newbie sewist, and would make great creative gifts.

Please visit the Class Resources web page for important information, including specific fabric and a materials list.
Sat. & Sun., Oct. 19 & 20
10:00 am – 3:00 pm
Room: 1520
Register before Sept. 9: $148
Register after Sept. 9: $160
Register 2 or more: $145 each

Embroidery Workshop:

Rebekah Jones has a degree in Business, and works in education, but she fell in love with sewing, embroidery, and fiber arts 10 years ago, and hasn’t stopped since! She has taught embroidery, crochet, and sewing, and loves sharing her passion with fellow stitchers.

Tote Bag and Zipper Pouch

Come create a fabulous and useful tote bag with zipper pocket, and a handy zipper pouch in fabrics of your choice. Create a matching set, or two separate gifts.

Materials fee includes some supplies. Please visit the Class Resources web page for a detailed list of the projects, and the required materials for each.

This class is for students who have completed Beginning Embroidery, or those with basic embroidery skills.

Sat. & Sun., Nov. 16 & 17
1:00 – 4:00 pm
Room: 1520
Register before Sept. 9: $82
Register after Sept. 9: $90
Register 2 or more: $80 each
Plus a $15 materials fee at registration
Rebekah Jones - see bio

Sewing Workshop

Come meet up with other enthusiasts for this hands-on workshop for all sewing levels, from beginners to advanced! You provide the sewing projects of your choice, and we provide a creative, supportive environment, skilled guidance, and a spacious area in which to create. Weekly tips and special tutorials help you grow your sewing skills and complete individual projects. Tutorials include reading and using a pattern, sewing French seams, fitting and alterations, proper clothing construction, zippers, and more.

Our classroom is a great space to create and sew, with Bernina sewing machines, large cutting tables, ironing boards and irons, as well as some basic sewing supplies.

Students need to bring the sewing project of their choice, either in progress or to start in class.

Please go to our Class Resources web page for important information about this class, including materials list.
6 Fri., Oct. 18 - Nov. 22
10:00 am – 3:00 pm
Room: 1520
Register before Sept. 9: $195
Register after Sept. 9: $210
Kiki Barrett - see bio

Jean Jacket Workshop

The jean jacket is a wardrobe staple that never goes out of style. Come make your own in this workshop that will focus on the best construction techniques, including flat-felled seams, faux flat-felled seams, topstitching, collars, and pockets. Students may choose to make their jacket using either the Alina Hampton Jacket pattern or the Named Maisa Jacket pattern.

Previous sewing experience, with a sewing machine, is required for this class.

Please visit the Class Resources web page for important information, including specific fabric and a materials list.
Sat. & Sun., Sept. 21 & 22
10:00 am – 4:00 pm
Room: 1520
Register before Sept. 9: $148
Register after Sept. 9: $160
Register 2 or more: $145 each
Kiki Barrett - see bio

 PJ Pants or PJ Shorts

‘Tis the season for a cozy pair of pj pants. Come make a pair for yourself, or to give as a gift, in this easy and fun class.

Register 2 or more: $145 each
Kiki Barrett - see bio

We provide lots of space to spread out, sewing machines, basic sewing tools, irons and ironing boards, great music and good company.

For lots of creative freedom, and the ability to choose the colors and patterns of your fabric, please provide the fabric for the projects.

Before you buy fabric, please read the Class Letter that is posted on the Class Resources web page for details about what types of fabric will work in these projects, what to bring, and other important class information.

These classes are designed for those who have completed Learn to Sew Basics (page 4), or who have equivalent, basic sewing skills.
Shibori Indigo Dyeing

Indigo is one of the richest and oldest pigments used in dyeing, from ancient times to today’s blue jeans. In this class, you will learn the technique of Japanese shibori indigo dyeing, a brief timeline of the historical background and science behind the use of indigo dye across cultures, and create a unique pair of throw pillow covers—all in one day! Learn to mix indigo dye, then experience the excitement and anticipation of the Japanese art of itajime shibori, folding and binding the fabric to create geometric patterns. You may also bring small items to “free dye” at the end of class, using your newly acquired shibori skills! Come experience the magic of this ancient dyeing technique, and go home with the skills and knowledge to create your own unique shibori projects! You will go home with at least two 20-inch square pillow covers and any “free dye” items you brought to class.

Please check our Class Resources web page for information about what to bring to class, and other important details.

Sat., Oct. 5
10:00 am – 12:30 pm
Room: 1520
Register before Sept. 9: $45
Register after Sept. 9: $55
Register 2 or more: $88 each
Plus $20 materials fee paid at registration
Kaitlin Bonafacio - see bio

Custom Slipcovers Made Easy!

Do you have a chair you love, but the fabric has seen better days? Are you a thrift-store regular who loves to pick up used furniture, but you wish you knew how to make new slipcovers? This workshop will guide you through the steps to create a custom slipcover pattern, as well as a cover for a box (seat) cushion for any sofa or chair. We’ll cover what supplies to use, what types of furniture work best with slipcovers, how to complete all the measurements, choose the right fabric, use cording, insert zippers, and incorporate other design ideas.

The instructor will complete one demo slipcover in class so students can see the process from beginning to end, and each student will practice the steps by making a slipcover for a box cushion.

Our classroom is a great space to create and sew, with Bernina sewing machines, large cutting tables, ironing boards and irons, as well as some basic sewing supplies. Students should bring enough fabric to cover the cushion.

The foam cushion is provided in class, fabric is to be provided by students.

Please see our Class Resources web page for details about the materials required for this class.

Sat., Nov. 2
9:00 am – 4:00 pm
Room: 1520
Register before Sept. 9: $98
Register after Sept. 9: $110
Plus $30 materials fee paid in class

Macro Photography: Capturing Detail, Pattern, and Texture in the Natural World

Take a day trip with like-minded photographers to the UCSC Arboretum.

The UC Santa Cruz Arboretum & Botanic Garden’s rich and diverse collection contains representatives of more than 300 plant families of Mediterranean climates. The garden maintains collections of rare and threatened plants of unusual scientific interest. Particular specialties are the colorful, textural world conifers, primitive angiosperms, and bulb-forming plant families. Large collections of plants from Australia, New Zealand, South Africa, and California natives are displayed on the grounds.

Your instructor will help you sort out challenges of composition, lens choice, exposure, and camera handling. With the breathtaking subject matter that UCSC Arboretum offers, the focus of this class will be on macro shooting, depth-of-field control, HDR (high dynamic range) and the use of polarizing filters.

Wear comfortable shoes for hiking (a sun hat is advisable), and bring a polarizing filter.

Class meets in the parking area in front of the arboretum. We will proceed into the arboretum together no later than 3:15 pm, or once all students have arrived—please arrive on time!

Sat., Oct. 19
3:00 – 7:00 pm
UCSC Arboretum, 1156 High St, Santa Cruz
Register before Sept. 9: $78
Register after Sept. 9: $85
Nick Borelli - see bio

Photographing Autumn Foliage in Fall Creek

Come walk under the forest canopy alongside Fall Creek and encounter autumn’s paintbrush on the foliage and sunbeams shining through the canopy. We will spend time along the creekside photographing and creating artist images with flowing water, and fall colors mixed with towering redwood trees. We will slowly work our way up to the old Lime Kiln Ruins where the big leaf maple grove should be displaying a spectacular show of color.

Learn to shoot in manual, blur backgrounds with a shallow depth of field, and capture movement creatively in the beautiful environment of Fall Creek.

Meet at the dirt parking lot off of Felton Empire Road, one half mile west of downtown Felton. We will begin the hike as a group no later than 9:15 am, or once all students have arrived, please be on time!

Prepare for light hiking, as this class requires walking on trails and paths. Wear comfortable walking shoes, and dress for the weather. Bring a camera with manual controls, a tripod, a headlamp, and your cell phone.

Sat., Nov. 9
9:00 am – 1:00 pm
Meet at the dirt parking lot off of Felton Empire Road, one half mile west of downtown Felton.
Register before Sept. 9: $78
Register after Sept. 9: $85
Nick Borelli - see bio

Night Photography: Star Trails and the Milky Way

With only a sliver of a new moon in the sky you will have some of the best conditions to explore night photography. This workshop is scheduled to be sure you have as much evening light and clear skies as possible.

We will meet early enough to begin shooting one hour before sundown, photographing the sunset, the blue hour, and finally star trails and the Milky Way. We will meet in Davenport, then carpool north, moving to the expansive views at the Pigeon Point Lighthouse. You’ll experiment with long exposures, Milky Way images, and light painting as well as bold colored images of the lighthouse. It doesn’t get better than this!

Prepare for light hiking, as this class requires walking in the dark on trails and paths. Wear comfortable walking shoes, and dress for the weather. Bring a camera with manual controls, a tripod, a headlamp, and your cell phone.

Meet in Davenport, in the parking area on Highway 1 that is across from the Whale City Bakery.

Sat., Sept. 28
6:30 – 11:00 pm
Class meets in the parking area across Highway 1 that is across from the Whale City Bakery
Register before Sept. 9: $78
Register after Sept. 9: $85
Nick Borelli - see bio
Digital Photography: Basics and Beyond
Is your camera misbehaving? Do complicated menus confuse you? This class familiarizes you with the most important features of your camera so you can take 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 photos, formal portraits, architecture, small objects (for eBay) and landscapes. If you’ve got a moderately priced camera and a desire to learn, your photos will be forever changed after this class.

Check out a video clip of the class: https://vimeo.com/116131811

Bring your camera, its manual, and questions.
Sat., Nov. 16
1:00 – 5:00 pm
Room: 509
Register before Sept. 9: $78
Register after Sept. 9: $85
Register 2 or more: $75 each
Plus $15 materials fee payable to instructor
Jeffery Luhn – see bio

Night Photography: Winter in Capitola
We begin just before sunset on Capitola beach to get some sunset shots. This is a rain or shine event; we’ll hope for drizzle and/or fog because the halos around the streetlights and shiny streets make excellent dramatic photos!

Jeffery will share the best techniques for getting great night shots with long exposures, snap zoom effects, light painting, and selective depth of field. If you’ve ever wondered how to get great night shots, this workshop is for you!

Bring a tripod, a few baggies to protect your camera, and rainproof clothing. If it’s not wet outside, no problem. We’ll definitely end up with great shots, and have fun in the process!

Sat., Jan. 11, 2020
4:30 – 8:00 pm
Capitola Village, class meets on the lawn in front of Britannia Arms and the public restrooms.
Register before Sept. 9: $78
Register after Sept. 9: $85
Register 2 or more: $75 each
Plus $15 materials fee payable to instructor
Jeffery Luhn – see bio

Great Shots From Cell Phone Cameras!
Join Jeffery Luhn, a professional photographer for 35 years, as he shares his excitement and knowledge about cell phone cameras with you. Learn about the limitations, work-arounds, unconventional uses, filters, editing, latest apps, and advantages over full size cameras. Most of all, learn to have fun with one of the most innovative and accessible technology toys of the modern age!

Check out a video clip of the class: https://vimeo.com/116131905

Bring your cell phone and wear comfortable walking shoes.
Sat., Sept. 28 OR Sun., Nov. 17
9:00 am – 12:00 noon 1:00 – 4:00 pm
Room: 509
Register before Sept. 9: $58
Register after Sept. 9: $65
Plus $15 materials fee payable to instructor

Travel & Adventure Photography
When you travel you want to tell the story and capture the excitement of your trip, but great shots don’t happen by accident. Whether you’re documenting your 40th anniversary on a cruise in the Mediterranean, the Northern lights in Iceland, or a ride on a zip-line in Costa Rica, you need to be prepared. This workshop will help you do that!

Jeffery Luhn has shot in more than 30 countries around the world for United Press International and many Fortune 500 companies. He will share his approach to storytelling with a camera using simple techniques that anyone can learn. Your travel photos will look completely different after this class—and you’ll learn how to have more fun while you’re taking them too!

Bring your camera, manual and questions!
Sat., Sept. 28
2:00 – 6:00 pm
Room: 509
Register before Sept. 9: $78
Register after Sept. 9: $85
Register 2 or more: $75 each
Plus $15 materials fee payable to instructor
Jeffery Luhn – see bio

“Painting” with Colored Glass Powder
Did you ever layer sand in bottles when you were young? Now you can take that to a whole new level by using colored glass powders which will be heated in a kiln until they are fused into a lasting piece of colorful, layered art. Your unique glass can be hung as a beautiful, colorful sun-catcher, or you can use a mold to make a small, luminous glass bowl.

You will learn how to use sand painting techniques with glass powder to create designs in glass, as well as the basics of glass fusing, and kiln firing.

You may pick up your pieces one week after class to allow for firing.
Wed., Oct. 16
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $38 each
Plus $30 materials fee paid at registration
Pat Evans – see bio

Handmade Glass Gifts
Learn glass fusing techniques while making five or more fused glass gift items. You can create wine stoppers, nightlights, small jewelry, hair accessories, and small dishes suitable for holding rings or fancy salts! Have fun and check off those hard-to-buy-for friends and family, all at the same time! You will have time to create 5 small gifts during class.

Sat., Nov. 2 OR Thu., Nov. 7
10:00 am – 1:00 pm 6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $38 each
Plus $45 materials fee paid at registration
Pat Evans – see bio

Glass Wind Chimes
Explore the enticing world of fused glass, melting layers of glass together in a kiln to create a colorful, personalized set of wind chimes to adorn your garden, or give to a special friend. You’ll embellish your chimes with a rainbow of pre-made glass beads and crystals.

You will have time to make one set of wind chimes and gain knowledge of basic fusing techniques, how to add embellishments to fused glass, how to add metal hangers to fused glass, basic bead stringing, and crimping techniques.
2 Thu., Sept. 12 & 19
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $95
Register after Sept. 9: $110
Register 2 or more: $90 each
Plus $50 materials fee paid at registration
Pat Evans – see bio

Showing and Selling Your Art: How to Get Started!
As an artist, the jewelry, painting, or art you create is beautiful, and you’re selling to family and friends. You are ready to sell to a larger audience, but you are not sure where to start. Whether you’re thinking about Open Studios, our local Art and Wine Festivals, or perhaps expanding beyond our local region and going on the road, this workshop will help you prepare, apply and ultimately have great success showing your jewelry, ceramics, paintings, or any form of art at fairs, festivals and open studio events.

We will cover the artist application process, the importance of excellent photography, basic concepts for booth design and layout, display ideas, packing lists, taking payments, and defining your scope. We’ll have plenty of time for questions and answers, and an opportunity to discuss what your next steps will be!
Sat., Sept. 7
10:00 am – 12:00 noon
Room: 2100B
Fee: $20
Register 2 or more: $18 each
Lynette Cederquist, B.A., is a member of the Open Studios committee with the Arts Council of Santa Cruz County. She has a Bench Jeweler certification, a National JA Certification, and has been a jeweler for over 20 years. She previously taught jewelry and small metals at the Revere Academy of Jewelry Arts.

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

The brilliant colors, dimensional texture and playful quality of mosaic is like no other medium. If you’ve ever wondered where to start, or what tools and materials you should use for your projects, this informative and creative weekend is the answer.

Students will produce one 12” x 12” simple mosaic ready for framing, while learning about different tools, techniques and materials. Jenni will discuss and demonstrate how to use a variety of cutting tools, different types of glass, tile, and other mosaic material, what types of surfaces are best for which types of use, how to select and use different adhesives, and how to successfully complete a project with grouting and sealing.

This is a great workshop for beginners, or as prep for mosaic (or leave as is). Students will enjoy a wide assortment of mosaic materials supplied by instructor. Students will complete one ready-to-grout lightweight piece in class.

No experience necessary! Class size is limited to 15 so register early!

Fri., Sat. & Sun., Nov. 15, 16 & 17
Fri. 6:00 – 9:00 pm
Sat. 10:00 am – 4:00 pm
Sun. 10:00 am – 1:00 pm
Room: 1304
Register before Sept. 9: $180
Register after Sept. 9: $195
Register 2 or more: $175 each
Plus a $35 materials fee paid at registration
Jennifer Iams-McGuire is an award-winning mosaic artist whose work is exhibited in various galleries in the United States and abroad. She teaches at Sierra College, the Crocker Museum, and from her home studio.

“...I’m going to continue to do mosaic. I’m hooked, and can imagine how it will become a big part of turning my home into a work of art.”

—Mosaic Sculpture student

Mosaic Sculpture

Create three-dimensional mosaic sculptures using architectural cement with re-purposed materials. Learn to transform all manner of recyled bases (styrofoam, cardboard, water bottles, newspaper) into simple cement forms, ready to mosaic (or leave as is). Students will enjoy a wide assortment of mosaic materials supplied by instructor. Students will complete one ready-to-grout lightweight piece in class.

No experience necessary! Class size is limited to 15 so register early!

Fri., Sat. & Sun., Nov. 15, 16 & 17
Fri. 6:00 – 9:00 pm
Sat. 10:00 am – 4:00 pm
Sun. 10:00 am – 1:00 pm
Room: 1304
Register before Sept. 9: $180
Register after Sept. 9: $195
Register 2 or more: $175 each
Plus a $35 materials fee paid at registration
Jennifer Iams-McGuire - see bio

Making Glass Beads

Come play with fire and learn the techniques — used for centuries by Italian masters—to make your own custom glass beads. Use brilliant, rich colored glass rods that are primarily made in Murano, Italy as you learn how to safely light your torch, and control and shape molten glass. Use as many colors as you like to make round, square, cylinder and multicolored beads.

Each student will use a small oxygen/propane torch to make their beads. Morning beads will be ready to come out of the kiln in the afternoon. Afternoon beads will be ready for pick up the next day.

Sat., Oct. 19
9:00 am – 2:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before Sept. 9: $110
Register after Sept. 9: $125
Register 2 or more: $98 each
Plus $50 materials fee paid in class
Jackie Marr, BA, has been a stained glass artist for over 20 years and is the owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.

“...I’m going to continue to do mosaic. I’m hooked, and can imagine how it will become a big part of turning my home into a work of art.”

—Mosaic Sculpture student

Stained Glass in a Day

Come try your hand at stained glass while designing and creating your own piece! In this class you will have all the tools, materials and expert instruction needed. Each student will choose a project, learn to cut glass, grind, foil, solder, and patina their custom designed piece. There will be dozens of colors and projects to choose from. Clear, sparkly beads will be incorporated into each panel.

Instructor will help you choose a project that is approximately 8 x 10 inches, and that is appropriate to complete in this one-day workshop.

Sat., Sept. 28
9:00 am – 4:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before Sept. 9: $118
Register after Sept. 9: $125
Register 2 or more: $115 each
Plus $55 materials fee paid in class
Jackie Marr - see bio

Stained Glass Holiday Ornaments

Create your own collection of sparkly window or tree decorations that will become treasures for years to come, or give them as gifts this holiday season. Choose from colorful stained glass, beads, or combine the two for your own unique creations.

Materials, tools and patterns provided in class. Students may bring beads, crystals or ribbons to string up for hanging their pieces.

2 Thu., Nov. 14 & 21
6:00 – 8:30 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before Sept. 9: $105
Register 2 or more: $95 each
Plus $40 materials fee paid in class
Jackie Marr, BA, has been a stained glass artist for over 20 years and is the owner of Kiss My Glass. She enjoys teaching stained glass techniques and glass bead making and can make it fun and easy.

Stained Glass Feather

These stained glass feathers brighten any window or wall, and catch the sunlight as they flutter in the wind or hang in your garden. Choose from dozens of brilliant colors and patterns of art-glass, learn to cut the glass, then solder your elegant piece.

Feathers range from 5 to 9 inches in size. Students may make one or more, as time allows. No experience necessary! Materials and tools provided in class. Students may bring beads, crystals or ribbons to string up their hanging pieces.

Mon., Nov. 4
5:00 – 9:00 pm
Room: 1304
Register before Sept. 9: $68
Register after Sept. 9: $75
Register 2 or more: $58 each
Plus $40 materials fee paid in class
Jackie Marr - see bio

“...I’m going to continue to do mosaic. I’m hooked, and can imagine how it will become a big part of turning my home into a work of art.”

—Mosaic Sculpture student

“I am basically obsessed with mosaics now! Everything I see has mosaic potential.”

—Mosaic Basics student

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Sea Glass Earrings

The allure of unique pieces of sea glass never gets old. In this workshop, students will learn to make a pair of hoop earrings adorned with delicate, colorful sea glass drops. Through demonstrations and plenty of time to work, students will have time to create at least one pair of earrings.

2 Tue. & 2 Thu., Nov. 5 - 14
6:00 – 9:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $148
Register after Sept. 9: $155
Register 2 or more: $138
Plus a $45 materials fee paid at registration

Lynette Cederquist - see bio

Sea Glass Bracelet

A stroll on the beach collecting sea glass is one of life’s simple pleasures when you live on the Central Coast. In this class you will learn to make a simple, elegant bangle bracelet with an interchangeable sea glass clasp. Through demonstrations and plenty of time to create, students will take home at least 1 bracelet.

Sat. & Sun., Dec. 7 & 8
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $148
Register after Sept. 9: $155
Register 2 or more: $138
Plus a $45 materials fee paid at registration

Lynette Cederquist - see bio

Jewelry Workshops

Join fellow jewelry making enthusiasts in these self-guided open workshops for beginner to advanced metal smiths. If you love making jewelry, but don’t have your own studio space, or you enjoy a convivial work environment, you will be welcome in this creative space! The schedule allows for plenty of time to study and make jewelry in a fully equipped jewelry studio. Each student will have their own bench with all the necessary hand tools, and access to all of the equipment in the studio.

This workshop is designed for students with strong basic jewelry fabrication skills, and is self guided. Typical preparation is successful completion of one small metals and jewelry class at Cabrillo within the past 4 years, or completion of Basic Jewelry Fabrication through Cabrillo Extension. This requirement will assure that all students are equipped with basic studio, equipment, and tool safety guidelines.

Please plan to provide all of your own consumable supplies, including metals, stones, solder, saw blades, etc. Limited materials will be available to purchase. This workshop is designed for students to work on personal jewelry-making projects, and is not suitable for any mass production work.

For a list of materials for purchase, available tools and equipment, and a list of appropriate projects, please see the Class Resources web page.

Please wear long pants and closed toe shoes for work in the jewelry shop, and please finish all food and drinks before class. Also be prepared to pull your hair back - safety first!

All Jewelry Workshops are offered at Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos

Register at a discount for all 12 class dates!
12 Thu., Sept. 12 - Dec. 5
10:00 am - 3:00 pm
Register before Sept. 9: $350
Register after Sept. 9: $410

OR register for any of 3 individual sessions:
3 Thu., Sept. 12, 19 & 26
10:00 am – 3:00 pm
Register before Sept. 9: $98
Register after Sept. 9: $110

3 Thu., Oct. 3, 10, 17 & 24
10:00 am – 3:00 pm
Register before Sept. 9: $125
Register after Sept. 9: $140

3 Thu., Nov. 7 - Dec. 5
10:00 am – 3:00 pm
Register before Sept. 9: $158
Register after Sept. 9: $170

Pearl & Bead Restringing, and Basic Wire Wrapping

Learn to hand-knot pearls, beads and other treasures to create something new, repair a beloved item, or re-purpose something to give it new life! You can express your style and create unique necklaces, bracelets & earrings, or restore and repair a broken item.

Learn three methods for attaching a clasp, basic wire wrapping to make earrings, and basic design theory to recycle and combine your broken bead and pearl strands into new creations. Students may bring their own projects from home so we can problem solve stringing challenges or design ideas.

The $40 materials fee covers a kit that includes tools, rose quartz beads and freshwater pearls, clasps, needles, plenty of thread for your projects, a booklet covering all the methods you’ll be learning, and a resource catalogue. No need to bring anything to the first class, except your glasses, if needed. This is close-up work!

Please see the Cabrillo Extension Class Resources page for more information about this class.

4 Wed., Oct. 2 - 23
6:00 – 9:00 pm
Room: Horticulture 5001
Register before Sept. 9: $95
Register 2 or more: $78 each
Plus $40 materials fee payable in class

Estelle Drinkhaus teaches the lost art of hand knotting and has provided a restringing service to many local jewelers for over 25 years.

~Pear & Bead Restringing student

Mixed Metal Overlay Pendant

Explore the variety and unique characteristics of mixed-metal jewelry. During this class students will combine different metals, working with sterling silver, jeweler’s brass, and copper. Students may choose from a variety of pendant designs provided in class, or create one of their own. Learn sawing, soldering, extruding, and using an oxidizing patina to create a pendant to take home, or to give as a gift!

Sat. & Sun., Nov. 16 & 17
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $128
Register after Sept. 9: $142
Plus a $45 materials fee paid at registration

Lynette Cederquist has been a jeweler for over 20 years. She has a Bench Jeweler certification from the Jewelers of America, a National JA Certification, and is a graduate of the Revere Academy of Jewelry Arts. She holds a CA Life Teaching Credential and was a classroom teacher for 15 years.

Jewelry Workshops

Join fellow jewelry making enthusiasts in these self-guided open workshops for beginner to advanced metal smiths. If you love making jewelry, but don’t have your own studio space, or you enjoy a convivial work environment, you will be welcome in this creative space! The schedule allows for plenty of time to study and make jewelry in a fully equipped jewelry studio. Each student will have their own bench with all the necessary hand tools, and access to all of the equipment in the studio.

This workshop is designed for students with strong basic jewelry fabrication skills, and is self guided. Typical preparation is successful completion of one small metals and jewelry class at Cabrillo within the past 4 years, or completion of Basic Jewelry Fabrication through Cabrillo Extension. This requirement will assure that all students are equipped with basic studio, equipment, and tool safety guidelines.

Please plan to provide all of your own consumable supplies, including metals, stones, solder, saw blades, etc. Limited materials will be available to purchase. This workshop is designed for students to work on personal jewelry-making projects, and is not suitable for any mass production work.

For a list of materials for purchase, available tools and equipment, and a list of appropriate projects, please see the Class Resources web page.

Please wear long pants and closed toe shoes for work in the jewelry shop, and please finish all food and drinks before class. Also be prepared to pull your hair back - safety first!

All Jewelry Workshops are offered at Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos

Register at a discount for all 12 class dates!
12 Thu., Sept. 12 - Dec. 5
10:00 am - 3:00 pm
Register before Sept. 9: $350
Register after Sept. 9: $410

OR register for any of 3 individual sessions:
3 Thu., Sept. 12, 19 & 26
10:00 am – 3:00 pm
Register before Sept. 9: $98
Register after Sept. 9: $110

3 Thu., Oct. 3, 10, 17 & 24
10:00 am – 3:00 pm
Register before Sept. 9: $125
Register after Sept. 9: $140

3 Thu., Nov. 7 - Dec. 5
10:00 am – 3:00 pm
Register before Sept. 9: $158
Register after Sept. 9: $170

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Fall credit classes start August 26th
(831)479-6464

“Estelle is a very warm and friendly teacher, with extensive knowledge of the material. She made it fun and simple to learn her techniques. She also has a good sense of humor. I would recommend her highly!”

~Pear & Bead Restringing student
Basic Jewelry Fabrication: Stone Setting
Learn the basic jewelry fabrication skills of sawing, soldering, polishing, and cabochon stone setting while completing a pendant. Through demonstrations, and ample practice time, students will become familiar with hand tools use, and torch safety precautions.
Please wear long pants and closed toe shoes for work in the jewelry shop, and please finish all food and drinks before class. Also be prepared to pull your hair back - safety first!
Sat. & Sun., Sept. 21 & 22
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $128
Register after Sept. 9: $142
Plus a $45 materials fee paid at registration
Lynette Cederquist - see bio

Basic Jewelry Fabrication: Chain Bracelet
The beauty and artistry of handmade chains dates from antiquity, and examples of this exquisite, ancient technique can be seen in the great museums of the world. In this class we will learn skills unique to this technique. Students will weave a simple chain bracelet, and fabricate an “S” clasp.
Please wear long pants and closed toe shoes for work in the jewelry shop, and please finish all food and drinks before class. Also be prepared to pull your hair back - safety first!
Sat. & Sun., Nov. 9 & 10
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $148
Register after Sept. 9: $155
Register 2 or more: $138 each
Plus a $45 materials fee paid at registration
Lynette Cederquist - see bio

Introduction to Wax Carving and Lost Wax Casting
Lost wax casting is an ancient technique for making jewelry that goes back at least 6,000 years. During this introductory class we will carve a wax model ring and invest it in plaster. Then, we will use a self-contained spin-casting machine to inject molten silver into the empty space created in the plaster when the wax was burned out. Taken step by step, and working together, the instructor will demystify this complex, albeit very exciting process. Finishing, polishing, and safe studio practices will also be taught.
4 Weds., Oct. 2 - 23
6:00 – 9:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $128
Register after Sept. 9: $142
Plus a $45 materials fee paid at registration
Lynette Cederquist has been a jeweler for over 20 years. She has a Bench Jeweler certification from the Jewelers of America, a National JA Certification, and is a graduate of the Revere Academy of Jewelry Arts. She holds a CA Life Teaching Credential and was a classroom teacher for 15 years.

Basic Jewelry Fabrication: Making Earrings
Learn how to create simple earrings while learning basic jewelry fabrication skills as well. Through demonstrations and practice exercises, students will learn the basics of soldering with a gas torch, filing, polishing, tool skills, and the basic small metals studio safety precautions to help you use all of the tools and equipment safely. Students will have time to complete two pairs of earrings, and will go home with the skills to continue making more jewelry for themselves, and those they love!
Please wear long pants and closed toe shoes for work in the jewelry shop, and please finish all food and drinks before class. Also be prepared to pull your hair back - safety first!
2 Mon. & 2 Wed., Sept. 9 - 18
6:00 – 9:00 pm
OR
2 Tue. & 2 Thu., Dec. 3 - 12
6:00 – 9:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Fee: $128
Plus a $45 materials fee paid at registration
Lynette Cederquist – see bio

Hammed Link Necklace
The beauty and artistry of handmade chains dates from antiquity, and examples of this lovely ancient technique can be seen in the great museums of the world. In this class we will use a jewelry hammer to flatten thick sterling silver wire into unique “links.” After connecting the links together to make an exquisite necklace, we will also make a handmade “S” clasp. The enthusiastic hammering makes for a very loud class, so foam ear plugs will be provided and required. If you want more serious ear protection, please bring whatever will work best for you!
Sat. & Sun., Dec. 14 & 15
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr.
Building A, Suite A, in Aptos
Register before Sept. 9: $128
Register after Sept. 9: $142
Plus a $45 materials fee paid at registration
Lynette Cederquist - see bio

Ready to sell your beautiful creations to a larger audience? Don't know where to start? Why not right here?!
SHOWING AND SELLING YOUR ART: HOW TO GET STARTED!
Saturday, September 7
10:00 am – 12:00 noon
SEE PAGE 9 FOR DETAILS!

Don't know where to start?
How to Get Started!
Pat Evans
- see bio

Plus $40 materials fee paid at registration

Register after Sept. 9: $55
Register before Sept. 9: $48

Creator Haven - 41-B Hangar Way, Watsonville
10:00 am – 1:00 pm
Sat., Nov. 23

pieces one week after class.

After firing, students may pick up jewelry findings.

add inclusions, drill holes in glass, and how to add pieces as you learn about glass fusing, how to shape, form and securely join the two parts of the bead, add gemstones, and learn basic metal clay techniques. Students may pick up finished piece one week after class.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

Wed., Sept. 25
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $35 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

Silver Metal Clay
Lentil Beads

Lentil beads are round, hollow beads that are one of the cornerstones of metal clay jewelry design, making great focal points for necklaces or earrings. Learn to construct this simple, versatile design and explore possible variations. Learn to texture, shape, form and securely join the two parts of the bead, add gemstones, and learn basic metal clay techniques. Students may pick up finished piece one week after class.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

Wed., Sept. 25
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $35 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

Silver Seas Metal Clay Jewelry

Silver metal clay is the perfect medium for this unique sealife inspired pendant. Metal clay is particles of silver mixed with an organic binder. When fired in a kiln, you have a lovely piece of pure fine silver jewelry! Learn to mold, shape and join the clay, then learn two ways to set a semiprecious or manmade stone.

To allow for proper firing, students may pick up their finished piece one week after class.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

Sun., Oct. 6
10:00 am – 2:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $38 each
Plus $40 materials fee paid at registration
Pat Evans - see bio

Fused Dichroic Glass Jewelry

Dichroic glass is a luminous, sparkling glass that changes color depending on how you look at it. In this workshop students will learn to make several different fused jewelry pieces using dichroic glass. Learn to cut the glass and assemble the pieces as you learn about glass fusing, how to add inclusions, drill holes in glass, and how to add jewelry findings.

After firing, students may pick up pieces one week after class.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

Wed., Sept. 25
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $38 each
Plus $40 materials fee paid at registration
Pat Evans - see bio

Silver Metal Clay Landscapes

Whether it’s desert dunes, a mountain range, or ocean waves... you can recreate your favorite landscape in pure .999 fine silver! Learn layering and texturing techniques, ways for adding dimension and a frame, then finish your scene with a semiprecious stone “sun” or “moon.” Take your metal clay skills to a new level and go home with a lovely pendant.

We will cover hand texturing, pattern making, adding dimension, layering, framing and adding a non-fireable stone while creating your personalized landscape pendant.

Depending on time constraints for firing, students may need to pick up pendants the following week.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

2 Thu., Oct. 3 & 10
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $95
Register after Sept. 9: $110
Register 2 or more: $90 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

Gold Two Ways with Metal Clay

Fine silver metal clay becomes even more precious when accented with the allure of gold. Learn two ways to add textured gold to your silver metal clay creations: gold paste and Keum Boo (applying gold foil). We will create two pieces from silver metal clay, finish & fire those pieces, then apply gold to enhance your design. We’ll discuss firing, polishing and adding patina.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

2 Wed., Oct. 2 & 9
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $95
Register after Sept. 9: $110
Register 2 or more: $90 each
Plus $75 materials fee paid at registration
Pat Evans - see bio

Silver Metal Clay Birdhouse or Fairy Cottage

Tiny silver birdhouses and fairy cottages are the perfect way to explore the magic of silver metal clay, which works like clay but becomes .999 pure silver after it’s fired in a kiln. Students will learn to make three-dimensional hollow forms in metal clay, add a base and shaped roof, and accent pieces such as windows, towers and chimneys. We will use syringe type clay, hand forming, carving, and molding to create texture and embellishments.

The class will be focused on making tiny structures, but techniques learned can translate to many other intermediate to advanced projects.

This intermediate-level class is only for students who have taken at least one precious metal clay class previously.

Students will pick up their finished piece a week after class due to firing constraints.

Register Early! This workshop is limited to just 10 participants.

Bring a snack and a drink, and dress in comfortable clothes.

3 Wed., Oct. 23 - Nov. 6
6:00 – 9:00 pm
Creator Haven - 41-B Hangar Way, Watsonville
Register before Sept. 9: $95
Register after Sept. 9: $110
Register 2 or more: $90 each
Plus $75 materials fee paid at registration
Pat Evans teaches mixed media, metal clay, fused glass, and traditional metal nationwide and at her studio, Creator Haven, in Watsonville. Pat is a former 4th grade teacher who brings out the creativity in every student.
Wood Carving: Hand Tools and Techniques

Come learn the fundamentals of wood carving from a master artisan luthier and craftsman! In this 2-day workshop Ron offers instruction and demonstrations on various types of carving tools, carving styles, the best woods and materials for carving, finishing, and safety. After instruction and demonstrations on the properties and characteristics of different woods, students craft small projects using hand chisels and gouges to practice what they have learned. Completed small projects can be taken home.

Cabrillo’s wood shop has a wide selection of hand tools including gouges and chisels with which to experiment. Students may also bring in their own tools and learn how to sharpen them.

Practice woods are included.

Register Early! This workshop is limited to just 8 participants.

Sat. & Sun., Jan. 11 & 12, 2020
10:00 am – 4:00 pm
Room: VAPA 3003
Register by Sept. 9: $180
Register after Sept. 9: $195
Plus $25 materials fee paid at registration

Ron Cook has been a woodworker and woodcarver for over 40 years. His work has been shown in galleries, juried craft shows and arts festivals across the United States and Europe. He is a master member of the Baulins Craft Guild, a member of the Guild of American Luthiers, and a charter member of the Santa Cruz Woodworkers.

Forging and Toolmaking: Handcrafted Leather Tote

Do you know exactly what kind of leather bag you want, but just can’t find it anywhere? Have you ever wanted to make a leather bag, but were afraid to try? This class is your answer! In this 2-day leatherwork class you will design, construct, and finish, totally by hand, your bag made from soft, supple leather. No machines necessary! Learn the skills of leather dyeing using water-based dyes, as well as leatherwork cutting and construction. Students are encouraged to bring their own simple designs of bags no larger than 12” x 12”, or use the 8” x 11” design templates of totes provided in class.

Students will go home with their custom designed and handmade leather tote perfect for daily use, and the ability to make other leather projects at home. A resource list of where to find leather, tools and equipment will also be provided. No prior leatherwork experience necessary, but some sewing, making or crafting experience is helpful.

Please be sure to wear comfortable clothing and closed-toe shoes.

Sun., & Sun., Nov. 2 & 3
9:00 am – 1:00 pm
Room: 1304
Register by Sept. 9: $142
Register after Sept. 9: $150
Plus a $50 materials fee paid at registration

Terry McInerney – see bio

Forging and Toolmaking: Intermediate

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

Prerequisite: Students must have taken Vern’s Introduction to Forging & Toolmaking class or be able to demonstrate the same skill sets and knowledge.

Sat. & Sun., Sept. 28 & 29 OR Nov. 2 & 3
9:00 am – 5:30 pm
Location: Santa Cruz Studio
Register by Sept. 9: $395
Register after Sept. 9: $425
Plus $20 materials fee payable to instructor

Vern Caron, MA, has taught forging & toolmaking through UC Extension and Cabrillo College for more than 20 years.

Leather Gift Making

Create custom designed leather items for your friends, family, or yourself, and get an early start on your holiday gifts by making them! Design and make cuffs, coin purses, small bags, patches, coasters, keyrings, and other small leather projects, while also learning basic leather work skills. Choose from various colors of soft, supple leather, and personalize or embellish with designs, rivets, buttons and clasps. Students may also bring small treasures, objects, closures, or buttons to incorporate into their projects.

Each student will be able to make a number of small leather goods. Students will go home with basic leather work knowledge, and the ability to make other leather projects at home. A resource list of where to find leather, tools and equipment will also be provided. No prior leatherwork experience necessary, but some sewing, making or crafting experience is helpful.

Please be sure to wear comfortable clothing and closed toe shoes.

Sun., Nov. 24
9:00 am – 1:00 pm
Room: VAPA 3004
Register by Sept. 9: $98
Register after Sept. 9: $105
Plus a $50 materials fee paid at registration

Terry McInerney, MSW, is the artist/owner of Nuala, a local leather accessory business. She has been designing and selling leather goods for over seven years in Santa Cruz, and has been working in a school environment for 6 years. She loves to share the unique craft of leatherwork with others.

Leather Carving: Hand Tools and Techniques

Hand Forged Leather Tote

Hand forged leather tote

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HISTORY & NATURE

Strolling Through Time: Refreshing the Histories of Soquel and Aptos

After over 40 years of researching, writing, analyzing and arguing about the history of the two communities, Carolyn Swift and Sandy Lydon will lead two gently-paced walks and share their thoughts about how these two iconic towns evolved. You’ll hear two of the region’s premiere historians exchange their views as we explore with fresh eyes and open minds.

Estimated length: 3 miles with some small hills and stairs.

No children under 21 and no dogs please.

Walk 1: The Heart of Apts
Sat., Sept. 28
10:00 am - 3:30 pm
Meeting location for Apts walk:
Park and Ride lot, adjacent to
Our Lady of Mt. Carmel Cemetery
from across the Apts Branch Library
on Soquel Drive

Walk 2: The Bridges of Soquel
Sat., Nov. 16
10:00 am - 3:30 pm
Meeting location for Soquel walk:
North end of Nob Hill parking lot,
809 Bay Ave, Capitola

Sandy Lydon is emeritus historian at
Cabrillo College where he has taught for 46 years. He has researched and written widely on the rich history of Santa Cruz County. An award-winning author and teacher, he has been described as Central California’s preeminent “standup historian.”

Carolyn Swift is an award-winning author, retired curator of the Capitola History Museum and current member of the Santa Cruz County Historical Resources Commission.

Beekeeping Basics and Honeybee Biology

Whether you are interested in learning sustainable backyard beekeeping practices or just want a better understanding of how these delicate, intricate creatures benefit us and our planet, you will leave this class buzzing with new energy!

This course covers hive structure, colony dynamics and delves into basic honeybee biology. We will discuss the history of beekeeping, from honey production to pollination contracts, as well as current trends (and rifts) in colony management practices. Weather permitting, there will be a field trip to Emily’s Apiary in Santa Cruz for a real-life “hive dive.”

By the end of the course, students who are interested in obtaining their own hive will have a good working understanding of equipment, tools, management practices, bee biology, and how we can work together to support these very vital pollinators.

This class is appropriate for adults with little to no experience in keeping bees.

Sat., Sept. 28
9:30 am - 3:00 pm
Room: Hort 5001
Register before Sept. 9: $68
Register after Sept. 9: $75
Plus $5 material fee payable at registration
Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild. Learn more about her work at www.scbee.co.

Intermediate Beekeeping

This class is designed for students with an existing knowledge of beekeeping, and those who have existing beehives. We will discuss keeping bees locally, the way to start a hive (package versus nucleus), and different options for foundation. The class will focus on IPM approaches, different options for tackling parasitic Varroa mites, and seasonal hive management techniques. We will review natural approaches to IPM in place of harsh chemicals. Students will be encouraged to compare notes and strategies, and to foster community engagement and mentorship.

Students will leave with detailed knowledge about treating for Varroa mites, and a seasonal outline for hive management.

Sat., October 19
10:00 am - 3:00 pm
Room: Hort 5001
Register before Sept. 9: $68
Register after Sept. 9: $75
Plus $5 material fee payable at registration
Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild. Learn more about her work at www.scbee.co.

Landmarks, Legends and Local Lore of Santa Cruz County

Santa Cruz is known for iconic places and events, like the Boardwalk, the 1989 Loma Prieta earthquake, the Cement Ship, incomparable surf and sunsets, and even for being “weird.” Spend three Saturdays exploring our beloved local oddities and hear the stories behind them, with expert guides for three unique adventures. Each week we will meet at a different location, with the first class at the Boardwalk for a behind-the-scenes tour. The second class starts with a talk at Cabrillo about the fascinating history of our local disasters, then follows with a field trip to several notorious disaster locations—of which there have been quite a few! The final class starts at Cabrillo, and is followed by another field trip to the Monterey Bay’s enigmatic curiosity, the Cement Ship, which turned 100 years old this year, at Seacliff State Beach.

The first Saturday offers a presentation and “behind-the-scenes” tour of the Boardwalk, led by Ted Whiting, who has worked at the Boardwalk since his middle-school years. Ted will share the rich, colorful history of this California Historic Landmark and one of Santa Cruz’s most beloved and enduring treasures.

For the second Saturday Gary Griggs will take students on a trip back through time, both in the classroom and in the field. With unique photos, facts, and in-depth stories, Gary will lead students through the many natural perils that have faced Santa Cruz residents over the years, many of which are documented in his recent book Between Paradise and Peril.

For each class, please dress for the weather, wear comfortable clothes and shoes, and bring a lunch and something to drink!

Please go to our Class Resources web page for details about parking, meeting place, and other important information about this class.

A portion of the proceeds from this class will be used to support scholarships for Cabrillo Extension’s Summer Youth Program.

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Please go to our Class Resources web page for details about parking, meeting place, and other important information about this class.

A portion of the proceeds from this class will be used to support scholarships for Cabrillo Extension’s Summer Youth Program.

Kim Steinhardt writes about the coast and photographs marine wildlife. He is the co-author of “The Edge: The Pressured Past and Precarious Future of California’s Coast.”

Gary Griggs is the author of “Between Paradise and Peril: The Natural Disaster History of the Monterey Bay Region.” He is a Distinguished Professor of Earth and Planetary Sciences at UCSC.

Ted Whiting III has been associated with the Seaside Company for over four decades. In semi-retirement, he is working on a Legacy Project for the company.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Birding at Rancho del Osos

The canyon at Rancho del Osos, carved out by Waddell Creek, is a great place for autumn bird watching! This class is scheduled on the first day of “FeederWatch,” to highlight the winterlong survey of birds organized by Project FeederWatch. On our morning walk students will see numerous varieties of bird species, including wetland and forest birds, as we walk on well graded trails that meander along Waddell Creek in the cool and clear autumn air. Your expert guide will review the biology and migratory patterns of each species you encounter—like a verbal version of a bird book and wildlife guide! Enjoying the beautiful location, while you learn about the fascinating local animals that call the Central Coast home.

Participants should be properly prepared for the current weather conditions. This includes clothing suitable for variable weather. Bring a lunch, snacks, and a trail beverage or canteen with water.

Students will meet at the Ranger Station Interpretive Center, 1/4 mile inland from the yellow gate across from the Waddell State Beach parking lot on Highway 1 in Davenport.

For more information about Project FeederWatch go to feederwatch.org

Sat. Nov. 9
9:00 am – 1:00 pm
Rancho del Osos, 3600 Highway 1 in Davenport
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $45 each

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

Bats of Santa Cruz County

Enjoy an introduction to the world of bats, first with “old-school” slides, then out into their natural habitat. This two-part class will provide an opportunity to learn about these fascinating creatures, then venture out into their habitat in the dark of night for an evening walk in search of these nimble, nocturnal creatures.

After our review of bat flight, prey location and capture, and a spectrum of special adaptations of successful bat behavior and biology, we will visit a prime viewing area for local bats in Santa Cruz County. There will be time for a dinner break in between the on-campus portion, and the off-site portion of class.

This class involves walking on dirt trails at night. Please dress for the weather, wear shoes suitable for walking on gradual dirt trails, and bring at least one flashlight per participant. A map to the off-site location will be provided at the beginning of class.

This program is suitable for students ages 8 and above. Minors must be accompanied by an adult.

Sat., Sept. 7
3:00 – 9:00 pm
Room: 406 and Henry Cowell Redwoods State Park, Felton
Fee: $78
Register 2 or more: $70 each
Bruce Elliott - see bio

Elkhorn Slough Safari

Spend a day at Elkhorn Slough learning about and viewing wetland wildlife at close range aboard a comfortably finished boat, floating on calm inland slough water. This day trip will offer a unique autumn spectrum of wildlife, including shore bird species. Join experienced naturalists as we see sea lions, harbor seals, and sea otters. There will be a significant variety of aquatic birds, and close-in views of a thriving heron and Cormorant rookery. It’s a rare opportunity to take in fewer than 50 bird species on our trips, including many northbound migrants, during the three-hour outing.

This trip offers a view of the Elkhorn slough, and the wildlife that live there, that is only visible when you are moving through the slough on a boat!

Please bring $8 for parking meters, in $1 bills or change. These meters do not give change! Also plan for time to park, and be sure to arrive on time, as students must complete some paperwork prior to boarding.

Dress in layers and for the current weather, and wear comfortable shoes appropriate for boarding a boat.

Please see our Class Resources web page for maps, directions and other important class information.

Sat., Nov. 23
11:30 – 3:30 pm
Elkhorn Slough in Moss Landing
Register before Sept. 9: $78
Register after Sept. 9: $85
Register 2 or more: $70 each
Bruce Elliott - see bio

Winter Wildlife of the Carrizo Plain

Explore California’s newest high desert reserve, nestled between the Temblor and Caliente mountain ranges of eastern San Luis Obispo County, with an experienced field biologist. This quiet tableland of plains, rugged canyon and sprawling Soda Lake, hosts populations of recently reintroduced pronghorn antelope and Tule elk (absent from the area since the beginning of the century), as well as smaller predators like kit fox, jackrabbit and the endangered kangaroo-rat and antelope squirrel. In the winter, the desert basin hosts thousands of birds, waterfowl, sandhill cranes, mountain plover and raven.

Participants should be properly prepared for the current weather conditions. This includes clothing suitable for variable weather. Bring a lunch, snacks, and a beverage or canteen with water.

Please wear comfortable footwear that is well broken in for rugged terrain, and preferably something you wouldn’t mind getting wet. A brimmed hat or cap to protect against strong sun glare will be useful and a binocular will greatly enhance your enjoyment of the wildlife.

Participants will meet in the California Valley just east of the Los Padres National Forest in San Luis Obispo County and form carpools for the daily activities.

Please see our Class Resources web page for maps, directions, and meeting place.

Sat., Dec. 7
9:00 am – 4:00 pm
Off-site in San Luis Obispo County
Register before Sept. 9: $68
Register after Sept. 9: $72
Register 2 or more: $60 each
Bruce Elliott - see bio

Hummingbirds: Beauty & Biological Wonder

Come learn about the birds our Cuban neighbors call the “Zum-zums”, and their absolutely fascinating biological characteristics! 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.

They exhibit plumages that exceed that of birds-of-paradise, and are often even iridescent. Several of the more than 360 described species carry names of precious gems, reflecting their unique, and brilliant feathers.

Join us for an afternoon at the Cabrillo Horticulture Center, overlooking the entire campus and the Monterey Bay region, where there may be opportunities to view hummingbirds in flight as they feed from the large collection of blooming salvias.

Sat., Oct. 19
2:00 - 4:30 pm
Room: Horticulture 5010
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $45 each
Bruce Elliott - see bio

*LOOKING FOR YOUR CLASS LOCATION?*

★ Be sure to check our website! ★

View and download PDF maps to campus buildings and off-site locations at:
http://www.cabrillo.edu/services/extension/resources.html

“...This was an expertly led trip to a huge area in California that sees few winter visitors. Without our leader’s knowledge of the best birding spots and thorough understanding of habitat, geology and animal behaviors of this area, our visit would not have been as enjoyable nor nearly as informative as it turned out to be.”

- Winter Wildlife of the Carrizo Plain student

To register call 479-6331 or visit us online at www.cabrillo-extension.org
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 Chef Anne’s award winning Tomato Basil Galette. Each student makes and takes home a fruit and a savory galette.
Sat., Sept. 14
10:00 am – 1:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $15 materials fee payable at registration
Anne Baldzikowski – see bio

Croissants
Here’s your chance to create an iconic pastry that the French as well as Americans adore! Learn what it takes to create flaky buttery croissants as we roll and fold layers of butter and dough. The best ingredients make the best croissants, so Chef Anne provides European organic butter (mmm, more flavor), King Arthur pastry dough, imported Belgian chocolate, and imported cheese for our savory croissants. Each student takes home 12 baked croissants and some dough to continue the creative process at home. Classic Croissants, Pain au Chocolat and savory croissants are on the menu!
Sat., Nov. 2
10:00 am – 1:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $20 materials fee paid at registration
Anne Baldzikowski – see bio

Soups and Savory Scones
Learn the basics of soup making while working with a bounty of Santa Cruz grown vegetables! Join Chef Ann in the Cabrillo Bakeshop to prepare Butternut Squash Soup, Leek and Potato, Black Bean Soup, Wintertime Tomato and Cream of Broccoli. Everyone will also make Herb and Cheese Scones. No need to make lunch on this day!
Sat., Nov. 16
11:00 am – 2:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $15 materials fee payable at registration
Anne Baldzikowski – see bio

French Baguettes
In this class you will make your very own batch of baguette dough. After Chef Anne demonstrates dough preparation and three ways of shaping the dough you will make, shape and bake a baguette to take home. You will also take home enough dough to make two more baguettes.
We complete our bread baking journey with a sampling of European and American butters.
Sat., Oct. 19
10:00 am – 1:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $15 materials fee payable at registration
Anne Baldzikowski is an author and award winning chef instructor. She enjoys encouraging people to cook in her variety of classes at Cabrillo College, where she began her formal studies over 30 years ago.

Learn Knife Skills Like a Pro!
Learn how to select, hold and properly cut with a Chef’s knife. Knife cutting is a needed lifelong skill and starting down the path to cutting correctly will both save you time, and help save you from accidents. We will be learning to execute knife cuts and the classic cuts that are utilized everyday in professional commercial kitchens.
The class will also help when you go out to eat and read menus, as you will know exactly what chiffonade, brunoise, julienne and other knife cut names mean, and why they are used in menu descriptions. Knife sharpening and care will be covered as well.
Loaener knives will be provided for anyone who doesn’t have or want to bring their own.
Sat., Nov. 2
2:00 – 5:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65
Plus $15 materials fee payable at registration
Megan Bailey is an instructor with the Cabrillo College Culinary Arts and Hospitality Management program.

Thanksgiving Cooking à la Vegan
Thanksgiving is about acknowledging gratitude for all we have by sharing a festive meal with loved ones. In that spirit, why not start a new tradition with a holiday meal that nourishes not only our bodies but also our hearts and souls? In this class Jan and Susan will show you how to prepare flavorful holiday dishes that are not only good for you and your family, but also good for the planet and creatures who share this earth with us. We will create a plant-based holiday meal from start to finish. We’ll explore healthy substitutes for traditional dishes, as well as yummy appetizers and desserts to round out your holiday table.
Come with an appetite and open mind. We will fill you with ideas and recipes and you’ll sample delicious options. Spare our feathered friends and learn to expand the scope of your holiday to plant-based fare, whether as host or guest bearing a dish to share.
Wed., Nov. 13
6:00 – 9:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $20 materials fee payable at registration
Jan Shaw has been a horticulturist for over 40 years and loves to cook. She was schooled in plant-based nutrition for health reasons and along the way found the marriage of her two passions.

Bee Sweet!
Treats and Crafts with Beeswax and Honey
Come spend a cozy Saturday in the Cabrillo bakeshop with local beekeeper/educator Emily Bondor and Chef Anne to make beeswax food wrap, honey-lavender biscotti, and immunity tincture—all from locally sourced bee products!
Beeswax food wrap is cloth coated with beeswax that is used in place of plastic wrap or Ziploc, and is biodegradable and environmentally friendly. It is malleable and slightly sticky, so it wraps around just about anything, and is reusable for about a year with proper care. Students will make beeswax food wrap with pure beeswax from Emily’s hives, and will also create a healing tincture by combining propolis, local honey, lemon juice and apple cider vinegar to make a spray for sore throats. With Chef Anne’s guidance students will also learn how easy it is to make twice-baked Italian cookies. Our honey-lavender biscotti will be made with Emily’s beautiful honey, and students will leave with the recipe to share this delicious treat with family and friends.
Everyone will make and take home a piece of beeswax food wrap, a dozen fragrant, delicious biscotti, and a small bottle of immunity tincture. Preserve food, combat winter ailsments, and enjoy delicious baked goods, all with wonderful bee-products!
Sun., Dec. 1
12:00 noon – 3:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Plus $30 materials fee payable at registration
Anne Baldzikowski is an author and award winning chef instructor. She enjoys encouraging people to cook in her variety of classes at Cabrillo College, where she began her formal studies over 30 years ago.
Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild.
Pickling Vegetables

Three Ways

Pickles! It’s a fun word to say, they’re even more fun to make, and you can pickle almost any vegetable. Learn how to make pickles 3 different ways: fresh refrigerator pickles, fermented pickles, and shelf stable vinegar pickles that will be hot water bath canned. Learn easy steps for selecting, preparing, spicing, and acidifying vegetables into ready to eat, mouthwatering, healthy snacks.

Students will go home with important food safety principles of pickling. With your new pickling know-how you’ll be sure that no vegetables go to waste because of a surplus in the garden, an overabundance at the farmers market, or an overloaded refrigerator! Get pickling for health and fun!

No experience necessary, all materials provided in class. Students must wear closed toe shoes and long pants, and may bring their favorite apron.

Wed., Sept. 18
6:00 pm – 9:00 pm
Ohlsen Foods
2880 Research Park Dr., Suite 200, Soquel
Register before Sept. 9: $70
Register 2 or more: $65 each
Plus a $20 materials fee paid at registration
Todd Champagne - see bio

Live Culture Fermentation:
Sauerkraut and Kimchi

Fermenting is one of our favorite things. We begin with an introductory sermon on live culture fermenting, the history and benefits, and include a tasting of various vegetable ferments. We’ll get hands on in the kitchen to make a huge bowl of cabbage kraut, then spicy kimchi. We will divulge our secrets on how to get the right texture and flavor for sour vegetables and pickles. We will cover salt content, temperature, texture and storage time, plus unique flavor combinations. All of our recipes are simple, raw and delicious and students will learn how to keep it safe and yummy.

Students walk away from ferment fever, ready to start fermenting all sorts of vegetables, learn how to design their own recipes, and go home with a jar of sauerkraut, kimchi, printed recipes, and a lot of knowledge!

Students must wear closed toe shoes and long pants, and may bring their favorite apron.

Wed., Nov. 6
6:00 pm – 9:00 pm
Ohlsen Foods
2880 Research Park Dr., Suite 200, Soquel
Register before Sept. 9: $70
Register 2 or more: $65 each
Plus a $20 materials fee paid at registration
Todd Champagne - see bio

Late Season Summer Fruit Jams

We are so lucky here in California where we have access to the most AMAZING fruit! Catch the end of the summer fruit season as pears, plums, and other late summer fruits finish up their season, and learn how to make fabulous low sugar jams with local, organic fruit. In this workshop Jordan will cover all you need to know to make delicious jams, and the keys to preserving food safely.

Learn Jordan’s secret techniques for making low sugar jam that is packed with fresh fruit and flavor. She will cover the topics of hot water bath canning, the PH scale, and food safety. Students will get hands-on experience with some of the Bay Area’s very best produce, and learn techniques for making great preserves at home.

Students will work with local organic fruit that is in season, learn how to add spices, herbs and citrus to your jams to create your own unique recipes, and learn how to preserve fruit in honey in a compote. Students will leave with three jars of goodies and a lot of new canning knowledge.

No experience necessary, all materials provided in class. Students must wear closed toe shoes and long pants, and may bring their favorite apron.

Wed., Sept. 25
6:00 pm – 9:00 pm
Ohlsen Foods
2880 Research Park Dr., Suite 200, Soquel
Register before Sept. 9: $70
Register 2 or more: $65 each
Plus a $20 materials fee paid at registration
Jordan Champagne - see bio

Autumn Fruit Preservation:
Apples, Pears and Quince

As apples, pears, and quince flow into season, this is a perfect time to learn how to make fabulous low sugar preserves with local, organic fruit. In this workshop Jordan will cover all you need to know to make delicious jams and the keys to preserving food safely. You will learn Jordan’s secret techniques for making low sugar jam that is packed with fresh fruit and flavor. She will cover the topics of hot water bath canning and the PH scale and food safety. Students will get hands-on experience with some of the Bay Area’s very best produce, and learn techniques for making great preserves at home.

Students will work with local in-season, organic fruit, learn how to add spices, herbs and citrus to your jams to create your own unique recipes. You will also learn how to preserve fruit in honey in a compote. Students will go home with three jars of goodies and a lot of new canning knowledge.

No experience necessary, all materials provided in class. Students must wear closed toe shoes and long pants, and may bring their favorite apron.

Wed., Oct. 16
6:00 pm – 9:00 pm
Ohlsen Foods
2880 Research Park Dr., Suite 200, Soquel
Register before Sept. 9: $70
Register 2 or more: $65 each
Plus a $20 materials fee paid at registration
Jordan Champagne - see bio

CULINARY

Culinary classes are appropriate for students 16 years and up.

Bring A Friend!
Register yourself and a friend, a sister, a neighbor, a partner, or anyone you want to bring along to a class, and get a discount on registration fees! The more the merrier, so grab your BFF, your sidekick, or your honey and enjoy the experience together. Look for the Bring a Friend icon next to eligible classes!

Culinary classes are appropriate for students 16 years and up.

Please be advised to wear closed-toe shoes, long pants, and hair tied back or under a hat. Wearing an apron is optional, but encouraged!
Sushi Making

Get hands-on practice with a variety of sushi making techniques as you learn to make sushi rolls, and Temaki sushi hand-rolls. Although raw fish will not be used in class, students will learn about making sushi with fish, including food-safety and selection of fish. Students will enjoy a lunch of their sushi creations along with delicious miso soup. Students will leave with recipes, recommendations for where to buy ingredients, and their own makisu, a mat woven from bamboo and cotton string used to roll sushi.

Sun. Sept 22
2:00 - 5:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus a $25 materials fee paid at registration
Sean Adams - see bio

Stuffed and Fresh! Handmade Ravioli, Pasta and Sauce

Italian comfort food is the best during cool autumn months. Spend the afternoon making your own handmade pasta and ravioli, and learn first hand how store bought, extruded pasta differs from fresh pasta. The difference is incredible, and making it yourself is much easier than you might think! Learn how to create the perfect pasta dough by hand, which can be the base for endless variations and shapes. We’ll also make delicious sauces like marinara, Bolognese and endless variations and shapes. We’ll also make pasta dough by hand, which can be the base for your own handmade pasta and ravioli, and learn

Wed. Oct. 23
6:00 - 9:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus a $20 materials fee paid at registration
Sean Adams - see bio

Cooking Local Salmon

Fresh, local salmon is one of the many benefits of living on the Monterey Bay, but it can be challenging to prepare! Join us for a demonstration on selecting, cleaning, and filleting a whole local salmon. We will cook salmon pan seared and grilled with a variety of classic and modern sauces. Whether you’re looking to prepare steaks or fillets, skin-on or skinless, learn the best cooking techniques to use for preparing local salmon.

Wed., Dec. 4
6:00 - 9:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus a $45 materials fee paid at registration
Sean Adams - see bio

Handmade Sausage

Learn the basics of making your own sausage at home, step by step, in this hands on workshop. Students will prepare herbs and spices, then grind, mix, and twist their final product, while learning about recipes and proportions, meat selection and casings. Students will choose one of three sausages to make in class, and will prepare the meat and seasonings, then pipe the meat into natural casings. Each student will go home with sausage recipes, and 3 lbs of your own sausage prepared in the class!

Sun. Nov. 3
2:00 - 5:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus a $35 materials fee paid at registration
Sean Adams - see bio

Hooked on Crab

Crab is at its best in the fall and winter, and this workshop is timed perfectly for the local crab season, and holiday crab feeds! Learn where to shop for crab locally, how to select the best crabs, how to clean and cook them yourself, and how to crack them to extract the most meat possible. Crab tastes best when you don’t do too much to it, so the techniques and recipes you learn in this class will ensure you’ll get the very most out of this crab season, and many more to come!

2 Sat., Oct. 5 & 12
10:00 am - 1:00 pm
Room: 908
Register before Sept. 9: $125
Register after Sept. 9: $140
Plus $25 materials fee payable at registration
Megan Bailey - see bio

School Lunches Your Kids Will Really Eat!

We all know that young brains need good food to function, so parents pack lunches in the hopes that our kids will eat well during the day. But how many of us open the lunch bag or box at the end of the day to find not much has been eaten? This one-day workshop will give you and your kids a chance to plan and make delicious lunch items that they will actually eat. Kids can be particular, so there will be lots of options that are nutritious, and yummy! Go home with recipes, snacks and inspiration for lunches. We’ll be making rainbow spring rolls with dipping sauce, vegetable sushi, hummus with homemade pita, make your own pita pizza kit and snickerdoodles!

Sun., Sept. 15
10:00 am - 1:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus $25 materials fee payable at registration
Megan Bailey is an instructor with the Cabrillo College Culinary Arts and Hospitality Management program.

Healthy, Delicious, Affordable, Easy: Meal Prep and Planning for Families

Most of us can find the time to grocery shop on the weekend, but planning for a week of meals is tricky! We want to make and eat healthy meals with our families, but our busy days and evenings can make it challenging to prep and cook each night.

The solution is within your reach, it’s simple, affordable, fun - and the whole family can participate! Join Chef Megan for tips on how you can plan healthy, affordable, delicious meals that you can shop for on the weekends, then easily prepare each night of the week. Learn tricks for prepping, storing, and quick prep. You will learn to make and store whole meals, and how to prep basic components ahead of time so you can make something that satisfies a craving in a fraction of the time!

The first class is just for grown-ups, so we can cover the basics and talk about planning, budget, and nutrition. The second class welcomes parent and child to prepare and enjoy a meal! You will leave class with a flexible, healthy, affordable, family friendly strategy to bring you all to the table together!

Registration fee is for two students, either both parents, or one parent (adult) and one child. This class is appropriate for children ages 8 and older only.

2 Sat., Oct. 5 & 12
10:00 am - 1:00 pm
Room: 908
Register before Sept. 9: $125
Register after Sept. 9: $140
Plus $25 materials fee payable at registration
Megan Bailey - see bio

Stocks and Sauces

This workshop explores the techniques that are key to the production of stocks, the foundation of many of the soups and sauces that leave guests wondering what is used to make the food they enjoy so much at fine restaurants. We’ll go over how stocks are made, including beef stock, chicken stock and vegetable stock, and then we will use the stocks to make sauces that pair especially well with main courses.

Sat., Nov. 9
2:00 - 5:00 pm
Room: 908
Register before Sept. 9: $70
Register after Sept. 9: $80
Register 2 or more: $65 each
Plus $25 materials fee payable at registration
Megan Bailey - see bio

To register call 479-6331 or visit us online at www.cabrillo-extension.org
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., Oct. 5
10:00 am – 1:00 pm
Room: 425
Register before Sept. 9: $58
Register after Sept. 9: $65
Plus $20 materials fee for text payable in class
David Cook, author of Build Your Dream House for a Song, is a former salesman and restaurant owner. He’d barely picked up a hammer before starting work on his dream house in Marin County.

Interior Design
Interior design takes training as well as talent, and this course will give you the know-how you need to design a room from floor to ceiling. Delve into color theory, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. Investigate “green” sustainable design, and find out how to modify your designs for people with special needs.
As you master design skills step-by-step, you’ll complete your first project: a fully developed room design complete with spatial layout, lighting, and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others.
This course is taught online and is offered each month. Please see page 42 for more information.

Beekeeping Basics and Honeybee Biology
Whether you are interested in learning sustainable backyard beekeeping practices or just want a better understanding of how these delicate, intricate creatures benefit us and our planet, you will leave this class a buzz with new energy!
This course covers hive structure, colony dynamics and delves into basic honeybee biology. We will discuss the history of beekeeping, from honey production to pollination contracts, and discuss current trends (and rifts) in colony management practices. Weather permitting, there will be a field trip to Emily’s Apiary in Santa Cruz for a real-life “hive dive.”
By the end of the course, students who are interested in obtaining their own hive will have a good understanding of equipment, tools, management practices, bee biology, and how we can work together to support these very vital pollinators.
This class is appropriate for adults with little to no experience in keeping bees.
Sat., Sept. 28
9:30 am – 3:00 pm
Room: Horticulture 5001
Register before Sept. 9: $68
Register after Sept. 9: $75
Plus $5 material fee payable at registration
Emily Bondor – see bio

Intermediate Beekeeping
This class is designed for students with an existing knowledge of beekeeping and those who have existing beehives. We will discuss keeping bees locally, the way to start a hive (package versus nucleus), and different options for foundation. The class will focus on IPM approaches, different options for tackling parasitic Varroa mites, and seasonal hive management techniques. We will review natural approaches to IPM in place of harsh chemicals. Students will be encouraged to compare notes and strategies, and to foster community engagement and mentorship. Students will leave with detailed knowledge about treating for Varroa mites, and a seasonal outline for hive management.
Sat., October 19
10:00 am – 3:00 pm
Room: Horticulture 5001
Register before Sept. 9: $68
Register after Sept. 9: $75
Plus $5 material fee payable at registration
Emily Bondor is a Bay Area beekeeper and educator committed to raising locally-adapted, treatment-free bees. She is the owner of Santa Cruz Bee Company and the president of the Santa Cruz Bee Guild. Learn more about her work at www.scbee.co

Happy and Healthy Chickens
Whether you already have pet chickens and want to learn more, or you are planning to become a backyard chicken keeper and just want to be super-prepared, this class will help you keep your flock happy, healthy and safe! Chickens are social creatures and thrive when they are busy, stimulated and happy. Isabelle will show you how to enrich your backyard using simple and affordable items. You will also learn how you can keep all of your chickens healthy when you introduce new chickens to your flock, how you can perform simple, yet critical health checks, and how you can treat some common injuries and illnesses.
There will be plenty of examples, and time for questions. Students will go home with detailed information and resources about how to create a happy, healthy environment for your flock!
Sat., Sept. 14
1:00 – 3:30 pm
Room: 1605
Register before Sept. 9: $48
Register after Sept. 9: $55
Register 2 or more: $42 each
Isabelle Cudde started Clorofil, a local non-profit organization promoting chicken adoption and educating the public about pet chicken care. She enjoys sharing her passion for chickens and inspiring people to open their backyards to these amazing creatures. For more information about Isabelle please go to www.clorofil.org

Landlording Made Easy
If you are a landlord, or are thinking about becoming one, this class will provide you with the basics of managing residential real estate. Learn how to legally advertise, screen applicants, develop procedures and build excellent tenant relationships. We will cover the ins and outs of a proper lease, the necessary addendum, and what you can and can’t put into a lease. Know the documentation needed to protect you, the property and the tenant. We will cover basic Fair Housing laws, current issues impacting landlords, and legal requirements with tips and tricks to lead to an easier landlordling experience.
A book and thumb drive is included. You will receive: the class presentation, application form, prospect screening form, sample lease, addendums, move in/move out report, forms, letters and notices. Bring your lunch if you want to participate in one-on-one Q & A session.
Sat., Nov. 9
9:00 am – 3:30 pm
Room: 425
Register before Sept. 9: $90
Register after Sept. 9: $98
Plus $20 material fee payable at registration
Kathleen Richards, MS, MPM, CPC has over 20 years’ experience as a property manager and was the owner/broker of an award winning property management company for 13 years.

“Powerpoint, zip drive and book all exemplary. “[This class] will serve us well as we prepare our cottage for rental.”
–Landlording Made Easy students

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Ayurveda: What It Is and How It Can Help You
Do you ever wonder what is the best diet and lifestyle for your unique mind and body type? Ayurveda (ayur = life, veda = science or knowledge) is a personalized approach to health, and a functional life science that helps us discover how to improve digestion, eat the right foods, get better sleep, and feel more energetic throughout the day.

In this class students will learn the foundations of Ayurveda, discover their unique constitution, and how to remove root causes for imbalances. This class is geared towards all skill levels, no prior experience is needed. Students will go home with the knowledge and skill to make dietary and lifestyle choices that will benefit their constitution and overall quality of life!

Wed., Nov. 6
6:30 – 8:30 pm
Room: 1520
Register before Sept. 9: $58
Register after Sept. 9: $65
Register 2 or more: $50 each
Plus $20 materials fee at registration
Jackie Christensen - see bio

Ignited Women: Opening the Eight Gates of Wisdom
Awaken your senses and begin to live more fully as a midlife woman! Through movement, meditation, discussion, and writing, students will be guided through a reawakening into our physical bodies. This workshop is designed to help women reclaim their significance and value in a safe environment.

“Midlife” for women is a deep time of transition. As our bodies change we are challenged to understand what is most important and find ways to live through this. We may get a sense that it’s time to let go of old wounds and the notion that we are “not enough.” Instead, this is a great opportunity to step into our wisdom and power.

In this workshop you will:
• Reawaken the connection between self and body through gentle yoga and meditation.
• Uncover what’s most important to you through inspired and stimulating writing exercises.
• Discuss the myths and realities of midlife transitions for women.
• Identify core desired feelings in various areas of your life.

This workshop includes an Ignited Women Workbook Journal. Included in the workbook are recommended meditations, yoga practices and other resources to support you in your midlife transition.

Sat., Nov. 16
10:00 am - 4:00 pm
Room: 1520
Register before Sept. 9: $110
Register after Sept. 9: $120
Register 2 or more: $90 each
Plus $35 materials fee at registration
Jackie Christensen, Ph.D., has a passion for herbology and education. She has served as a faculty member for many prestigious colleges where she trained students to become nutritional consultants, master herbalists, and holistic health practitioners. Jackie currently has a private practice in Santa Cruz and works as a master herbalist.

Beth Nelson is passionate about inspiring bold-souled midlife women to reclaim their own vitality in order to lead a deeply fulfilling life. She leads workshops and retreats throughout Santa Cruz County, and has worked at Cabrillo in the Academy for College Excellence.

Register before Sept. 9: $148
Register after Sept. 9: $155
Register 2 or more: $140
plus $25 materials fee paid at registration

Ayurveda Cooking and Wellness Retreat Day
Learn the principles of Ayurvedic diet, lifestyle, daily routine, stress management techniques, and how to apply them in your life. In this one day retreat students will develop a diet and lifestyle plan that is conducive to their true nature. This class includes an ayurvedic cooking lesson where we will cook and enjoy a balanced, healthy meal together. We will explore daily and seasonal routines that can be used to help detoxify and balance our natural rhythms, and Ayurvedic mind body techniques for stress reduction, relaxation, and sleep.

Sat., Nov. 16
10:00 am – 4:00 pm
Room: Horticulture 5001
Register before Sept. 9: $148
Register after Sept. 9: $155
Register 2 or more: $140
plus $25 materials fee paid at registration

Family nurse practitioner, Susan Lavelle, will offer practical tips for getting started, provide updated nutrition information, discuss key nutrients and their impact on your health and longevity, and demonstrate how to cook a variety of delicious plant-based recipes in every class. You’ll learn the latest in plant-based nutrition science, as well as how to select, prepare and cook tasty vegan dishes while you concurrently “test-drive” this way of eating in a supportive class environment.

Susan Lavelle is a Family Nurse Practitioner, a PCRM Food for Life Instructor and graduate from the Rouxbe Plant-based Culinary School. She has been passionately promoting, cooking, and eating healthy plant-based meals for more than a decade because it’s good for health, the animals and the planet.

Jan Shaw has been a horticulturist for over 40 years and loves to cook. She was coaxed into plant-based nutrition for health and environmental reasons and along the way found the marriage of her two passions—plants and cooking—truly gratifying.
Making Herbal Tinctures

This class will teach you how to formulate both fresh and dried herbal tinctures with the correct alcohol percentages, creating a potent and long-lasting remedy for a variety of common maladies. We will go through the process step by step, and each person gets to make a unique tincture to take home! At the end of class students will have formulas, instructions, and the necessary knowledge to expand on their own.

This class is geared towards all skill levels, no prior experience is needed.

Thu., Nov. 14
6:30 - 8:30 pm
Room: 1520
Register before Sept. 9: $58
Register after Sept. 9: $65
Register 2 or more: $50 each
Plus $20 materials fee at registration
Jackie Christensen - see bio

Making Handmade Salves

Salves are a wonderful way to use the healing properties of herbs to address topical and internal conditions. Students will learn how to make herbal oils and then turn those oils into salves.

This class is geared towards all skill levels, no prior experience is needed. Students will leave with a salve they helped create, while feeling empowered with the knowledge to make salves at home.

Wed., Nov. 20
6:30 - 8:30 pm
Room: 1520
Register before Sept. 9: $58
Register after Sept. 9: $65
Register 2 or more: $50 each
Plus $20 materials fee at registration
Jackie Christensen, Ph.D., has a passion for herbology and education. She has served as a faculty member for many prestigious colleges where she trained students to become nutritional consultants, master herbalists, and holistic health practitioners. Jackie currently has a private practice in Santa Cruz and works as a master herbalist.

Flower Essence Remedies

Flower essence remedies are created from flowers and they can be used to help balance emotional, psychological, and spiritual issues for adults, pets, and children. This class explores the beauty of flower essences, as participants create a “soul portrait” to determine the remedy that is best suited for them.

This class is geared towards all skill levels, no prior experience is needed. Students will leave with one flower essence remedy they have made themselves, and the knowledge and skill to make more at home!

Wed., Nov. 13
6:30 - 8:30 pm
Room: 1520
Register before Sept. 9: $58
Register after Sept. 9: $65
Register 2 or more: $50 each
Plus $20 materials fee at registration
Jackie Christensen - see bio

Chi-Aura Integration

Chi-Aura Integration is an alternative healing method using the vital life force, and 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 practitioners 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 workshop teaches techniques to elicit the relaxation response and help develop the “Awakened Mind State.” Learn how to perform the specific Chi-Aura Integration hand positions identifying 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 because it develops the nurse’s ability to improve effectiveness in treating patients. This course is approved for 18 CEUs for Nurses, 14 CEUs for massage therapists, and 15 CEUs for acupuncturists.

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

Sat. & Sun., Nov. 16 & 17
9:00 am – 5:30 pm
Room: 406
Register before Sept. 9: $145
Register after Sept. 9: $158
includes comprehensive manual

Cold Process Soap Making

This hands-on introduction to traditional cold-process soap making is a mixture of science and art! One of the main benefits of learning this particular process is that you can have complete control over your ingredients. You will learn how to create small batches of beautifully fragrant soap, using select oils and quality plant infusions.

Each student will leave class with several bars of soap from the day, as well as recipes and instructions for soap making at home.

Sat. & Sun, Dec. 7 - 8
Sat. 10:00 am – 4:00 pm
Sun. 10:00 am – 1:00 pm
Room: 1304
Register before Sept. 9: $128
Register after Sept. 9: $140
Plus a $35 materials fee paid at registration

Melody Overstreet, 8A, is a Master Gardener and certified Naturalist through California Native Plant Society and UCSC’s Arboretum. Her work has been featured in publications such as Seed Broadcast, Inverness Almanac, and Chinquapin Quarterly. To learn more about Melody go to www.melodyoverstreet.com

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Healthy Harmonica
Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk, and blues melodies and invigorate them with simple, but powerful techniques to make any song deeply expressive.

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

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

Wed., Oct. 23
6:00 – 7:30 pm
Room: S14
Register before Sept. 9: $30
Register after Sept. 9: $35
Register 2 or more: $28 each
Plus $15 for materials fee payable to instructor

Dave Broida - See bio below

The Writer's Journey
Many of us hold a deep dream of wanting to write so that we can be seen and understand ourselves more deeply. 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., Sept. 14
9:00 am – 4:00 pm
Room: Horticulture 5001
Register before Sept. 9: $78
Register after Sept. 9: $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 17 years.

“She gave a wonderful new way of journaling for me. I’m using it in some of my writing now!”

~Writer’s Journey student

Introduction to Screenwriting
There’s never been a better time to start a career as a screenwriter. With technological breakthroughs bringing the cost of making and distributing movies down to almost nothing, there’s going to be a huge demand for great scripts—and for people who can write them.

Whether you want to write micro-budget indie films or Hollywood blockbusters, this course will teach you everything you need to know to create a script that can sell.

Along the way, you’ll get hands-on experience through a series of short—and fun!—writing assignments that will have you working like a pro from the very beginning of the course.

Finally, you’ll get an inside look into the business of selling your script and building your career as a writer. You’ll find out about agents and producers, contests and consultants, studios and scam artists. When you finish the course, you’ll be ready to start writing your own script, and you’ll know how to sell it once it’s done!

This course is taught online and is offered each month. Please see pg. 42 for more information.

Memoir Writing: Exploring Memories and Meaning
In this workshop you will explore 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. The intent of this workshop is for self reflection, and not for publishing.

Sat., Nov. 16
10:00 am – 4:00 pm
Room: Horticulture 5001
Register before Sept. 9: $78
Register after Sept. 9: $85
Plus $5 material fee payable to instructor in class

Laura Marl-Navarro is a Licensed Clinical Social Worker and has been working with people undergoing life transitions for over 18 years.

Ignited Women: Opening the Eight Gates of Wisdom
Awaken your senses and begin to live more fully as a midlife woman! Through movement, meditation, discussion, and writing, students will be guided through a reawakening into our physical bodies. This workshop is designed to help women reclaim our significance and value in a safe environment.

See details, page 33

Writing Womanhood Retreat
As women, most of us hurry through our days endlessly doing and caring and giving. But as writers, we need to slow down, be still, refill. Take time for yourself in this restorative writing retreat for women of all ages and writers at all stages.

The day will be a choreographic blend of mindfulness practices (short guided meditations), inspirational readings of published poems and essays (remember the delight of being read aloud to?), and playful, provocative writings that will spark your imagination and ignite your pen. Memories will stir, stories arise, words flutter onto the page as we write and share our writing in a safe and supportive circle of women. Although our focus is on process, not product, you will come away with pages of raw writing and story starts that you can later revisit and revise. The retreat promises to renew your spirit and restore your sense of creativity, gratitude, and wonder.

Come on your own or with a friend, your sister, your mother. Wear comfortable clothes and bring a notebook and pen, a yoga mat or blanket, and a nutritious bag lunch.

Sat., Oct. 26
10:00 am – 4:00 pm
Room: 2100B
Register before Sept. 9: $78
Register after Sept. 9: $85
Plus $5 materials fee paid in class

Lisa Garrigues, MA, is an award-winning writer, educator, and speaker. A fellow of Hedgebrook, Blue Mountain Center, and the MacDowell Colony, she has published, taught classes, and led workshops on creative writing for nearly 20 years.

“I will use this valuable material to write the story of my own life. Lisa Garrigues is an absolute jewel of a teacher.”

“Lisa is an amazing teacher—using her own writing practice & experience as a guide, I found the class inspiring & my new daily writing practice has deepened my life—giving me insights and bringing up long forgotten memories for new examination.”

~Writing Womanhood students

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


College Planning:
Finding Colleges That Fit
and How to Afford Them
Are you concerned about your child’s path to college? Do the application requirements and deadlines seem confusing? Is it hard to imagine how you can afford to pay for one (or more) college educations? If you are a parent with a middle or high school student, this class will help you and your student prepare for college. We’ll discuss how to search for colleges that fit, understand what admission committees are looking for, write that dreaded essay and create an excellent resume.

Even if your child gets into the college of their choice, paying for college is the one of the largest expenditures most parents face in their lifetimes. In this class we will discuss strategies that can help you reduce college costs through planning, various savings methods, and tax strategies. We will also discuss how you can maximize potential financial aid with some advanced planning.

This class will help you understand the selection and application process, and avoid many of the common mistakes that can cost your family hard-earned money.

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

Introduction to
Smart Investments
Whatever your dreams for happiness, financial freedom makes them even more attainable. This introductory investment class gives 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 Tue., Oct. 29 - Nov. 19
7:00 – 9:00 pm
Room: 406
Register before Sept. 9: $64
Register after Sept. 9: $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.

3 Tue., Oct. 8, 15 & 22
7:00 – 9:00 pm
Room: 406
Register before Sept. 9: $64
Register after Sept. 9: $75
Galaham Zuanich – see bio below

Where Does All My Money Go?

Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt?

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

Learn how to fund your dreams and how to save money for everything from emergencies to vacations. If you have ever felt lost about where to start working on your finances, this course is for you. You can’t afford not to take this course and change your habits. This course is an investment in your future!

This course is taught online and is offered each month. Please see page 42 for more information.
**Build Your Business!**
Cabrillo College Extension is proud to partner with the Cabrillo College Small Business Development Center to present seminars to help you build your business!

The SBDC was founded in 1985 and has served over 5,000 business owners, created over 2,200 jobs and has helped local businesses obtain over $79 million in capital investment. The SBDC provides free of charge, confidential advice to help your business get a healthy start, assist with expansion and increase your profits. The SBDC has fifteen advisors who will meet with you, at no cost, for business planning, increasing sales, analyzing financial statements, implementing bookkeeping systems and developing expansion plans. Specialists are available for Retail, Restaurants, Childcare and Agricultural operations.

The Cabrillo College SBDC has won national and state awards for excellence in operations and business growth of their clients. 100% of clients served stated they would recommend SBDC services to others! How can the SBDC help your business?

Please call 831-479-6136 or go to www.centralcoastsbdc.org for more information.

**Build a Better Business Program Series**

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

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

**Recordkeeping for Small Business**
Every small business owner needs to understand the numbers! This class will teach the basics of good recordkeeping. We cover the bookkeeping cycle, accrual vs. cash vs. tax accounting, the chart of accounts, journals and general ledger, double entry and single entry bookkeeping.

This class provides an introduction to helping you maintain your accounting records manually or with computerized systems.

**Sat., Oct. 5**
9:30 am – 12:30 pm
Room: 1605
OR
**Tue., Sept. 10 OR Tue., Nov. 5**
2:00 – 5:00 pm
Santa Cruz Police Dept. Community Room
155 Center Street, Santa Cruz
**Fee: $35**

**Keith Holtaway** has been a Santa Cruz resident and entrepreneur for the past 35 years. He has been a small business consultant specializing in business planning for start-ups, turnaround strategies for struggling businesses, and obtaining financing for business growth.

**QuickBooks Online Basics**
Keeping good business records is necessary for small business success and IRS reporting. Develop good record keeping habits by tracking business expenses, invoicing customers, and maintaining good accounting records. QuickBooks Online ("QBO®") integrates with your checking and credit card banking relationships by downloading cash transactions. Print checks or electronically pay your vendors. Create invoices for your customers and request online and on time payments. Simplify your federal and state income tax reporting and feel confident that you have captured all qualifying tax deductions.

This class is taught in a computer lab with PCs, so you can gain hands-on experience with the online product. Apple or PC users welcome. A subscription purchase of QuickBooks Online is not required.

**Students without bookkeeping experience are recommended to take the Recordkeeping for Small Business class. Basic Computer skills are required.**

**Recordkeeping for Small Business**

**Tue., Nov. 12**
2:00 – 5:00 pm
Santa Cruz Police Dept. Community Room
155 Center Street, Santa Cruz
**Fee: $35**

**Cathy Van Loon**, MA, is an Intuit Certified QuickBooks Pro Advisor and has been teaching accounting courses at Cabrillo College for over 30 years.

**Starting Your Own Nonprofit**
If you are thinking of starting a nonprofit business this class will demystify and explain the nonprofit start-up process for you. After learning the advantages and restrictions of running a nonprofit you can decide if a nonprofit start-up is the best choice for you.

You’ll learn about the privileges and restrictions nonprofits face, how to deal with government agencies, alternatives to a nonprofit and an understanding of the application and approval process.

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

**Thu., Oct. 10**
6:00 – 9:00 pm
Room: 432
**Register before Sept. 9: $65**
**Register after Sept. 9: $74**
**Plus a $15 materials fee paid at registration**

**Josh Wagner - see bio**

**Social Media Basics to Boost Your Business with Facebook and Instagram**
A solid social media strategy is essential to marketing your business, but it’s hard for busy people to find time to do it right. This class is designed to help small business owners, entrepreneurs and nonprofits demystify social media, boost brand visibility and determine what platforms are best for their unique business.

First, you’ll get the big picture of what’s happening in the world of social media with an overview of important developments within the most relevant social media platforms. There will be an emphasis on critical trends that can give you an edge in an already crowded marketplace. Next, we’ll explore the basics of Facebook, including Messenger, groups and how to leverage a Facebook personal page for business. We’ll identify how Facebook integrates with Instagram and why Instagram matters so much. Then you’ll learn about the key features of Instagram for business and how to get started.

The class format is a slide presentation, packed with valuable tips, followed by plenty of time for questions and answers.

Participants will leave motivated, more confident and equipped with a checklist of clear, actionable steps to take their social media marketing to the next level.

**Three dates to choose from:**

**Thu., Sept. 19 OR Oct. 17 OR Nov. 21**
9:00 am -12:00 noon
Room: 318B
**Fee: $35**

**Karen Kefauer** has over 10 years’ of experience teaching social media marketing and coaches business owners on effective social media marketing strategy. She has been a freelance journalist for 20 years and her travel and sports stories have appeared in numerous publications.

**Register after Sept. 9: $109**
**Register before Sept. 9: $98**
**Carol Jensen** specializes in financial aspects of start-up businesses and is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.

**To register call 479-6331 or visit us online at www.cabrillo-extension.org**
ONLINE CLASSES

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Experience Online Classes with Education to Go
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If you can’t take the time to go to school, our online classes are here to help you study and learn at home. Our 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 classes are available to anyone with a computer, internet access and e-mail.

Most 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.

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

How to Get Started:
1. Visit our Online Instruction Center: www.ed2go.com/cabrillo
2. Select your class and follow the prompts.

Start Dates
New sections of Ed2Go classes begin on the following dates:
September 11, October 16, November 13, and December 11

Cabrillo Extension’s Most Popular Online Courses:
- Microsoft Excel 2016
- Speed Spanish
- GRE Test Preparation
- Grammar Refresher
- Designing Effective Websites
- A-Z Grantwriting
- Project Management
- Intro to QuickBooks Online
- Effective Business Writing

Over 500 courses are available on our ed2go redesigned website!

ONLINE CLASSES

The Internet
- Blogging and Podcasting for Beginners
- Creating Mobile Apps with HTML5

Web Page Design
- Designing Effective Websites
- Introduction & Intermediate Dreamweaver CS6
- Write Effective Web Content

Web and Computer Programming
- Intro to Python 3 or Ajax Programming
- Mac, iPhone, and iPad Programming

Basic Computer Literacy
- Computer Skills for the Workplace
- Introduction to Windows 8

Computer Applications
- Intro & Intermediate Visual Basic
- Word, Access, Publisher & Outlook 2016

Graphic and Multimedia Design
- Introduction to Illustrator CS6
- Introduction to InDesign

PC Troubleshooting, Networking, and Security
- Wireless Networking
- Advanced PC Security

Database Management & Programming
- Introduction to MS Access 2016
- Introduction to SQL

Computer Certification Prep
- CompTIA Security+ Certification Prep
- Advanced A+ Certification Prep
- Intermediate A+ Certification: Operating Systems

Digital Photography & Digital Video
- Nature Photography
- Introduction to Lightroom
- Introduction to Digital Scrapbooking

Languages
- Speed Spanish I, II, III
- Spanish for Medical Professionals I, II
- Italian, French or Japanese
- Grammar for ESL
- Discover Sign Language

Writing & Publishing
- Beginning Writer
- Write & Publish Your Nonfiction Book
- Publish and Sell you E-Books

Entertainment Industry Careers
- Introduction to Screenwriting
- How to Get Started in Game Development
- Introduction to Final Cut Pro X

Grant Writing & Nonprofit Management
- A to Z Grant Writing
- Writing Effective Grant Proposals
- Nonprofit Fundraising Essentials

Start Your Own Business
- Marketing Your Business on the Internet
- Start & Operate Your Own Home Business
- Start Your Own Arts and Crafts Business

Sales & Marketing
- Professional Sales Skills
- Marketing Your Business on the Internet

Accounting
- Introduction to Crystal Reports
- Intro & Intermediate Quickbooks 2014

Business Administration
- Distribution and Logistics Management
- Fundamentals of Supervision and Management

Test Prep
- GED, GRE & GMAT Preparation
- LSAT Preparation: Part I & Part II

Personal Finance & Wealth Building
- Keys to Successful Money Management
- Real Estate Investing
- Introduction to Stock Options

Health Care, Nutrition, & Fitness
- Become a Physical Therapy Aide
- Administrative Medical Assistant
- Certificate in Food, Nutrition and Health

Personal Enrichment
- Merrill Ream Speed Reading
- Genealogy Basics
- Mastering Public Speaking

Art, History, Psychology, & Literature
- Romance & Fantasy Novel Writing
- Drawing for the Absolute Beginner

Children, Parents and Family
- Homeschool With Success
- Marriage and Relationships: Keys to Success
- Singapore Math Strategies
- Teaching Students With Learning Disabilities

Law & Legal Careers
- Introduction to Criminal Law
- Employment Law Fundamentals
- Real Estate Law

Health Care—Continuing Education
- Certificate in Spirituality, Health, and Healing
- Certificate in Stress Management
- Certificate in Brain Health

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

Your development as a leader is a journey, and those who succeed are the ones who have a clear destination, an inner compass, and a map of the territory to guide them. Our Leadership Academy focuses on helping you develop as a leader.

To be successful, you need to understand what others expect of you, and your personal leadership strengths and challenges. You also need to be able to mobilize and motivate groups of people to achieve results, and drive organizational change.

You’ll learn the necessary skills in this 8-week certificate program, which is designed to demonstrate and teach the importance of credibility, 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.

Come to Cabrillo Extension’s NEW Leadership Academy and transform into the leader you want to be!

Jennifer Mount has over 15 years of experience in the design and facilitation of leadership development programs throughout the world. She has worked with Fortune 500 Companies such as Microsoft, 3M, and Amgen as well as non-profits, small businesses and entrepreneurs to help enhance employee skills and work performance.

8 Wednesdays, September 25 – November 13
1:00 – 4:30 pm
Classes are held on the Aptos Campus in the 1500 Bldg., 2nd Floor, Room: 1522
Take ALL EIGHT MODULES for just $480 or $68 per module

Leadership Academy Course Modules

Five Practices of Exemplary Leaders
Wed., Sept. 25
1:00 – 4:30 pm
What makes a great leader? You’ll have many answers of your own, but in some very critical ways, your answers are very likely to overlap with the answers discovered by Kouzes and Posner in the 25+ years of research they have conducted that has become, “The Leadership Challenge.”

In this dynamic first session, you will:
• Write your story about a “personal best” leadership experience
• Compare your experience with the 5 Practices of Exemplary Leaders described in “The Leadership Challenge”
• Understand the importance of the 5 Practices to you, your organization, and success
• Explore the critical importance of credibility as a leader, and make a plan to enhance your own.
• Assess yourself according to the 5 practices and make a plan to improve.

Developing as a Leader: Your Personal Story
Wed., October 2
1:00 – 4:30 pm
To be a great leader is a very personal journey. It starts with a rich understanding of the role of a leader, and continues as you clarify 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.
• Develop an understanding of different leadership styles and the impact of each.
• Clarify your personal values, and compare those to your work values.
• Revisit the 5 Practices of Exemplary Leaders and create behavioral goals to guide your development.

Leading Organizational Change
Wed., October 9
1:00 – 4:30 pm
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.
• Compare your top organizational goals to your own daily activities as a way to assess credibility.
• Practice writing clear outcome statements that can guide a project.
• Develop a plan to track progress toward goals as a team.

Making Meetings Work: The Essentials
Wed., October 30
1:00 – 4:30 pm
In today’s workplace, we use meetings to get work done. Unfortunately, many of those meetings are a waste of time, energy and money! In this essential leadership course, you will learn to make the most of your meeting time by learning how to:
• Write an effective agenda
• Design a meeting process that gets results using the 3P method
• Engage the right people, at the right time
• Set effective “rules of engagement” that bring out the best in your meeting participants
• Stimulate the “right kind” of conflict in a meeting
• Capture action items effectively

Leaving Organizational Change
Wed., November 6
1:00 – 4:30 pm
As a leader, you are called upon to lead yourself and others through the change process. Do you have the tools you need? In times of change, it is important for us to deepen our capacity to act with presence, purpose and awareness as we lead others toward new horizons. 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 that will inspire and motivate your team.
• Explore and apply a dynamic model for leading organizational change.

Coaching for Improvement and Development
Wed., November 13
1:00 – 4:30 pm
Developing others is one of our primary responsibilities as leaders. Identifying the strengths and challenges of our team members, and then creating opportunities for them to develop is essential to our team’s success. In this class you will:
• Identify situations in which you need to coach for improvement or coach for development.
• 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.
Supervisory Academy Training Series

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

Throughout this 12-week program, you will learn and practice the skills that will make your job easier and your team more efficient. Come to know yourself better as a supervisor and make effective choices about your leadership development.

Jennifer Mount has over 15 years of experience in the design and facilitation of leadership development programs throughout the world. She has worked with Fortune 500 Companies such as Microsoft, 3M, and Amgen as well as non-profits, small businesses and entrepreneurs to help enhance employee skills and work performance.

Rosario Montes-Arena, MBA, is a Management Consultant, trainer and former Senior Manager in the high tech industry. She has 30+ years experience in developing teams and leaders. Her coaching skills include effective communication, facilitation, and team performance.

### Supervisory Academy Course Modules

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Being a Great Supervisor</td>
<td>Mon., Sept. 23 - Mon., Oct. 1</td>
<td>5:00 – 8:00 pm</td>
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<tr>
<td>Building Trust</td>
<td>Mon., Oct. 7 - Tue., Oct. 15</td>
<td>5:00 – 8:00 pm</td>
</tr>
<tr>
<td>Essential Communication Skills</td>
<td>Mon., Sept. 30 - Tue., Oct. 8</td>
<td>5:00 – 8:00 pm</td>
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<tr>
<td>Understanding Employee Engagement</td>
<td>Mon., Oct. 14 - Tue., Oct. 22</td>
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<tr>
<td>Assessing Your Team’s Effectiveness</td>
<td>Mon., Oct. 21 - Tue., Oct. 29</td>
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<tr>
<td>Coaching for Results</td>
<td>Mon., Dec. 2 - Tue., Dec. 3</td>
<td>5:00 – 8:00 pm</td>
</tr>
<tr>
<td>Conducting Quality Interviews and Selecting the Best Candidates</td>
<td>Mon., Oct. 28 - Tue., Nov. 5</td>
<td>5:00 – 8:00 pm</td>
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<tr>
<td>Managing Performance Part 1</td>
<td>Mon., Nov. 4 - Tue., Nov. 12</td>
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<tr>
<td>Managing Performance Part 2</td>
<td>Mon., Nov. 18 - Tue., Nov. 19</td>
<td>5:00 – 8:00 pm</td>
</tr>
</tbody>
</table>

### Course Descriptions

**Building Trust**

- Explore why trust matters, and the high cost of low-trust work groups
- Define trust, and identify specific behaviors that support it
- Practice communicating with both caring and candor to build trust, and never to diminish it
- Make a plan for improving trust that is tailored to your team

**Understanding Employee Engagement**

- Learn about the key drivers of engagement and assess your team
- Assess your own degree of engagement at work
- Make a plan to sculpt your job to unleash your potential
- Practice conducting a “motivational” interview

**Assessing Your Team’s Effectiveness**

- Understand the stages of team development and how to navigate through each
- Assess your team’s effectiveness by applying six elements of successful teams
- Use the power of a team charter for getting, and keeping, the team on track

**Coaching for Results**

- Discuss common obstacles to effective employee recruitment & development
- Learn the basics of behavioral interviewing
- Practice writing and asking interview questions

**Conducting Quality Interviews and Selecting the Best Candidates**

- Have you ever looked around the office and wondered how certain people were chosen for the position they hold? If so, you know that hiring the wrong person can impact the business results and office morale. The problem is that traditional interviewing methods do not tell us what we need to know about potential job candidates. Dynamic behavioral interview techniques can help us find the right people for the right jobs. Come to this course to:
  - Understand the roles and responsibilities of effective supervisors
  - Evaluate your own supervisory skills and strengths
  - Practice conducting a needs assessment with colleagues
  - Learn key behaviors that set the best supervisors apart from the rest

**Managing Performance Part 1**

- Effective performance management starts with clear expectations, is reinforced through coaching and support—and IS NOT deferred to an annual performance appraisal! In this workshop you will:
  - Assess your own degree of engagement at work
  - Make a plan to sculpt your job to unleash your potential
  - Practice conducting a “motivational” interview

**Managing Performance Part 2**

- A continuation of the prior session, Managing Performance Part 1, in this class you will:
  - Gain insight into creating effective evaluations
  - Identify meaningful ways to address accountability
  - Practice providing clear performance feedback

**Supervisory Academy Roundtable**

- For all of those who have participated in the series, please plan to attend our final class where we will review the themes and concepts from the course, answer all outstanding questions, and use a case-study to apply all that we have learned. Of course, we will also celebrate! Don’t miss this capstone experience!
BUSINESS & TECHNOLOGY

Become a Notary Public
Establish yourself as a Notary Public, earn additional income and provide a service to your community. Successful notaries provide a valuable service to their company, friends and private clients. Notary skills are valuable in almost any industry: real estate, legal, medical and banking to name just a few. After becoming a Notary, train to become a Loan Signing Agent and make $200 to $400 per signing. You’ll be a part of a rewarding and lasting career.

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

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

Register for the exam from 4:00 – 4:30 pm. Exam is from 4:45 – 6:00 pm. For the exam, bring a $40 check payable to “Secretary of State”, current driver’s license or state-issued ID (you must be a legal resident of California), a 2 x 2 passport color photo, and a few #2 pencils. LiveScan fingerprints required after you pass the exam.

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

Please arrive early. Due to state regulations, 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., Nov. 2
8:00 am – 6:00 pm
Room: 405
Register before Sept. 9: $95
Register after Sept. 9: $110
Plus $35 materials fee, paid to instructor in class
Carrie Christensen – see bio

Renew Your Notary Commission
Need to renew your notary commission? A three-hour refresher course is required. You must also be Live Scanned and pass the official Notary exam again. We’ll feature the new state laws passed last year and give you a brush-up on general law to make sure you haven’t fallen into any bad habits.

Your commission must be current to be eligible for a renewing seminar.

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

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

Please arrive early. Due to state regulations, 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., Nov. 2
12:45 – 6:00 pm
Room: 405
Register before Sept. 9: $50
Register after Sept. 9: $58
Plus $35 materials fee paid to instructor in class
Carrie Christensen – see bio

How to Become a Loan Signing Agent
Already a Notary? Now what? Learn how you can easily turn being a Notary into a “flexible” part or full-time career! A Loan Document Signing Agent is a Notary with expertise in signing and notarizing loan documents within the real estate community. Because you are a Notary, you are halfway there! You can earn $50 to $300 per signing. It takes about an hour to complete a signing.

Unlike most online loan signing classes that only teach you to recognize documents, our seminar also gives you hands-on, practical experience that is invaluable to new agents. You learn how to recognize each document in a loan package, how to handle tricky situations, how to interact with clients and signers, and how to find business! Please bring a highlighter and a sack lunch.

Sat., Nov. 16
9:00 am – 4:00 pm
Room: 454
Register before Sept. 9: $95
Register after Sept. 9: $110
Plus $60 for materials fee & certification 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 the course at colleges, universities and vocational schools throughout California

The Basics of Selling on eBay
Learn strategies for selling on eBay in this class designed to enhance your sales success. Create and enhance listings with photo editing and attractive descriptions. Learn ways to use PayPal in conjunction with eBay and set pricing to maximize profits.

This class focuses on using multiple platforms for successful eBay sales, so students must have PayPal, eBay, and email accounts created prior to class, as well as a smartphone. These will be actively used in class to create eBay listings.

Please check the Class Resources page for important details about technology requirements for this class.

Sat., Oct. 19
2:00 – 6:00 pm
Room: 318
Register before Sept. 9: $42
Register after Sept. 9: $48
Register 2 or more: $38 each

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

Recordkeeping for Small Business
Every small business owner needs to understand the numbers! This class will teach the basics of good recordkeeping. We cover the bookkeeping cycle, accrual vs. cash vs. tax accounting, the chart of accounts, journals and general ledger, double entry and single entry bookkeeping.

This class provides an introduction to helping you maintain your accounting records manually or with computerized systems.

Tue., Nov. 12
2:00 – 5:00 pm
Santa Cruz Police Dept. Community Room
155 Center Street, Santa Cruz
Fee: $35
Cathy Van Lloon, MA, is an Intuit Certified QuickBooks Pro Advisor and has been teaching accounting courses at Cabrillo College for over 30 years.

Registration is now OPEN for Fall ’19! *

Be Your Own Boss
Learn what it takes to improve or create your very own business. Plus work towards getting your Entrepreneurship/Small Business Skills Certificate!

Learn more at http://cabrillo.edu/academics/business
or for full course listings visit https://success.cabrillo.edu/Student/Courses/Search?subjects=BUS
OR CALL: (831) 479-6100

Starting and Operating an ECommerce Business (Bus 89)
Planning to create or expand your business online? Bus 89 is perfect for new and existing businesses.
- Sell direct to customers through Amazon and others
- Gain an understanding about revenue sources, website analytics, conversion rates, and social media platforms
Class: Mon & Wed 9:30 am - 10:50 am | Aug 26 - Dec 14, 2019

Starting and Operating a New Small Business (Bus 88)
Plan your business for success! Learn the skills you need to succeed in a new venture.
- Learn from actual entrepreneurs & start-up experts
- Develop your business idea, create a plan and understand the legal steps and start-up capital needed to launch. Use business tools for pricing, promotion, and marketing
Class Options: Either Mondays 6 - 8:15 pm OR Tues & Thurs 9:30 - 10:50 am | Aug 26 - Dec 14, 2019

*PLEASE NOTE: The above listings are academic/credit courses requiring enrollment at Cabrillo College; they are not Cabrillo Extension offerings. For more information about enrolling at Cabrillo, please call (831) 479-6100

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Nonprofit Compliance Made Easy
Keeping your nonprofit in compliance with the agencies it must report to can be challenging, and failure to do so may have disastrous consequences. This 2-hour workshop will offer hands-on tools to help you remain in ongoing compliance and how to return to compliance if it’s been lost. We’ll review the agencies most California nonprofits must report to and what these agencies require. You will leave with an understanding of the roles of the IRS, the Secretary of State, the Franchise Tax Board, and the Attorney General’s office in relationship to your nonprofit organization, and how to communicate with these agencies and satisfy their requirements.

The class will take place in a computer lab and the instructor will be available for individual guidance as you access key government websites during the workshop.

A workbook with class resources, including website links and contact information for agencies, is included in your materials fee.

Sat., Sept. 28
9:00 am – 12:00 noon
Room: 318
Register before Sept. 9: $65
Register after Sept. 9: $74
Plus a $10 materials fee paid at registration
Josh Wagner - see bio

Fund Accounting for Nonprofit Organizations
This course introduces the basic concepts of recording and reporting financial information for nongovernmental nonprofit organizations. Theatrical 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 also covered.

This is a particularly important class for nonprofit board treasurers who have been tasked with “keeping the books.”

Sat., Oct. 12
2:00 – 6:00 pm
Room: 318
Register before Sept. 9: $65
Register after Sept. 9: $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 leads you through the setup and use of the software for basic accounting functions including writing and printing checks, tracking income and expenses, generating financial statements, accounts payable and receivables, 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 the book “QuickBooks Pro for Dummies” is recommended for those who do not own the software.

Students without bookkeeping experience are recommended to take the Recordkeeping for Small Business class (see page 49).

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., Oct. 12 - Nov. 2
9:00 am - 1:00 pm
Room: 318
Register before Sept. 9: $195
Register after Sept. 9: $210
Carol Jensen – See bio

Landlording Made Easy
If you are a landlord, or are thinking about becoming one, this class will provide you with the basics of managing residential real estate. Learn how to legally advertise, screen applicants, develop procedures and build excellent tenant relationships. We will cover the ins and outs of a proper lease, the necessary addendum, and what you can and can’t put into a lease. Know the documentation needed to protect you, the property and the tenant. We will cover basic Fair Housing laws, current issues impacting landlords, and legal requirements with tips and tricks to lead to an easier landlording experience.

A book and thumb drive is included. You will receive: the class presentation, application form, prospect screening form, sample lease, addenda, move in/move out report, forms, letters and notices.

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

Sat., Nov. 9
9:00 am – 3:30 pm
Room: 425
Register before Sept. 9: $90
Register after Sept. 9: $98
Plus $20 material fee payable at registration
Kathleen Richards, MS, MPM, CPC has over 20 years of experience as a property manager and was the owner/broker of an award winning property management company for 13 years.

"Carol is an excellent instructor. She made you comfortable, so you could ask even the most basic accounting/computer questions and not feel stupid. Even after class she would give students one on one time and assistance. Very generous lady!"

~Quickbooks student

Carol Jensen specializes in financial aspects of start-up businesses and is a Registered Tax Preparer (CTEC). Carol has taught QuickBooks and Real Estate at Cabrillo for many years.
**Microsoft Office Overview: Take a Tour!**

In this class, you will get a broad overview of the document creation tools in MS Word, spreadsheet and data management tools in MS Excel, and the options that exist for creating gorgeous slide presentations using MS PowerPoint. We'll move quickly, so you have a chance to "take a tour" of each of these products, and see examples of what they can do. This is a great way to learn which Microsoft Office products are best for the tasks you want to complete.

Join the community of world-wide users of Microsoft Office to learn the skills needed for virtually all workplace or personal uses.

Required: Essential Computer Skills or equivalent knowledge.

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

**Microsoft Excel: Level 1**

This introductory class is for the computer user who wants to become proficient in Excel 2016.

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: Completion of Essential Computer Skills (previous page) or equivalent skills.

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

**Microsoft Excel: Level 2**

This intermediate level class covers more complex skills than those presented in Excel 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; auditing formula errors, and more.

Required: Microsoft Excel Level 1 or equivalent.

A comprehensive manual/textbook is included.

**Microsoft Excel: Level 3**

This advanced level class introduces highly complex Excel 2016 skills. Topics covered include: creating pivot tables, pivot charts, and macros; using financial functions; using data analysis and validation tools; advanced formatting techniques; sharing workbooks and tracking changes; merging multiple workbooks; integrating Excel with other programs, and more.

Required: Microsoft Excel Level 2 or equivalent.

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

**Microsoft Word: Level 1**

This introductory class is for the computer user who wants to become proficient in Word 2016.

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: Completion of Essential Computer Skills (previous page) or equivalent skills.

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

**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 2016 Level 1 or equivalent skills.

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

**Microsoft Word: Level 3**

This advanced level class introduces highly complex Word 2016 skills. Topics covered include: creating pivot tables, pivot charts, and macros; using financial functions; using data analysis and validation tools; advanced formatting techniques; sharing workbooks and tracking changes; merging multiple workbooks; integrating Word with other programs, and more.

Required: Microsoft Word 2016 Level 2 or equivalent skills.

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

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**Essential Computer Skills**

Whether you want to update your skills, need to review the basics before progressing to another technology-based class, or are new to computers, this one-day class will give you a solid foundation and clear understanding of essential tools and basic functions. If you’ve ever saved a file but couldn’t find it later, or wanted to cry or curse because your computer was doing something you couldn’t understand, this class will help!

If you’ve been using computers for quite some time, but find yourself frustrated when you try to learn new technology tools, this class will help!

First, we’ll present a brief overview of computer components and their functions. Become familiar with the Windows interface for PC’s, and then work on how to manage your files. You will leave with an understanding of the roles of computer hardware and software; operating systems and applications; how to navigate your Windows desktop and control windows; move and copy files; create folders and folder hierarchy; use the recycle bin, and many more essential tools for stress-free success!

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

**How to Use a Smartphone**

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

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

**Microsoft Office Overview: Take a Tour!**

In this class, you will get a broad overview of the document creation tools in MS Word, spreadsheet and data management tools in MS Excel, and the options that exist for creating gorgeous slide presentations using MS PowerPoint. We’ll move quickly, so you have a chance to “take a tour” of each of these products, and see examples of what they can do. This is a great way to learn which Microsoft Office products are best for the tasks you want to complete.

Join the community of world-wide users of Microsoft Office to learn the skills needed for virtually all workplace or personal uses.

Required: Essential Computer Skills or equivalent knowledge.

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

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**Microsoft Excel: Level 1**

This introductory class is for the computer user who wants to become proficient in Excel 2016.

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: Completion of Essential Computer Skills (previous page) or equivalent skills.

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

**Microsoft Excel: Level 2**

This intermediate level class covers more complex skills than those presented in Excel 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; auditing formula errors, and more.

Required: Microsoft Excel Level 1 or equivalent.

A comprehensive manual/textbook is included.

**Microsoft Excel: Level 3**

This advanced level class introduces highly complex Excel 2016 skills. Topics covered include: creating pivot tables, pivot charts, and macros; using financial functions; using data analysis and validation tools; advanced formatting techniques; sharing workbooks and tracking changes; merging multiple workbooks; integrating Excel with other programs, and more.

Required: Microsoft Excel Level 2 or equivalent.

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

**Microsoft Word: Level 1**

This introductory class is for the computer user who wants to become proficient in Word 2016.

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.

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Required: Microsoft Word 2016 Level 2 or equivalent skills.

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

Introduction to Medical Insurance Billing
One of the physician's most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to follow up and collect on billed claims. You will learn:

- How to bill Medicare, Medicaid (MediCal in California), TRICARE and CHAMPA
- Updated information on the new Medicare contractor, Noridian Healthcare Solutions
- Learn how to keep current with changes in rules and regulation of government plans
- How to read an Explanation of Benefits (EOB)

Sat., October 19
9:00 am – 3:30 pm
Room: 1605

Medical Insurance Billing, Part II
For those students who have completed the intro course or those who are already Billers and want to further their knowledge in medical billing. You will learn:

- The difference between PPO’s, HMO’s, IPA’s and other managed care issues
- The ins and outs of contracting with managed care plans
- HCPCS Level II coding—when to use these codes
- Analyze and solve difficult billing problems, denial management
- HIPAA—Health Insurance Portability & accountability Act
- Open discussions on various issues of concern

Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing

Mon. & Tue., October 21 & 22
6:30 – 8:30 pm
Room: 1605

CPT, ICD9, ICD10 & HCPCS Coding
In this course the student will learn the difference between CPT, ICD9, ICD10 and HCPCS codes and when to use them for billing claims:

- Indicating the appropriate diagnosis codes
- Code the primary reason for each patient visit
- Appropriate procedure codes for insurance companies
- Learn billing for supplies, injections and dental claims

Sun., October 20
9:00 am – 3:15 pm
Room: 515

Workers' Compensation & Personal Injury
Learn how to bill California Workers’ Compensation and Personal Injury cases. Some of the areas this workshop will cover are:

- Overview California’s Workers’ Compensation
- Workers’ Compensation Appeals Board Liens
- Learn tips for screening patients up front
- Maximizing reimbursement
- Turning objection letters into payments
- Negotiating with attorneys on lien cases
- Automobile insurance carriers and personal injury

Prerequisite: Experience as a medical biller or have taken Intro to Medical Insurance Billing

Sat., October 26
9:00 am – 1:00 pm
Room: 1605

Computerized Medical Insurance Billing Orientation
(A Home Study Course)
First, meet the instructor for a 15-minute orientation to receive course material and information on obtaining your username and password. (Windows 98 or above required)

You’ll learn how to set up a medical practice using your own computer.

This course must be completed within 1 month. (Most students complete the course material within 6 to 8 hours). You will have the assistance of an instructor via email.

In this hands-on course you will set-up the following:

- Practice & Provider information
- Practice superbill
- Patient/Guarantor information
- Insurance companies to be billed
- Post charges, payments and adjustments
- Print insurance claims, patient statements & management reports
- Create database for electronic claim submission

Prerequisite: Experience as a medical biller or completion of previous classes.

Sun., October 20
3:15 – 3:30 pm
Room: S15

Certificate Program includes:
- Introduction to Medical Insurance Billing
- Advanced Medical Insurance Billing, Part II
- CPT, ICD9, ICD10 & HCPCS Coding
- Workers’ Compensation & Personal Injury
- Computerized Medical Insurance Billing (A Home Study Course)

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

Those who complete the Certificate Program will receive a Certificate of Completion issued by the college.

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

Take the Entire Medical Billing Certificate Program For Just $395

Plus a materials fee of $285 for all textbooks, workbooks & tutorial software. Materials fees are payable directly to instructor in class.

Start Your Own Medical Billing Service
Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. In this class you will learn:

- How to obtain clients & setting your fees
- What other services a billing service could offer
- Marketing your services
- Where to obtain HIPAA compliant software
- Sample HIPAA Business Associate Agreement & Independent Contractor Agreement
- How to obtain updates from insurance companies
- Sole Proprietorship, Partnership, Corporation & LLCs discussed

Sat., October 26
1:00 – 3:00 pm
Room: 1605
Fee: $65

Plus $29 material fee payable to instructor

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

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

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

Wed. & Thu., October 23 & 24
6:30 – 8:30 pm
Room: 1605
Fee: $105

Plus $79 material fee payable to instructor in class (Includes workbook & tutorial software)

TAKE THE ENTIRE MEDICAL BILLING CERTIFICATE PROGRAM FOR JUST $395

Plus a materials fee of $285 for all textbooks, workbooks & tutorial software. Materials fees are payable directly to instructor in class.

Elective Courses
- Room: 1605
- Date: Sat., October 20
- Duration: 9:00 am – 1:00 pm
- Fee: $105

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

TAKE THE ENTIRE MEDICAL BILLING CERTIFICATE PROGRAM FOR JUST $395

Plus a materials fee of $285 for all textbooks, workbooks & tutorial software. Materials fees are payable directly to instructor in class.

To register call 479-6331 or visit us online at www.cabrillo-extension.org
Dynamic Listening and Questioning
In order to improve how we give and receive information, we have to become engaged listeners and ask better questions. This course is designed to activate your listening skills and to probe with valuable questions so that you understand a person’s intent and obtain quality information. In this class you will:
- Develop good listening techniques
- Ask high gain questions to deepen your understanding
- Articulate information and demonstrate dynamic listening

Creative Problem Solving & Effective Decision Making
We make decisions and solve problems every moment, yet it is a constant struggle with dueling options and important choices. In this course, you will learn the fundamentals of the problem solving and decision making process. This process allows you to get to the heart of problems and decision so that you solve the right problem and feel confident in your choices.
In this class you will:
- Prepare yourself for problem solving and decision making
- Identify parameters for the problem or decision
- Investigate the root cause of problems and criteria for decisions
- Choose a solution with an evaluation grid

Five Practices of Exemplary Leaders
What makes a great leader? You’ll have many answers of your own, but in some very critical ways, your answers are very likely to overlap with the answers discovered by Kouzes and Posner in the 25+ years of research they have conducted that has become, “The Leadership Challenge.” In this dynamic class, you will:
- Write your story about a “personal best” leadership experience
- Compare your experience with the 5 Practices of Exemplary Leaders described in “The Leadership Challenge”
- Understand the importance of the 5 Practices to you, your organization, and success
- Explore the critical importance of credibility as a leader, and make a plan to enhance your own.
- Assess yourself according to the 5 practices and make a plan to improve.
Wed., Sept. 25
1:00 – 4:30 noon
Room: 1522
Fee: $68
Jennifer Mount - see bio

Building Emotional Intelligence and Self-Awareness
To be Emotionally Intelligent means to have and demonstrate self-awareness and to be able to self-regulate, so that you can communicate with a higher degree of competence. Emotional Intelligence and self-awareness are critical skills in work and in everyday life. In this module you will:
- Understand the 4 components of Emotional Intelligence
- Practice 2 powerful techniques for developing greater self-awareness
- Learn 3 ways to “prime” yourself for greater success
Wed., Oct. 9
1:00 – 4:30 noon
Room: 1522
Fee: $68
Jennifer Mount - see bio

Influential Presentations
Presentations are a way to motivate people to take action. This course is designed to breakdown the structure of an influential presentation and strengthen the delivery for maximum impact. In this class you will:
- Create an effective presentation structure and narrative
- Choose the information that will be most influential to your audience
- Present data in a visually appealing manner
- Compose a meaningful script
Wed., Nov. 20
6:00 – 9:00 pm
Room: 1522
Register before Sept. 9: $58
Register after Sept. 9: $64
Register 2 or more: $52 each
Jennifer Mount - see bio

Business Motivators
Develop your business acumen and effective decision by understanding the fundamentals of business. This course will provide a framework for understanding the key motivators that drive value for an organization as well as prioritizing the critical activities that support the business. Learn how to be seen as a credible resource for your organization’s value proposition. In this class you will:
- Analyze how organizations create value
- Assess the alignment of business unit activities to organizational goals
- Examine your organization’s ability to shift with industry changes
Mon., Dec. 2
6:00 – 9:00 pm
Room: 1522
Register before Sept. 9: $58
Register after Sept. 9: $64
Register 2 or more: $52 each
Jennifer Mount - see bio

Building Stakeholder Confidence and Commitment
Serving our colleagues and gaining the support of key stakeholders and decision makers across an organization often proves to be a challenge. Assessing each other’s business needs and providing strategic guidance are critical to the successful functionality of an organization. This course is designed to use proven techniques to identify and address different categories of stakeholder needs and objections. This understanding will allow you to build trust, support, and commitment from key business partners and stakeholders. In this class you will:
- Organize a stakeholder evaluation to identify influential business partners
- Uncover stakeholder needs and address objections
- Employ persuasive tactics to gain support for recommendations
Wed., Dec. 11
6:00 – 9:00 pm
Room: 1522
Register before Sept. 9: $58
Register after Sept. 9: $64
Register 2 or more: $52 each
Jennifer Mount - see bio

Jennifer Mount’s 15+ years of experience as a Workforce Performance Consultant has crossed the globe and includes many industries. She has worked with Fortune 500 Companies such as Microsoft, 3M, and Amgen as well as non-profits, small businesses, and entrepreneurs to help enhance employee skills and develop the next generation of leaders. She has a passion for the design and delivery of professional and leadership education. Jennifer holds a BA from Providence College in Education, an MBA from the University of San Francisco, as well as a Professional and Executive Coaching Certification. Jennifer has brought her experience and expertise back to her local community as a Contract Instructor/Consultant with Cabrillo College Extension. She now partners with community members and Santa Cruz County organizations to reach their full performance potential.
Jennifer also volunteers her time with Sister Share, a local community organization that supports women and young girls to become great leaders. Jennifer loves to hike, garden, dance, or share a good meal with family and friends.
College Planning:
Finding Colleges That Fit and How to Afford Them

Are you concerned about your child’s path to college? Do the application requirements and deadlines seem confusing? Is it hard to imagine how you can afford to pay for one (or more) college educations? If you are a parent with a middle or high school student, this class will help you and your student prepare for college. We’ll discuss how to search for colleges that fit, understand what admission committees are looking for, write that dreaded essay and create an excellent resume.

Even if your child gets into the college of their choice, paying for college is one of the largest expenditures most parents face in their lifetimes. In this class we will discuss strategies that can help you reduce college costs through planning, various savings methods, and tax strategies. We will also discuss how you can maximize potential financial aid with some advanced planning.

This class will help you understand the selection and application process, and avoid many of the common mistakes that can cost your family hard-earned money.

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

2 Thu., Sept. 19 & 26
6:45 – 8:45 pm
Room: 432
Register before Sept. 9: $54
Register after Sept. 9: $62

Accelerated Learning Techniques for Students (ages 12–15)

In today’s rapidly changing technological society, knowing how to learn is one of the most valuable skills we can have. Unfortunately, most of us were never actually taught how to learn. Because of this, many people find learning to be an unpleasant chore rather than a fun and exciting adventure. Well, no more! Learning is fun, especially when you know how to do it quickly and efficiently.

It doesn’t matter if you are a straight-A student or barely passing, you can do better in less time! This interactive and entertaining funshop teaches you how to learn faster and have fun while doing it. You will learn the tools and techniques necessary to unlock the amazing potential of your brain and start achieving more than you ever thought possible.

We’ll focus on the skills necessary to help you right now, as well as prepare you for the transition to either high school or college.

Sat. & Sun., Sept. 21 & 22
1:00 – 4:00 pm
Room: S25
Register before Sept. 9: $68
Register after Sept. 9: $75

Dr. Joe McCullough is the Physics Program Chair at Cabrillo College where he has been teaching for the last 15 years. He is also a certified trainer and best-selling author of Accelerated Learning Techniques for Students.

Chamber Music Program (ages 7–18)

This five-week class will take place following the Cabrillo Youth Strings Orchestra program. To further enhance ensemble skills, students will meet in smaller groups (quartets). Music could include Classical, Fiddle or Jazz selections. A special recital will be held at the conclusion of the program to share our accomplishments with friends and family.

Students should be able to perform at Minuet 1 level with note-reading skills.

5 Fridays, Nov. 1 - Dec. 6 (no class Nov. 29)
4:15 – 5:55 pm
Room: VAPA 5158
Samper Recital Hall, VAPA 5100

Fee: $225
Instructors: Nancy Kvan, Caleb Murray, Renata Bratt and Don Adkins

EASY ONLINE REGISTRATION AT:
www.cabrillo-extension.org
Motorcycle Safety Training

Our award-winning motorcycle safety class is the only CMSP (California Motorcycle Safety Program)-approved class in Santa Cruz County!

Our program received CMSP Awards for Excellence of Rider Coaches and Range Safety.

Successful completion of the Motorcycle Training Course fulfills the DMV requirement for under-21 riders. Riders over 21 also benefit, since successful completion of the course may waive the riding skills test at the California DMV, and insurance discounts may be available.

Class size is extremely limited, and classes fill early!

SCHEDULE:
Each class consists of 4 meetings total:
2 consecutive Thursday evenings
(6:30pm to 10pm) and 2 consecutive Saturdays.

Due to limited daylight in late fall and winter, we offer only Saturday morning range classes. Please plan accordingly. The times for the range portion of the class are listed below:

**Saturday MORNING sessions:**
1st Saturday 7:30 am – 11:45 am
2nd Saturday 7:00 am – 12:00 pm

**Saturday AFTERNOON sessions:**
1st Saturday 12:45 pm – 5:00 pm
2nd Saturday 1:00 pm – 6:00 pm

FEES:
Fee for students under 21: $180
Fee for students 21 and older: $258

For Class Schedule and online registration, see: http://www.cabrillo.edu/services/extension/motorcycle.html

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Motorcycle Safety School and Youth Programs have separate registration forms, and different refund policies. Please see our website for more information.

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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.

Registration is Easy!
- The fastest way is to use our online registration at: www.cabrillo-extension.org, which is available 24 hours a day, 7 days a week.
- Or, 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.

Discounts for Registration
All classes have regular fees listed. Some have “Early Bird” or “Bring a Friend” discounts. Discounts do not apply to all classes, and only one discount may be applied per registration. Registrations that are mailed in must include the appropriate fee, based on how many people you register, and any materials fees. Late registrants may find a class full, and delayed registration may result in a cancelled class. If you have questions, please call us and we’d be happy to help!

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

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

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MAIL-IN FORM for ADULT REGISTRATION ONLY—please send the completed form below to:
Cabrillo College Extension, Bldg. 2100A, 6500 Soquel Drive, Aptos, CA 95003

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

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

Card # ____________________________ Expiration Date ____________________________

Signature ____________________________

(Required) (Required)

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If you are mailing in a registration please choose the appropriate fee based on date of registration. Late registrants may find a class already filled, and delayed registration may result in canceled classes.
Everyone parking on the Cabrillo campus must have either a semester permit or day pass—parking regulations are enforced 24/7. Day passes cost $4 and are available in vending machines. Parking is permitted ONLY in spaces designated for STUDENTS. Do not park in staff-designated spaces!

Campus Roads
Accessible Path
Buildings
Parking Lots & Structures
Sports Fields & Courts
Lawn, Campus Features
Student Parking (with permit)
STAFF ONLY Parking (no students or drop-offs)

PARKING

Below are quick-reference maps to some of our off-campus class locations. Please be sure to check our website to view an interactive map of the Aptos campus (just click on the buildings to see rooms at http://cabrillo.edu/home/about/cmap/index.html), or download PDF campus maps and off-site locations at: http://www.cabrillo.edu/services/extension/resources.html

PLANNING YOUR TRIP TO CAMPUS?
Check out the link below for maps, directions, and parking info online (including downloadable PDFs!)
http://www.cabrillo.edu/services/extension/resources.html

LOOKING FOR CABRILLO EXTENSION?
Office Location: Building 2100A (on lower campus)
Office Hours:
Monday – Friday, 9 am – 5 pm
Phone: (831) 479-6331
Online: www.cabrillo-extension.org
Looking for a convenient and affordable location to hold a meeting, event or conference?

Cabrillo College can help!

Cabrillo College offers state-of-the-art facilities and outdoor spaces to rent for any special occasion, meeting, corporate event, or performance. Small or large. Dress up or down. Night or Day. Weekday or Weekend. Cabrillo College is easily accessible by public transportation and major highways, making it an ideal place to host your next event.

Facilities include smart classrooms, lecture halls, state-of-the-art theaters, a sports complex, weddings in the historic Sesnon House, and parking lots for ancillary community events. Both Watsonville and Aptos campuses offer a range of facilities, rental equipment, and support services all provided at reasonable rates.

General Facility Rentals including the Horticulture Center
Phone: 831.479.6332 | Web: cabrillo-extension.org

VAPA Performing Arts Complex including
Crocker Theater & Samper Recital Hall
Phone: 831.479.6146 | Web: cabrillovapa.com

Historic Sesnon House located on the Aptos Campus
Phone: 831.479.6229 | Web: sesnonhouse.com

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History & Nature
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Culinary

Health & Wellness
Take time to care for you, and those around you, in these workshops focused on health and wellness. Ignited Women, Kick Start Your Health, Soap Making, and Herbal Lotion Making. Page 32

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