REGISTER BEFORE MARCH 30th FOR DISCOUNTED FEES ON SELECT CLASSES!

REGISTER ONLINE: cabrillo.edu/extension
OR CALL: (831) 479-6331
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 hygiene, and selection of the best fish cuts for sushi. Students will enjoy a lunch of their sushi creations along with delicious miso soup made from locally made Hakuyu miso.

Students will go home 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., May 3
1:00 – 4:00 pm
Ohlsen Foods (see map, page 61)
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Sean Adams - see bio

Knife Skills, Selection and Care
Have you ever wondered whether you were using the right knife in the kitchen, or using it correctly? Are you sure that the knife you are using is the right knife for the size of your hand, or what you love to cook? Do you know how to sharpen your knives, and properly care for your knives, to ensure that they last a lifetime — because they will if you take good care of them!

In this class students will learn how to select the right knife for everyday use and 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 save you time, and help save you from accidents. Students will learn to master some of the more challenging cuts as we prepare a classic French-inspired menu of scalloped potatoes, whole roasted pan chicken atop a medley of local root veggies, caramelized onion gravy, and a salad nicoise.

Students may bring their favorite knives from their kitchen. Please be sure knives are in their sheaths, or bring them safely wrapped in a towel or heavy cover. Your instructor will demonstrate simple knife sharpening and honing techniques, or heavy cover. Your instructor will demonstrate simple knife sharpening and honing techniques, and students may sharpen their knives before class. Loaner knives will be provided for anyone who doesn’t have or want to bring their own.

Sun., May 17
2:00 – 5:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Sean Adams has had a lifelong passion for food, community, and local produce. He is an advanced student in the Cabrillo Culinary Arts and Hospitality Management program, an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

Vegan Sandwiches & Spreads
Get ready for summer backpacking and picnic season as you learn to make three fillings for delicious vegan sandwiches. In this hands-on workshop students will learn about alternative, plant-based sandwich strategies that are tasty and satisfying, as they prepare curried tofu salad, chickpea salad, and bean patties as the main focus of the fillings. We will also learn and prepare recipes for spreads and garnishes to complete our three unique vegan sandwiches made from locally sourced, organic ingredients. We’ll be tasting as we’re making, and each student will leave with a packet of recipes and a container of sandwich fillings that we made together — yum!

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

Tue., May 12
6:00 – 9:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Suzanne Tuescher is the Chef at Happy Girl Kitchen in Monterey, a CA State Licensed Cannery & viable organic vegetarian business, which has been awarded ‘The Best Restaurant for Vegetarians’ for the past 5 years!
Stuffed and Fresh: Handmade Ravioli, Pasta and Sauce

Italian comfort food is the best. Spend the afternoon making your own handmade pasta and ravioli, and learn firsthand 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 Alfredo. Come hungry as everyone will get their fill of pasta from this class!

Sun., May 31
6:00 – 9:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration

Sean Adams

Grilling Basics: Marinades, Rubs & Brines

Get ready to take your backyard BBQing to the next level! In this class students will discuss and prepare custom marinades, spicy and fragrant dry rubs, and tangy brines. We will discuss meat selection and purchase, the differences between cooking with charcoal or propane gas, and other unique grilling methods such as plank grilling. Each student will leave with a list of recipes, basic guidelines for meat selection and grilling, 1 lb. of beef, 1 lb. of pork—seasoned or marinated—and a prepared quarter chicken, all ready for your next backyard BBQ!

If you would like to avoid the use of plastics, please bring 3 clean two-quart wide mouth glass jars with secure lids. Otherwise the prepared meats will be taken home in zip-lock bags that are provided in class.

Sun., May 31
2:00 – 5:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $35 materials fee paid at registration

Sean Adams has had a lifelong passion for food, community, and local produce. He is an advanced student in the Cabrillo Culinary Arts and Hospitality Management program, and an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

Cheese Making at Home

Do you LOVE cheese? Have you ever wondered how tangy, fresh, rich cheeses are made, or have you wanted to learn to make them at home? In this workshop we will cover the basics of making delicious, fresh cheese that will delight your friends and dinner guests! We will unravel the many mysteries of home cheesemaking and empower you to get started. Through in-class demonstrations, you will learn to make a chevre, ricotta, yogurt and kefir using organic dairy products.

Students take home some of the cheese we make, and we will all share cheese samples with other tasty treats during class.

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

Sat., June 13
10:00 am – 1:00 pm
Room: 908
Register before May 28: $84
Register after May 28: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration

Jordan Champagne was inspired to create community canning events while attending a lecture by organic farming guru Wendell Berry. She writes a seasonal column, The Preservationist, in Edible Monterey, and is the co-owner and founder of Happy Girl Kitchen, a CA State Licensed Cannery & viable organic vegetarian business.

Foodie Field Trips

Local, Fresh, Handmade Sausage

We’ll begin at Corralitos Meat Market, a local mecca with more than 30 varieties of house-made fresh and smoked sausages. They are a self-defined “old world style honest to goodness real butcher shop” that smokes their sausages with fruit wood, and some are made from recipes that have been handed down for generations! We’ll have a discussion about meat selection, sausage making and smoking, and purchase a selection of their amazing, handmade sausages to take back to the Cabrillo kitchen, where we’ll prepare a meal with their specialty sausage and meats.

Sun., April 19
1:00 – 5:00 pm
Room: 908 and off-site at Corralitos Meat Market in Corralitos
Register before March 30: $95
Register after March 30: $110
Register 2 or more: $88 each
Plus $30 materials fee paid at registration

Charles Lambert, from Ocean2Table, holds a BS in Environmental Studies, focusing on Fisheries Management, and has worked for the Department of Fish and Game as a Field Biologist. He has been an avid fisherman since a young age, and his passion and appreciation of our oceans is clear to everyone who meets him.

Selecting and Cooking Local, Sustainable Fish

We’ll begin at H&H Fish Market at the Santa Cruz Harbor to learn about the local seafood available that day and sustainably harvested fishing methods. With help from the H&H team, we will select some local fish to take back to the Cabrillo Kitchen where we’ll prepare a delicious meal planned around our fresh and local selections! We’ll also have a discussion with Charlie from Ocean2Table about community supported fisheries like Ocean2Table and H&H, and how they provide fish that creates much tastier meals and better health outcomes for our bodies, our society and our planet.

Sat., May 16
10:00 am – 2:00 pm
Room: 908 and off-site at H&H Fish in Santa Cruz
Register before March 30: $95
Register after March 30: $110
Register 2 or more: $88 each
Plus $30 materials fee paid at registration

Sean Adams - see bio

Culinary classes are appropriate for students aged 16 years and older (unless otherwise stated in class description). Students must wear closed-toe shoes, long pants and plan to tie hair back or under a hat. Bring your own apron—it’s optional, but encouraged!
How to Make a Delicious Roasted Chicken

Sometimes the most comforting meal is an aromatic, moist, perfectly roasted chicken. In this workshop students will learn how to make an easy yet beautiful fruit platter without much effort, a salmon and roasted veggie benedict, asparagus and goat cheese frittata, a yogurt and homemade granola parfait, and finish off our delicious brunch menu with virgin peach and raspberry bellinis with sparkling juice.

Sat., March 21
9:00 am – 12:00 noon
Room: 908
Fee: $95
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Megan Bailey - see bio

Breakfast and Brunch Series

Why wait in line on the weekend for breakfast or brunch when you can make a great spread in your own kitchen to enjoy with family and friends at home? Whether you are hosting a special gathering or you just love the fragrant, comforting foods of breakfast and brunch, you will get practice with culinary techniques, and great ideas for menu items and presentation.

Breakfast and Brunch 1
This is the first class in our 2-part Breakfast and Brunch series!
In this class students will learn how to make an easy yet beautiful fruit platter without much effort, a salmon and roasted veggie benedict, asparagus and goat cheese frittata, a yogurt and homemade granola parfait, and finish off our delicious brunch menu with virgin peach and raspberry bellinis with sparkling juice.

Sat., March 21
9:00 am – 12:00 noon
Room: 908
Fee: $95
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Megan Bailey - see bio

Breakfast and Brunch 2
This is the second class in our 2-part Breakfast and Brunch series!
In this class we will make eggs benedict with bacon, sautéed spinach, home fries, a Spanish omelet, and sweet berry scones to round out the menu—yum! Students will learn how to make hollandaise sauce, perfect poached eggs, crispy bacon, the best home fries ever, and crowd-pleasing Spanish omelets.

Sun., April 26
10:00 am – 1:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Seán Adams - see bio

Perfect Paleo: Healthy and Delicious Recipes

Whether you’re an avid paleo dieter, or are just interested but not sure where to start, this class will take you through the ins and outs of paleo cooking. We will prepare and enjoy delicious paleo dishes together, and along the way learn methods for preparing sauces, salads, and grilled meats, using fresh ingredients that are pure protein, vegetables, fruits, and nuts—no grains or any processed food! This workshop will give you great ideas for meals that are super healthy, simple, and leave you feeling great!

Sun., March 22
2:00 – 5:00 pm
Fee: $95
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $30 materials fee paid at registration
Seán Adams has had a lifelong passion for food, community, and local produce. He is an advanced student in the Cabrillo Culinary Arts and Hospitality Management program, and an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

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., May 2
9:00 am – 12:00 noon
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Megan Bailey is an instructor with the Cabrillo College Culinary Arts and Hospitality Management program.

Date Night Couples Cooking in the Sesnon House

Do you have a food crush? Join us for a casual evening with someone you love, and love to cook with. Join us for a playful evening using seasonal and local ingredients to prepare and eat a romantic dinner for two. Sip a glass of wine and enjoy delicious hors d’oeuvres while cooking with your crush. What a great way to spend a Saturday night!

Appropriate for students 21 years and older. Please wear closed-toe shoes, long pants, an apron, and please plan to tie your hair back or under a hat.

Pho Soup and Coconut Mango Tapioca

Sat., April 4
5:30 – 8:30 pm
Room: Sesnon House
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Megan Bailey - see bio

How to Spend a Saturday Night

Let’s spend a Saturday night! Cooking with your crush. What a great way to get practice with culinary techniques, and great ideas for menu items and presentation.

Sat., May 23
5:30 – 8:30 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Megan Bailey - see bio

Springtime Appetizers

Go to your next gathering with a plateful of these appetizers and be the hit of the party! Sip a glass of wine and unwind as we prepare these easy appetizers: arugula and fava-bean crostini, spring vegetables and goat cheese dip, deviled green eggs with roasted red peppers and capers, and lettuce cups with stir fried chicken. Appropriate for students 21 years and up. Please wear closed-toe shoes, long pants, an apron, and hair tied back or under a hat.

Breakfast and Brunch Series

This is the first class in our 2-part Breakfast and Brunch series!
In this class students will learn how to make an easy yet beautiful fruit platter without much effort, a salmon and roasted veggie benedict, asparagus and goat cheese frittata, a yogurt and homemade granola parfait, and finish off our delicious brunch menu with virgin peach and raspberry bellinis with sparkling juice.

Sat., March 21
9:00 am – 12:00 noon
Room: 908
Fee: $95
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Megan Bailey - see bio

Perfect Paleo: Healthy and Delicious Recipes

Whether you’re an avid paleo dieter, or are just interested but not sure where to start, this class will take you through the ins and outs of paleo cooking. We will prepare and enjoy delicious paleo dishes together, and along the way learn methods for preparing sauces, salads, and grilled meats, using fresh ingredients that are pure protein, vegetables, fruits, and nuts—no grains or any processed food! This workshop will give you great ideas for meals that are super healthy, simple, and leave you feeling great!

Sun., March 22
2:00 – 5:00 pm
Fee: $95
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $30 materials fee paid at registration
Seán Adams has had a lifelong passion for food, community, and local produce. He is an advanced student in the Cabrillo Culinary Arts and Hospitality Management program, and an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

Classic Chez Panisse Desserts

Your instructor’s mother was the first lunch chef at the famed Chez Panisse restaurant. She used the recipes she learned at Chez Panisse when she opened her own bakery, La Farine. After growing up making these recipes with her mother, Mima went on to work for Alice Waters at Chez Panisse, making the recipes just as her mother had! In this class you will learn to make these classic, delicious, and ever-popular desserts that have been made by two generations of Mima’s family! You’ll learn to prepare chocolate pave, almond torte, as they build their own torte with 3 kinds of chocolate mousse, and fancy accoutrements.

Whether you are a chocolate lover, a Francophone (French speaker), or a Francophile (lover of all things French), this workshop offers the chance to practice or learn your French, and prepare a rich, dense, delicious chocolate torte. Each student will learn what distinguishes a cake from a tart, as they build their own torte with 3 kinds of chocolate mousse, and fancy accoutrements. Students will go home with 5 recipes in French to promote further exposure to chocolate and French!

Tue., June 2
6:00 - 9:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus a $15 materials fee paid at registration
Megan Bailey is an instructor with the Cabrillo College Culinary Arts and Hospitality Management program.

Bonjour Chocolatiers

Whether you are a chocolate lover, a Francophone (French speaker), or a Francophile (lover of all things French), this workshop offers the chance to practice or learn your French, and prepare a rich, dense, delicious chocolate torte. Each student will learn what distinguishes a cake from a tart, as they build their own torte with 3 kinds of chocolate mousse, and fancy accoutrements. Students will go home with 5 recipes in French to promote further exposure to chocolate and French!

Tue., June 2
6:00 - 9:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus a $15 materials fee paid at registration
Mima “Mima” Lecocq is a Cabrillo College Culinary Arts faculty member. She owned her own take out and catering business, “Carried Away,” for 15 years. Mima grew up in a French bakery (La Farine) and while in college worked at Chez Panisse.

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
**CANNING & FERMENTING**

**Activated Dough into Mouth-Watering Morning**
Experience the magic of making a simple yeast dough and take home 10 unbaked cinnamon rolls ready to pop in the oven! Each student takes home 12 baked cinnamon rolls and some dough to continue the creative process at home. Classic cinnamon rolls, pain au chocolat, and savory croissants are on the menu!

Thu., March 19
6:00 – 9:00 pm
Room: 908
Fee: $95
Plus $20 materials fee paid at registration
Anne Baldzikowski - see bio

**CROISSANT WORKSHOP**
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 high quality 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!

Tue., April 28
6:00 – 9:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Register before March 30: $95
Register after March 30: $105
Room: 908
Fee: $95
Plus $20 materials fee paid at registration
Anne Baldzikowski - see bio

**KEY LIME PIE FOR PI DAY!**
Everyone will bake and take home an entire key lime pie in this fun class! Pi Day is celebrated nationwide on March 14th (3/14). Pi is the symbol used in mathematics to represent a constant…like the never-ending circumference of a pie! Celebrate this amazing number, (and Einstein's birthday!) with Chef Anne in the Cabrillo bake shop by creating your very own delicious key lime pie topped with a billowy peak of whipped cream!

Sat., March 14
10:00 am – 1:00 pm
Room: 908
Fee: $95
Plus $15 materials fee paid at registration
Anne Baldzikowski - see bio

**GLORIOUS FRUIT TARTS**
Celebrate the sweet colorful fruits of the spring by learning how to bake a beautiful fresh fruit tart. Learn how to work with rich short dough and fruit glazes. Everyone takes their 9-inch fruit tart home all boxed up and ready for a party!
P.S. Mother’s Day is the very next day!

Sat., May 9
10:00 am – 1:00 pm
Room: 908
Fee: $95
Plus $25 materials fee paid at registration
Anne Baldzikowski - see bio

**LIVE CULTURE FERMENTATION:**
**SAUERKRAUT AND KIMCHI**
Fermenting is one of their favorite things to do at Happy Girl Kitchen! This workshop will begin with an introductory sermon on live culture fermenting, the history and benefits, and include a tasting of various vegetable ferments. Then students get hands-on in the kitchen to make a huge bowl of cabbage kraut, then spicy kimchi. Todd will divulge all of their secrets on how to get the right texture and flavor for sour vegetables and pickles. He will cover salt content, temperature, texture and storage time, plus unique flavor combinations. All of the recipes shared in class are simple, raw and delicious and students will learn how to keep it safe and yummy.

Students will walk away from this workshop with ferment fever, ready to start fermenting all sorts of vegetables, and will learn how to design their own recipes. Each student will go home with a jar of sauerkraut, and a jar of kimchi in two simple glass fermentation set ups, printed recipes, and a lot of knowledge!

We will use fresh, seasonal vegetables in each of these classes, identifying the best recipes and methods for the in-season produce.

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

Tue., May 5
6:00 – 9:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Room: 908
Fee: $95
Plus $20 materials fee paid at registration
Todd Champagne - see bio

**PICKLING VEGETABLES 3 WAYS**
Pickles! It’s a fun word to say, they are even more fun to make, and you can pickle almost any vegetable. Learn how to make pickles three 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!

We will use fresh, seasonal vegetables in each of these classes, and identifying the best recipes and methods for the in-season produce. No experience necessary, all materials provided in class. Students must wear closed-toe shoes and long pants, and may bring their favorite apron.

Tue., May 5
6:00 – 9:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Room: 908
Fee: $95
Plus $20 materials fee paid at registration
Todd Champagne has taught literally thousands of people how to safely pickle vegetables. He is a graduate of the UC Davis Acidified Foods Manufacturing School. Todd is the co-owner and founder of Happy Girl Kitchen, a CA State Licensed Cannery & viable organic vegetarian business, voted best pickle in Monterey County by Monterey County Weekly readers since opening in 2013.
Let’s Cook Vegan Appetizers!
There is nothing like a delicious appetizer to start off your festivities, whether it’s a family get-together, an elegant dinner party, or a casual game night with your friends. Join us as we explore a wide range of creative vegan appetizers with fresh, savory, and seasonal flavors and nostalgic textures. From easy no-fuss starters like gazpacho shooters, dips, and pâtés to fresh spring rolls to more sophisticated fare like spinach ricotta puff pastries, “ceviche,” and “caviar,” we’ll show you how to wow even the most skeptical palate. We will discuss how to best complement and pair your starters with your setting and meal, as well as seasonality, ease of preparation, and planning for groups of all sizes.
In class we will demonstrate how to prepare 5 appetizers as well as present a variety of others for you to sample. You’ll leave class with scores of new ideas, recipes and the know-how to recreate these scrumptious appetizers at home.

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

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

This is a Food for Life class, a community-based nutrition education program of the Physicians Committee for Responsible Medicine (PCRM).

A materials fee of $40 is paid in class to cover food, handouts, the above book, and other materials and supplies. Please see Class Resources web page for important information about this class.

6 Tue., March 31 – May 12 (no class April 21) 
6:00 – 8:00 pm 
Room: HW1119 (Inside the Stroke Center) 
Register before March 30: $220 
Register after March 30: $235 
Plus $40 materials fee paid in class

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

Jan Shaw has been a horticulturist for over 40 years and loves to cook. She was coaxed into plant-based nutrition for health or environmental concerns, or just because you’d like to incorporate more whole foods and vegetables into your diet, you’ll want to join us for this class series. You’ll learn the latest in plant-based nutrition science, as well as how to select, prepare and cook tasty vegan foods while you concurrently “test-drive” this way of eating in a supportive class environment.

Introduction to Traditional 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., April 25 & 26 
Sat. 10:00 am – 4:00 pm 
Sun. 10:00 am – 1:00 pm 
Room: 1520 
Register before March 30: $128 
Register after March 30: $140 
Plus $35 materials fee paid at registration

Melody Overstreet, BA, has been featured in publications such as Seed Broadcast, Inverness Almanac, and Chinquapin Quarterly. She was instrumental in initiating Santa Monica College’s Organic Learning Garden. To learn more about Melody go to www.melodyoverstreet.com.

Organic Skin Care Products
Choosing the right skin care products for your unique skin type is tricky, and high quality products can be expensive! In this workshop you will learn to make luxurious, organic skin care products specifically for your skin type. Our constitution, age, time of year, and imbalances all play a role in the health and condition of our skin. This class combines time tested herbal wisdom with modern knowledge to explore a natural approach to our daily skin care routine. Eastern and Western herbs are included as we explore classic and exotic base oils, essential oils, butters, and waxes essential to making all your skin care products. Learn formulation strategies for creams, toners, herbal pastes, clays packs and more.
We will demystify common skin imbalances and learn to feed the skin naturally. Students leave with abundant samples from the products crafted in class, and the knowledge to create more at home, customized for your skin type!

This class is geared towards all skill levels, no prior experience is needed. Bring a lunch and a drink for our midday break.

Sat., May 9 
9:00 am – 5:00 pm 
Room: 1520 
Register before March 30: $115 
Register after March 30: $140 
Register 2 or more: $115 each 
Plus $30 materials fee paid at registration

Jackie Christensen - see bio

Balanced Blood Sugar
Balancing your blood sugar can help you maintain a healthy weight, maintain your energy, and support your overall wellness—but it can be tricky! Mood & energy swings, stress and anxiety, weight gain & food cravings, and a host of other issues can be addressed by balancing your blood sugar, but knowing what’s right for your body is important! This class will help you create a personalized plan to naturally balance blood sugar through lifestyle, food choices, and herbal support. This plan will help you reduce stress and sedentary time to stabilize energy throughout the day, and stay clear, calm and focused. Participants will learn how to identify signs of blood sugar imbalances, and will develop a personalized 30-day diet and lifestyle plan in class that will help balance their blood sugar.

Wed., April 29 
7:00 – 9:00 pm 
Room: 1520 
Register before March 30: $28 
Register after March 30: $35 
Register 2 or more: $20 each

Handcrafted Herbalism: Infusions, Tinctures, Salves and More!
Making herbal products is not only simple and affordable, but most importantly, it’s fun! This dynamic hands-on course will provide you with the necessary skills to become confident in traditional herbal practices. The goal of this class is to teach participants to select good quality herbs for the imbalance they would like to correct, and produce high quality herbal products for common health ailments.
As we dive into the art of herbalism the hands-on lab will teach students extraction methods to make a wide variety of herbal remedies such as decoctions, infusions, tinctures, salves, lotions, herbal oils, ghee, flower essence remedies, syrups, and throat sprays. Students will have products to take home, formulation worksheets, and the knowledge necessary to expand on their own.

6 Thu., April 30 - June 4 
7:00 am – 9:00 pm 
Room: 1520 
Register before March 30: $195 
Register after March 30: $210 
Register 2 or more: $180 each 
Plus $40 materials fee paid 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.
Chi-Aura Integration

Chi-Aura Integration is an alternative healing method using the vital life force. Chi-Aura is a set of tools 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.

Chi-Aura Integration is relevant because it develops the nurse’s ability to improve their 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. Please see Class Resources web page for important information about this class.

Sat. & Sun., May 2 & 3
9:00 am – 5:30 pm
Room: 406
Register before March 30: $145
Register after March 30: $158
Includes comprehensive manual

Timothy Dunphy has taught Chi-Aura Integration for over 22 years in the US and Europe, enhancing participant’s personal growth and their therapeutic relationship to others.

Good Sleep is a Reachable Dream

If you or someone you love struggles to get a good night’s sleep, this class will help! As a pillar of health, our quality of sleep has a significant impact on our mind and body, so healthy sleep is an essential part of our self care. In this class, we will explore how meal times, exercise, stress, and lifestyle can have a positive impact on sleep and overall health. Participants will learn to identify and eliminate the root causes for their sleep issues, and learn easy ways to create an evening routine specifically designed for them to naturally balance sleep cycles. Students will learn about safe herbal sleep support, ways to reduce stress, and how they can implement simple lifestyle changes to drift into restful, sound sleep each night!

Wed., May 13
7:00 – 9:00 pm
Room: 1520
Register before March 30: $28
Register after March 30: $35
Register 2 or more: $20 each
Plus $5 materials fee paid at registration
Jackie Christensen - see bio

Calming Inflammation Naturally

Learn how to make food choices, choose simple exercise, and implement lifestyle changes to calm the fires of inflammation and improve your overall health. Inflammation is your body’s first line of defense against toxins, infections and injuries, and we tend to think of it in terms of the external signs like swelling and bruising. But inflammation occurs naturally in your body in many different ways, and can contribute to several health and quality of life issues.

Find out how you can calm inflammation naturally to help reduce pain, and address many other health concerns. In this class participants will learn how to identify and remove foods that can trigger inflammation, and how to develop a 30-day meal, herbal, and lifestyle plan to calm chronic inflammation. Students will go home with an outline of common causes for inflammation, and a template to create their 30-day plan.

Wed., May 20
7:00 – 9:00 pm
Room: 1520
Register before March 30: $28
Register after March 30: $35
Register 2 or more: $20 each
Jackie Christensen - see bio

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 Cabrillo’s Horticulture Center to see the inner workings of a hive. Emily will provide the bee suits and veils, but students are encouraged to bring their own if they have one.

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 vital pollinators.

This class is appropriate for adults with little to no experience in keeping bees. Please bring a bag lunch for the half hour lunch break.

Sat., May 2
9:30 am – 3:00 pm
Room: 1606
Register before March 30: $68
Register after March 30: $75
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.santacruzbeecompany.com

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.

Weather permitting, there will be a field trip to Cabrillo’s Horticulture Center to see the inner workings of a hive.

Please bring a bag lunch for the half hour lunch break. Emily will provide the bee suits and veils, but students are encouraged to bring their own if they have one.

Sat., April 11
10:00 am – 3:00 pm
Room: 1605
Register before March 30: $68
Register after March 30: $75
Emily Bondor - see bio

Small Scale Queen Bee Rearing

Do you consider yourself an intermediate to advanced beekeeper, and want to try your hand at raising queen bees? In the morning portion of this class we will cover different methods and techniques for raising queen bees, including methods to split a hive, breeding programs, and an intro to grafting. In the afternoon, we will head up to the hives at the Cabrillo Horticulture Center for a demonstration of basic grafting. Beekeepers will leave with a more intimate knowledge of queen bee biology and development, and information about techniques to harvest and incubate queen cells.

Your materials fee will include a grafting tool, several cell cups, and a special langstroth grafting frame. Emily will provide the bee suits and veils to use in class, but students are encouraged to bring their own if they have one.

Bring your bee veil & optional bag lunch.

Sat., May 23
10:00 am – 3:00 pm
Room: 1605
Register before March 30: $68
Register after March 30: $75
Plus $15 materials fee paid at registration
Emily Bondor - see bio

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.santacruzbeecompany.com

**Notes:**
- To register, visit us online at cabrillo.edu/extension or call 831-479-6331.
- Cabrillo College Extension
- Room: 1520
- 7:00 – 9:00 pm
- Bring your bee veil & optional bag lunch.
- Room: 1605
- Register before March 30: $68
- Register after March 30: $75
- Emily Bondor - see bio
Birding the Arroyo Seco, in the Santa Lucia Foothills

The Arroyo Seco Recreation Area offers a great escape into the mountain air, with views of the Ventana Wilderness mountain peaks. It is nestled into the hillside, surrounded by abundant shrubbery and large oak trees. A variety of birds and wildlife make their home in the area, alongside the Arroyo Seco River. We will begin at the Arroyo Seco Day Use Picnic Area, which overlooks the river. This area features two small marshy lakes, the only lucasprine (a system of inland wetlands) bird habitat of this kind for some distance, and our timing will coincide with the onset of bird migration. We will venture along the “closed to thru-traffic” Indians-Arroyo Seco Road for prime chaparral habitat birding, which often includes Wren-tit and Greater Roadrunner. We will have lunch at the picnic ground overlooking the lakes.

Students should dress appropriately for the weather, wear comfortable walking shoes, bring water, binoculars, and a bag lunch. This is a moderate hike, on rough trails.

The drive from Santa Cruz takes approximately an hour and 45 minutes.

Please plan to arrive at the site by 8:15 am. We are starting early to be sure we have ample parking, as this location is very popular on weekends, and our timing will coincide with the onset of bird migration. We will venture along the “closed to thru-traffic” Indians-Arroyo Seco Road for prime chaparral habitat birding, which often includes Wren-tit and Greater Roadrunner. We will have lunch at the picnic ground overlooking the lakes.

Students should dress appropriately for the weather, wear comfortable walking shoes, bring water, binoculars, and a bag lunch. This is a moderate hike, on rough trails.

The drive from Santa Cruz takes approximately an hour and 45 minutes.

Please plan to arrive at the site by 8:15 am. We are starting early to be sure we have ample parking, as this location is very popular on weekends, and parking can be limited in the later morning.

Sat., April 18
8:30 am – 12:00 noon
Arroyo Seco, in the
Los Padres National Forest
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $70 each

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

Elkhorn Slough Safari

Learn about wetland wildlife at Elkhorn Slough as you view them at close range aboard a comfortable, easily boardable boat, floating on calm inland slough water. Join experienced naturalists as we see harbor seals, sea lions, otters, a significant variety of aquatic birds, and close-in views of a thriving heron and cormorant rookery shore side. We rarely record fewer than 50 bird species on our trips, including many northbound migrants. 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!

Dress warm, wear comfortable clothes and shoes.

Please see Class Resources web page for important information about this class.

Sun., March 29
10:30 am – 1:00 pm
Elkhorn Slough in Moss Landing
Fee: $85
Register 2 or more: $70 each

OR

Sun., April 19
10:30 am – 1:00 pm
Elkhorn Slough in Moss Landing
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $70 each
Night Photography at the Walton Lighthouse

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 the stars in the night sky. Meeting in front of El Palomar at the Santa Cruz Yacht Harbor, we will shoot the sunset and include the lighthouse. Then we’ll move to the north side of the harbor and walk out on the jetty and onto the beach to capture expansive views including the lighthouse, the boats in the harbor, and the wharf. You’ll experiment with long exposures, light painting, and dramatic images of the lighthouse and the night sky. 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.

You should have a solid understanding of your camera. If not, please see the workshop “Digital Photography: Basics and Beyond” for necessary skills training.

Sat., March 21
5:00 – 9:00 pm
Jetty at the Santa Cruz Yacht Harbor
Fee: $85
Register 2 or more: $75 each

Nick Borelli’s work honors our ever-changing planet while incorporating subtle movement to enhance the amazing world we live in. His work focuses on Earth’s wildness and internal components of the landscape that make up the whole. He is the photographer for the award-winning book “Art of Competition.”

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, your manual, and questions.
Sat. April 25
1:00 – 5:00 pm
Room: 509
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $75 each
Plus $15 materials fee paid in class

Jeffery Luhn has been a commercial photographer for more than 35 years. He has shot for many multinational corporations in over 30 countries. He has produced over 500 videos for companies and individuals, including Apple, Pixar, IBM, and Hewlett Packard. Visit Jeffery’s website at www.LuhnPhoto.com to see his work.

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

Take a day trip with like-minded photographers to the UC Santa Cruz Arboretum & Botanic Garden. The 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, tactual world conifers, primitive angiosperms, and bulb-bulb forming plant families.

Your instructor will help you sort out challenges of composition, lens choice, exposure, and camera handling. 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 arboreum. We will proceed into the arboreum together no later than 9:15 am, or once all students have arrived—please arrive on time!

Sat., April 4
9:00 am – 1:00 pm
UCSC Arboretum, 1156 High St, Santa Cruz
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $75 each
Nick Borelli - see bio

Rivers, Streams and Tides: Capturing the Water

Learn how to photograph cascading rivers and streams of the Santa Cruz mountains, as well as the crashing waves and silky ocean waters at the Santa Cruz beaches. We will spend the first part of class in the forest of Nisene Marks and finish the class at sunset on the beach in Aptos. This workshop will cover the use of neutral density, graduated, and polarizing filters to slow the shutter and create stunning dramatic images. After attending this program you will have the skills to photograph moving water in any lighting situation.

Please wear water-friendly shoes and clothes. You will get wet during the photography! Also bring snacks and a drink, or a picnic dinner you can eat on the go, as we will be shooting for 5 hours!

Sat., May 2
2:00 – 7:00 pm
Meet at the parking lot adjacent to the kiosk at the entrance to Nisene Marks
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $75 each
Nick Borelli - see bio

Seeing the World Through the Lens of the Artist: Art Photography in the Field

Join an experienced artist and photographer to look at the world through your lens with an artistic eye. Explore the coastline with your camera and tripod and increase the artistry of your photography with long exposures and creative composition. Working in small groups, students immerse themselves in on-location photography at particularly dramatic times of the day! With a professional photographer by your side to guide and assist your vision, you’ll capture images and make visual statements in an entirely new way. Explore the epic vistas of our local area and learn to capture superior imagery with histogram, exposure compensation, and strong composition.

Our schedule is arranged to capture as many lighting and environmental scenarios as possible. For the first meeting, bring your camera, lenses, filters, and tripod for an overview on equipment, and a slide show. On day 2 we will be in the field!

Students should have a strong understanding of their camera. If not, please see the workshop “Digital Photography: Basics and Beyond” for necessary skills training. Please bring your camera and lenses, memory cards, batteries, and a tripod. See our Class Resources web page for important information about required equipment.

Fri., Sat & Sun., May 15, 16 & 17
Fri. 6:30 – 8:30 pm
Sat. 2:00 – 9:00 pm
Sun. 6:00 am – 1:00 pm
Room: 312
Off-site
Off-site
Register before March 30: $195
Register after March 30: $225
Nick Borelli - see bio

Great Shots From Cell Phone Cameras!

Join Jeffery Luhn, a professional photographer of 35 years, as he shares his excitement and knowledge about cell phone cameras. 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.
Sun., April 26
9:00 am – 12:00 noon
Room: 509
Register before March 30: $58
Register after March 30: $65
Register 2 or more: $55 each
Plus $15 materials fee paid in class
Jeffery Luhn – see bio

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
Embroidery Project Workshop
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 students will be working on, 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.

Please see Class Resources web page for important information about this class.

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

Sat. & Sun., March 28 & 29
1:00 – 4:00 pm
Room: 1520
Fee: $90
Register 2 or more: $80 each
Plus $15 materials fee paid at registration
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!

Beginning Embroidery
Whether you want to embroider delicate flowers, simple line images of animals, creative or 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., May 16 & 17
1:00 – 4:00 pm
Room: 1521
Register before March 30: $58
Register after March 30: $65
Plus $15 materials fee paid at registration
Rebekah Jones - see bio

Shibori Indigo Dye & Sashiko Stitching Intensive
This intensive workshop will cover technique, method, and application of traditional shibori indigo dyeing and sashiko stitching. Sashiko, a form of Japanese folk embroidery, originated in ancient Japan. Its name means “little stabs”—a reference to the plain running stitch used to create patterns. We will also experiment with creating patterns through centuries-old binding and color resist techniques. We will brew a vat of indigo dye, set the dye, and finish pieces with sashiko stitching.

Students will create a beautiful fiber arts piece of their own design, that can be mounted as a wall hanging, used as a tabletop display, or in their own design, that can be mounted as a wall hanging, used as a tabletop display, or create patterns. We will also experiment with creating patterns through centuries-old binding and color resist techniques. We will brew a vat of indigo dye, set the dye, and finish pieces with sashiko stitching.

Students will create a beautiful fiber arts piece of shibori. This piece will be a 14" x 36” linen panel that they have shibori-dyed and sashiko-stitched in their own design, that can be mounted as a wall hanging, used as a tabletop display, or turned into another textile project. In addition, students will have the knowledge and skill to continue their exploration of indigo dyeing and shibori techniques on their own.

Sat. & Sun., April 25 & 26
1:30 – 4:00 pm
Room: 1304
Register before March 30: $98
Register after March 30: $110
Register 2 or more: $88 each
Plus $25 materials fee paid at registration
Kaitlin Bonifacio, BA, has studied Shibori dyeing in Niigata Prefecture, Japan and has taught workshops through Craftsmen Collective, All Hands, and Mini Mint.

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 see Class Resources web page for important information about this class.

Sat., April 25
10:00 am – 12:30 pm
Room: 1522
Register before March 30: $45
Register after March 30: $50
Register 2 or more: $38 each
Plus $20 materials fee paid at registration
Kaitlin Bonifacio - see bio

Refashioning with a Men's Shirt
Coco Chanel is known for taking a simple men’s shirt and converting it to an iconic piece of fashion. In this class you will learn about the growing “refashioning” movement and the possibilities it offers for creativity. You will be using classic, oversized men's button up shirts to re-envision and refashion into another garment, and create your own unique fashion!

Using the men’s shirts you choose, and body forms, sketching, or simple pattern pieces, you will learn the best techniques for deconstructing existing garments, and sewing techniques to recreate a new garment. There will be several examples to help students think outside the box of what is possible.

This class is for experienced sewists looking to push their creative sewing skills further!

Students need to bring two, oversized men's button-up shirts to class, and basic sewing supplies.

Please see Class Resources web page for important information about this class.

Sat. & Sun., May 16 & 17
10:00 am – 4:00 pm
Room: 1520
Register before March 30: $195
Register after March 30: $225
Plus $15 materials fee paid at registration

Kiki Barrett is a local designer and sewing instructor with a passion for helping others get past the fear and frustration of sewing with a sewing machine. She has shown ready-to-wear collections locally since 2013 and looks forward to helping others continue to grow as a designer and/or seamstress.

Kiki was amazing. She is very encouraging of students.
~Refashioning workshop student

Kiki has a low key but extremely effective approach when teaching. She makes sure you have the material down, and can move on to the next step without stress.
~Beginning Embroidery student
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 layout 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, as well great creative gifts.

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

You provide the fabric of your choice. Before you buy any fabric, please read the Class Letter that is posted to 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. Students must purchase their own fabric and other items prior to class.

Room: 1520
10:00 am – 3:00 pm
Register before May 28: $148
Register after May 28: $160
Register 2 or more: $145 each
Plus $15 materials fee paid at registration
Kiki Barrett - see bio

Sewing Workshop

Come meet up with other sewing, textiles, fiber arts, and fashion 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, etc.

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 the materials list and a required student survey.

6 Fri., April 17 - May 22
10:00 am – 3:00 pm
Room: 1520
Register before March 30: $198
Register after March 30: $220
Kiki Barrett is a local designer and sewing instructor with a passion for helping others get past the fear and frustration of sewing with a sewing machine. She has shown ready-to-wear collections locally since 2013 and looks forward to helping others continue to grow as a designer and/or seamstress.

Everything is BETTER WHEN YOU BRING YOUR FRIENDS!

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!

Make Your Own Capsule Wardrobe Workshops

A capsule wardrobe is a mini wardrobe made up of really versatile pieces that you love to wear. Capsule wardrobes can save you time, money, offer more comfort, simplicity, and versatility. They can also help you get more in-tune with your personal style. In these workshops Kiki will guide you through constructing simple capsule garments that work for you, and your life, while helping you grow your sewing and garment construction skills.

These workshops are for those with previous sewing experience on a sewing machine, but the selection of pattern choices all have a modern ease that is appropriate for every level sewist.

Capsule Wardrobe: Make Your Own
Easy Pants or Skirt, and Top
Learn how to construct two essential wardrobe pieces that work well together. Students will be able to create either an easy pair of pants or a skirt, and a top.

Students supply their own notions, garment patterns from the list provided by your instructor, as well as your fabric choice. Guidelines for patterns and fabric choices are noted on the Class Resources web page.

Sat. & Sun., March 14 & 15
9:00 am – 4:00 pm
Fee: $185
Register 2 or more: $160 each
Kiki Barrett - see bio

Capsule Wardrobe: Make Your Own
Dress or Tunic, and a Tote Bag
Learn how to construct a simple dress or tunic, and a fashionable tote bag for everyday use. These are great basics for creating your capsule wardrobe that represents your unique style! Materials fee includes the tote-bag hardware and the pattern for the tote bag.

Students supply their dress or tunic pattern, their fabric, and notions. Guidelines for patterns and fabric choices are noted on the Class Resources web page.

Sat. & Sun., April 18 & 19
9:00 am - 4:00 pm
Register before March 30: $178
Register after March 30: $185
Register 2 or more: $160 each
Plus $15 materials fee paid at registration to cover the bag pattern and hardware.

Make Your Own Reusable Grocery Bags and Produce Bags
Skip the plastic and go eco-friendly with beautiful, handmade, reusable bags made from fabric that reflects your style or your favorite colors. These bags are durable, super versatile, easy to sew, and will last for years. The tote bag with pockets will be your go-to grocery bag, and can be used in so many other ways! The produce bags make skipping plastic produce bags so easy, and they are also super handy for anything you need to store in a simple cloth bag. The possibilities are endless!

Each student will go home with one tote bag with pockets, and two simple produce bags. Time permitting, students can use basic fabric printing techniques to print simple images on their produce bags! Materials fee includes pattern, and fabric printing supplies.

Students supply their fabric, and notions. Guidelines for fabric choices are noted on the materials list.

Sat., May 2
10:00 am – 3:00 pm
Room: 317
Register before March 30: $95
Register after March 30: $110
Kiki Barrett - see bio

Intro to Surface Textile Design with Adobe Illustrator

Learn to create detailed, professionally illustrated patterns for fabric using Adobe Illustrator. Whether you draw detailed designs by hand, want to create a fabric pattern from your photos, or draw freehand using Illustrator’s tools, this class teaches you how to get your pattern ready for fabric. Techniques most useful for graphic artists & Surface Textile designers will be covered. Find out how to vectorize your pencil or ink drawings, add and control colors for related designs, trace and edit your design and turn it into a usable repeating pattern design for printing on yards of fabric. Learn where and how to print or license your surface textile pattern.

Bring a thumb drive and line drawings if desired. This class will be taught on a Mac, but is adaptable to Windows.

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
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 repurpose 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 catalog. No need to bring anything to the first class, except your glasses, if needed—this is close-up work!

Please see Class Resources web page for important information about this class.

- see bio

Creating Jewelry from Sea Glass and Beach Pebbles
A stroll on the beach collecting sea glass and surf-tumbled pebbles is one of life’s simple pleasures when you live on the Central Coast. Now you can also learn how to turn your treasures into beautiful jewelry and wearable art. We will cover sawing, soldering, filing, building irregular bezels, setting irregular stones, and creative balls. Students will have time to create at least 2 pieces of sea glass or beach pebble jewelry in class.

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!

- see bio

Keum Boo Korean Gilding
Keum Boo is the ancient Korean gilding technique of applying a very thin layer of gold to fine silver to create intricate designs and ornamentation on jewelry. Students will learn layout, sawing, filing, sanding, drilling, depletion gilding, and bonding. At the end of the class each student will carry away a beautiful pair of Keum Boo earrings and a pendant.

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!

Handwoven Chain Intensive
In this 3-day intensive workshop designed for experienced metal artists we will demystify the process of making handwoven chains, as students make tools and learn skills that are unique to this technique. Students will learn to make several different patterns of handwoven chains, then choose a favorite pattern to make into a bracelet or necklace.

There will be frequent demos, and students will learn the importance of wire gauge and dowel diameter ratios, precise, reliable fusing of fine silver wire, accurate link shaping, weaving the links accurately, and making and using a specially designed draw plate.

Students will go home with several sample chains including documentation tags with the dowel diameter and wire gauge ratios, their handmade tools unique to this art form, and their finished piece of jewelry.

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!

Enameling on Silver Metal Clay
Silver metal clay is like magic! Fine silver metal clay looks like clay, but after firing, it is pure. 999 fine silver, and it is the perfect base for transparent vitreous enamels, allowing you to add a world of luminous color to your jewelry. Even if you’ve never made jewelry before, you can create a beautiful piece of jewelry that suits your own style!

Students will learn to shape metal clay and prepare it for enameling, as well as special design considerations for enameling on silver, kiln firing, and finishing techniques. Students will leave with at least one piece of finished enameled silver jewelry.

- 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.

2 Thu., May 14 & 21
6:00 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before March 30: $95
Register after March 30: $110
Register 2 or more: $90 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

Silver Metal Clay & Resin - Shadow Box Pendant
Shadow boxes can hold tiny treasures and mementos. In this workshop students will create a pure silver shadow box and then fill it with tiny gems, feathers and others treasures encased in resin.

Students will learn intermediate metal clay techniques, forming a partitioned shadow box and filling it with a design of the student’s choice. Students will learn wet and dry construction techniques, making fitted forms, and use of two-part resin.

Students should have completed at least one metal clay class prior to taking this class.

3 Wed., May 6, 13 & 20
6:30 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before March 30: $105
Register after March 30: $120
Register 2 or more: $98 each
Plus $65 materials fee paid at registration
Pat Evans - sees bio

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

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

This class is limited to 4 students—enroll early!

Class will be held at the instructor’s forging studio. Please see Extension’s Class Resources webpage for a map to the class location.

Please note that this class requires that students complete a liability waiver before class begins.

Sat. & Sun., April 18 & 19
9:00 am – 5:30 pm
Location: Santa Cruz Studio
Register before March 30: $395
Register after March 30: $425
Plus $20 materials fee paid in class
Vern Caron, MA, has taught forging & toolmaking through Cabrillo College and UC Extension for more than 20 years.

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 10 participants.

Sat. & Sun., May 16 & 17
10:00 am – 4:00 pm
Room: VAPA 3003
Register before March 30: $180
Register after March 30: $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 Baulines Craft Guild, a member of the Guild of American Luthiers, and a charter member of the Santa Cruz Woodworkers.

Leatherwork: 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. This class is a stand alone workshop as well as a natural progression from the Image Transfer on Leather workshop.

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.

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.
Making Glass Beads: Intermediate
Take your glass bead making skills to the next level. This class is designed for students who have completed Making Glass Beads Basics, or can demonstrate basic torch and bead making skills. Students will explore new techniques, shapes, and colors, and get more time to practice their beginning torch skills.

Sat., March 14
9:00 am – 2:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Fee: $125 each
Register 2 or more: $45 materials fee paid in class
Fee: $125 each
Register 2 or more: $45 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.

Fused Glass Coral “Bowl”
This ocean-inspired fused glass “bowl” will bring the coral reefs to your tabletop! Learn the basics of fusing glass, cutting thin strips of glass, and embellishing with crushed glass (known as “frit”). You will be given tips on design and layout to create your own wispy, free-form coral “bowl” design. The layers of fused glass form a delicate, coral-like pattern, and the glass will be formed into a bowl shape, for display only.

Students will make one 10-inch by 13-inch fused glass “bowl.” Due to firing times, glass will be picked up one week after class concludes.

Mon., March 16
6:00 – 8:30 pm
Room: 1304
Fee: $72
Register 2 or more: $58 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.

Fused Glass Garden Art
Play with colorful glass and learn about glass fusing—the magical interaction of glass and heat—as you make whimsical glass art for your yard or garden. Create abstract patterns, or your choice of springtime garden imagery, in this easy project that is perfect for a one day workshop. Learn to cut, layer and design art glass, and how the glass reacts in the kiln to create design elements. We’ll use embellishments and inclusions, and cover safety practices as well. Student may add hardware after firing to transform their art glass into pieces that can be displayed outdoors.

No experience necessary! Class size is limited to 10 so register early!

Wed., April 22
6:30 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before March 30: $48
Register after March 30: $55
Register 2 or more: $40 each
Plus $35 materials fee paid at registration
Pat Evans teaches metal clay, fused glass, and traditional metal jewelry-making nationwide, is a Senior Art Clay Certifying Instructor through the Greater Chicago Artisan Center, and president of the Monterey Bay Metal Arts Guild.

Fused Glass Wave
Create a tumbling, fluid wave with layers of rich, colorful fused glass. Choose colors and design your wave using a large selection of colorful glass and frits, as well as fusing wire, and all the tools you’ll need. Learn the basic principles of glass fusing, easy tricks for cutting glass, and other techniques to create the illusion of movement, depth and motion.

You will complete an eight- to ten-inch round piece ready for hanging in a sunny window to fill with light, or you can purchase a metal stand for an additional fee in class. Students may bring their own glass or mosaic cutting tools if they are labeled with their name.

Finished pieces are available for pickup at Kiss My Glass one week after class concludes.

Mon., March 16
6:00 – 8:30 pm
Room: 1304
Fee: $72
Register 2 or more: $58 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.

“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 suncatcher, 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.

Sun., May 3
12:00 noon – 3:00 pm
Creator Haven, 41-B Hangar Way, Watsonville
Register before March 30: $48
Register after March 30: $55
Register 2 or more: $40 each
Plus $35 materials fee paid at registration
Pat Evans teaches metal clay, fused glass, and traditional metal jewelry-making nationwide, is a Senior Art Clay Certifying Instructor through the Greater Chicago Artisan Center, and president of the Monterey Bay Metal Arts Guild.

Beginning Glassblowing Workshop
Learn the basics of glassblowing with one-on-one assistance from master glass blowers. Students will learn about gathering the glass out of the furnace, color application techniques, shaping, and completing a variety of forms. Students will work in teams and learn to assist each other. Projects include simple paper weights, small bowls, and small drinking glasses. Students will learn how to use hand tools, and will have time to experiment using the blowing and color application techniques they have learned.

Students will go home with some finished projects on Sunday, but may pick up projects completed on Sunday any time after Monday.

Please be prepared to spend long periods of time standing.
Students should wear comfortable, closed-toe shoes, long pants, natural fiber clothing, and wear their hair tied back.

Please see Class Resources web page for important information about this class.

This class is open to students 16 years and older.

Sat. & Sun., April 18 & 19
9:00 am – 1:00 pm
Viscosity Glassblowing Studio,
13163 Azalea St., Boulder Creek
Register before March 30: $195
Register after March 30: $225
Register 2 or more: $175 each
Register after March 30: $50 materials fee paid at registration
Christy Aloysi is the co-owner of Viscosity Studio and has been teaching glassblowing for over 17 years. She has studied glassblowing at the Penland School of Crafts, Urban Glass, and the Pilchuck Glass School. She has taught glassblowing at Renton Technical College and the Pratt Fine Arts Center.

OR

Sat. & Sun., May 30 & 31
9:00 am – 1:00 pm
Viscosity Glassblowing Studio,
13163 Azalea St., Boulder Creek
Register before March 30: $195
Register after March 30: $225
Register 2 or more: $175 each
Register after March 30: $50 materials fee paid at registration
Scott Graham is the co-owner of Viscosity Studio and has taught glassblowing at Urban Glass, Snow Farm, Pratt Fine Art Center, and at Maha Bay on St. John. He studied glassblowing at Pilchuck, Penland, and Centro Studio Vetro in Venice, Italy.
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 and what tools or 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 preparation for larger, more complex projects you may be planning. Skills and knowledge that students take away from this class may be used for mosaic sculpture, stepping stones, pique assiette, and many other projects.

All tools and materials will be provided in class.

All you need to bring is your imagination!

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

Sat. & Sun., March 28 & 29
10:00 am – 4:00 pm
Room: 1304
Register before March 30: $180
Register after March 30: $195
Register 2 or more: $175 each
Plus $35 materials fee paid at registration
Jennifer Iams-McGuire - see bio

Glass Wind Chimes

Combine the delicate, tinkling sound of glass with the luminous, vibrant colors of glass, and you have a wind chime like no other. Design and make your own colorful glass wind chimes as you learn about fused glass, the magical interaction of glass and heat. Students will learn to melt layers of glass together in a kiln, and can design their custom chimes to include pre-made glass beads or crystals to catch the light.

Students 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, and basic stringing and wire crimping techniques.

No experience necessary! Class size is limited to 10 so register early!

2 Sat., April 25 & May 2
10:00 am – 1:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before March 30: $95
Register after March 30: $110
Register 2 or more: $90 each
Plus $35 materials fee paid at registration
Pat Evans teaches metal clay, fused glass, and traditional metal jewelry-making nationwide, is a Senior Art Clay Certifying Instructor through the Greater Chicago Artisan Center, and president of the Monterey Bay Metal Arts Guild.

Mosaic Sculpture

Create three-dimensional mosaic sculptures using architectural cement with repurposed materials. Learn to transform all manner of recycled 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., May 29, 30 & 31
Fri. 6:00 – 9:00 pm
Sat. 10:00 am – 4:00 pm
Sun. 10:00 am – 1:00 pm
Room: 1304
Register before March 30: $180
Register after March 30: $195
Register 2 or more: $175 each
Plus $35 materials fee paid at registration
Jennifer Iams-McGuire - see bio

Intro to Stained Glass

Come play with color and light as you explore the medium of stained glass without investing in tools or supplies. The possibilities are endless with just a few skills under your belt. In this hands-on class you will create small, simple projects with a variety of colored glass, that will allow for success and skill building. Instructor provides patterns, bevels, colored glass, solder tools and patinas.

You will learn to cut glass safely, grind to fit your pattern, wrap with copper foil, solder and patina. No experience required!

Fri., April 24
6:00 – 9:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before March 30: $72
Register 2 or more: $58 each
Plus $40 materials fee paid in class
Jackie Marr - see bio, below

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.

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., April 25
9:00 am – 4:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before March 30: $118
Register after March 30: $125
Register 2 or more: $110 each
Plus $55 materials fee paid in class
Jackie Marr - see bio, below

Stained Glass Intensive

Spend a weekend creating a unique, custom designed stained glass piece with expert guidance and support as you go! Choose from several styles, including florals, mission, and several other patterns, or create your own unique, custom design. Students will create a stained glass panel roughly one to three square feet. Projects can be a little larger or smaller, based on complexity. Before class students will select or design a pattern, learn to cut glass, and all of your glass ready ahead of time, so you can use your entire weekend working on your project.

Students should bring two copies of their pattern to class.

Please note that custom designs must be approved by the instructor to be sure they can be completed in the time available during class.

Students may use the tools provided in class, or you may bring your own marked clearly with your name. Glass purchase ahead of time is required, but other miscellaneous materials like lead, zinc, solder and chemicals, can be purchased in class for a flat discounted rate of between $40-$60, depending on your project. Materials are purchased in class.

Sat. & Sun., March 21 & 22
9:00 am – 4:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Fee: $225
Register 2 or more: $180 each
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.
Winged Wonders: Illustrating Butterflies & Moths on Duralene

Learn to capture the beauty and detail of butterflies and moths using Duralene, a semi-opaque frosted Mylar. If you have never used this product, you will be amazed at the luminous effects that can be created! We will use colored pencils and Duralene to capture subtle details and provide deep, rich colors. With a scientific illustrator, who lives and works on California's central coast, students will learn about butterfly and moth anatomy, get drawing tips and tricks for symmetry, and learn special techniques for using colored pencils on Duralene.

Students will go home with two to three finished illustrations of butterflies or moths, depending on the detail and complexity of their illustrations.

Your materials fee will include Duralene sheets. Please see Class Resources web page for required supplies and materials.

Sat., March 28
10:00 am – 4:00 pm
Room: VAPA 2008
Fee: $90
Register 2 or more: $78 each
Plus $10 materials fee paid at registration

Megan Gnekow has been the Artist in Residence at Elkhorn Slough and at the Black Mountain Lookout in the Plumas National Forest. She has taught nature drawing, field sketching, and other natural science illustration at nature centers and museums for the past 8 years.

Bonni 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 the Central Coast and the greater San Francisco Bay Area. She studied watercolor in Provence, France, which proved to be the catalyst for a yearlong painting odyssey throughout Western Europe.

Sketching at the Farmer’s Market

The Farmer’s Market is full of rich, luminous color, a variety of textures, and diverse shapes and sizes—it is an artist’s paradise! Join us at the Saturday Farmer’s Market at Cabrillo to enjoy and record the season’s delights. We will meet at the market, choose a couple of items to paint or draw, and then spend the rest of the class exploring different sketching techniques.

Students will learn methods for capturing organic shape, varied texture, and, discover techniques for capturing color and form. There will be plenty of time to experiment and illustrate your fruits, vegetables, flowers, and other seasonal market finds with pen, ink, watercolor, and colored pencils.

We will have time to create one or two finished drawings, and leave with a richer connection to the market and to our local, seasonal abundance.

Please bring a lunch and drink for the half hour lunch break that we will take on campus. Students should be prepared to purchase their items at the Farmer’s Market.

Your materials fee will include tracing paper, colored drawing paper (neutrals & earth tones), and watercolor paper. Please see Class Resources web page for materials list and details about required supplies.

Sat., May 16
9:30 am – 3:00 pm
Room: VAPA 2008
Fee: $85
Register before March 30: $90
Register 2 or more: $78 each
Plus $10 materials fee paid at registration

Megan Gnekow - see bio

Stories Behind the Murals: Ann Thiermann’s Work at the Ewoldsen Memorial Nature Center in Big Sur

Murals are used in museums and nature centers to tell stories about natural history, and to create a sense of place within their galleries. In this class students will join artist Ann Thiermann at Pfeiffer Big Sur State Park for a personalized presentation and tour of her five natural history murals at the Ewoldsen Memorial Nature Center. Ann’s murals celebrate all aspects of the Big Sur River and surrounding woodlands, and carry viewers from under the river to scenes of increasing drama as the Big Sur River climbs to the Big Sur Gorge, with intimate portraits of critters along the way.

Students will enjoy Ann’s slide show and presentation, “Stories Behind My Murals,” which will offer insight into 35 cultural and natural history murals she has created throughout the central coast, plus insights into the staging, sketching, and interviews needed to create natural and cultural history murals. After the slide show, a personalized tour of the Big Sur River murals at the Ewoldsen Nature Center will include an introduction by resident naturalist Sara Arnett, then an intimate look at the murals with Ann.

The picturesque site is located overlooking the Big Sur River, so participants are encouraged to bring a sack lunch and enjoy the beautiful surroundings after the class concludes.

Please note that students will need to pay a $10 per vehicle park entrance fee when they enter the Pfeiffer Big Sur State Park.

Sat., May 16
10:00 am - 12:30 pm
Warden’s Cottage at Ewoldsen Nature Center in Big Sur
Fee: $40
Register before March 30: $48
Register 2 or more: $35 each

Ann Thiermann has created over 70 California murals including 35 local natural history murals from Half Moon Bay to Pfeiffer Big Sur. Her plein air studies serve to provide essential flora and fauna research for her studio and on-location murals.

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
Sumi-e Japanese Ink Painting: Landscapes

In this day long workshop, we will capture the essence of Sumi-e landscape painting. Using various techniques of brush work and black ink, mixed with water values, we will create the elements of waterfalls, rocks, granite cliffs, trees and plants, mist between the mountain ranges, cloudy skies, and other natural beauty.

We will begin by painting a traditional Asian landscape scene then move towards painting a California landscape using the same techniques. Lots of demonstrations and lots of fun!

Beginners welcome! No experience is necessary. Bring a lunch and beverage.

Please see Class Resources web page for important information about this class.

Sat., April 4
10:00 am – 4:00 pm
Room: Horticulture 5010
Register before March 30: $82
Register after March 30: $90
Register 2 or more: $80 each
Plus $12 materials fee paid in class
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.

Carving and Layering: Multi-Color Linocut Printing

Linoleum block prints can be bold and dramatic, and adding color can make them sing! In this class we’ll learn how to make dynamic prints using multiple linoleum blocks and layering two or three different colors of ink. Among the topics discussed and practiced will be how to plan your multi-color print, strategies for carving, registering (lining up) layers of color, and how different colors interact. This class will provide lots of hands-on time and individual attention as you learn which techniques work for you. Be ready to experiment and be playful!

Students will go home with at least one multi-color block print, and several individual prints of that multi-colored image. They will also have skills and confidence to carve, ink, and print their own colorful block prints at home!

Experience carving linoleum is helpful, but not essential. Students will need to bring one or two sketches or photos to use as the basis for their prints. Please wear casual clothing that can get dirty, and bring an apron or smock.

Sat. & Sun., April 18 & 19
10:00 am – 4:00 pm
Room: VAPA 2008
Register before March 30: $195
Register after March 30: $210
Plus $35 materials fee paid in class
Melissa West is a member of the California Society of Printmakers and WEAD (Women Eco Artists Dialog). She has been exhibiting her work throughout California for over 15 years. She loves printmaking because of the workman-like process of carving and printing blocks. is a member of the California Society of Printmakers and WEAD (Women Eco Artists Dialog). To learn more about Melissa and her work, go to www.mswest.com

Introduction to Encaustics

Learn the basics of encaustic painting using natural, fragrant beeswax, rich pigments, and a mix of other interesting materials. Explore seemingly endless variations of color, line, shape and texture. Applying and layering encaustic medium is extremely versatile and easy to manipulate, allowing a broad array of inventive experimentations and alterations. Your instructor will present an informational slide show to familiarize students with options for working in encaustic, and help you understand the supplies, tools, and materials you will be using.

Students will learn several encaustic processes through demos and hands-on experimentation. Starting with the basics of how to safely work with the materials and equipment, we will cover options for preparing interesting support surfaces, techniques for fusing, coloring, layering and texturing wax, and how to add paints, oil pastels, stencils, interesting papers, text, or images into the mix.

No painting experience necessary—all are welcome to explore the wonder of encaustics no matter what media you normally work in!

Sat. & Sun., April 4 & 5
10:00 am – 4:00 pm
Room: 1304
Register before March 30: $195
Register after March 30: $210
Plus $60 materials fee paid at registration
Fanne Fernow, M. Div., is a nationally known artist and educator who works with encaustic wax. She has taught workshops and given presentations all over the US, including the International Encaustic Conference. Participation in the Annual Encaustic Invitational at Conrad Wilde Gallery in Tucson and being a two-time nominee for the Rydell Fellowship are among the accomplishments of her 25-year career.

Explore Mixed Media

Come explore a variety of ways to interpret your ideas using mixed media such as ink, pastel, water based paints, and stencils. Through experimentation and play, and using different approaches to collage methods, students will discover new possibilities with their work. Emphasis will be on discovering how to find a theme that is personally meaningful. Learn how to experiment with new processes and techniques to create varied yet cohesive pieces. The wide array of mediums offers a variety of possible projects for the adventurous artist to enjoy.

No experience necessary.

Your $25 materials fee will cover many of the supplies used in class, but please see Class Resources web page for the list of additional required supplies and materials students need to bring to class.

Sat. & Sun., March 7 & 8
10:00 am – 4:00 pm
Room: VAPA 2008
Fee: $210
Plus $25 materials fee paid in class
Andrea Borsuk – see bio

Natural Inspiration: Exploring Water Media in the Garden

Using local flora and fauna as inspiration, we will explore the techniques and effects specific to water based paints including inks, watercolor, gouache, and acrylic paints on a variety of papers. Daily exercises will be a marriage of design and experimentation. You will be encouraged to discover new processes and possibilities derived from nature, allowing greater freedom to create a new series of inspired works on paper.

Please see Class Resources web page for the list of additional required supplies and materials students need to bring to class.

Sat. & Sun., March 21 & 22
10:00 am – 4:00 pm
Room: VAPA 2008
Fee: $210
Plus a $20 materials fee paid in class
Andrea Borsuk has taught Drawing, Painting and Mixed-Media at Cabrillo College, Portland State University, Oregon College of Arts and Crafts, Columbia University and Pratt Institute. In 2010 she received a Santa Cruz County Rydell Fellowship.

Wonderful approach to travel sketch! I intend to use it for hikes and travel, and for the pleasure of being in nature and recording my surroundings old school style. Thanks Carolyn!

~Travel Sketching student
Handmade Paper Making Introduction
If you’ve ever looked at handmade paper to purchase, you know how expensive it can be, but making it yourself is easy, fun, very inexpensive, and allows an almost limitless amount of creativity! In this hands-on workshop, using new and recycled materials, you will learn how to construct your own paper making screen, prepare the vibrant, textured “paper pulp,” and create new sheets of paper. You can create your own colors, add dried leaves or flower petals, fortune-cookie fortunes, ribbons, thread, and many other small items, to create paper that is beautiful and practical. This paper is ideal for craft projects, mixed media, printing, or for personalized stationery or cards!

You will leave this class with the knowledge and information needed to make your own beautiful handmade paper at home.

Sat. & Sun., May 16 & 17
12:30 – 4:30 pm
Room: 1304

Register before March 30: $88
Register after March 30: $95
Plus $20 materials fee paid at registration.

Melody Overstreet, BA, is a poet, artist, printer, and educator. She currently teaches at Georgiana Bruce Kirby Preparatory School. Her ongoing work as an artist is inspired by the interconnection between human beings and the land. To learn more about Melody, go to www.melodyoverstreet.com.

Everyday is BETTER WHEN YOU BRING YOUR FRIENDS!

Bring A Friend!
Register yourself and a friend, a sister, a neighbor, a partner, or anyone you want to bring along, 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.

SoulCollage® For the Love of Images and the Changes They Bring!
Give expression to your life story in all its beauty and complexity! SoulCollage® is a flexible and profound expressive arts method through which you make your own unique cards for personal reading. Anyone who has a love of images and is looking for an intuitive process for change and growth will find this process meaningful.

Come experience for yourself a method deeply personal, incredibly fun, and perfect for the quiet individualist as well as the one who loves community. As simple as the ingredients of cut images, a pair of scissors, and some glue, this process is considered by many to be transformational and vitally expressive, even with zero art experience!

This is a course for beginners as well as those already familiar with SoulCollage®.

Please see Class Resources web page for important information about this class.

Sat., March 14
10:00 am – 4:00 pm
Room: Horticulture 5005
Fee: $90
Register 2 or more: $80 each
Plus $20 materials fee paid in class

Lauren Mari-Navarro, LCSW and Mischa Eovaldi, LCSW, are trained facilitators of the SoulCollage® method and have been teaching expressive arts courses for over fifteen years. They both have private practices in Santa Cruz.

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., April 16
6:30 – 9:00 pm
Creator Haven at 41-B Hangar Way, Watsonville

Register before March 30: $40
Register after March 30: $48
Register 2 or more: $35 each
Plus $20 materials fee paid at registration
Pat Evans - see bio

More Acrylic Paint Pouring
If you have explored paint pouring, and flipped over “flip cup pours,” you’ll love trying new methods of this playful, freeing technique. In this workshop students will create two colorful abstract masterpieces using a whole new set of pain pouring techniques. Have you ever swiped, puddled or been strung out? Whether or not you have tried these techniques before, you’ll have a great time experimenting with color and the fluid movement of paint in this class.

Acrylic paint pouring is easy to learn and fun for all skill levels. This is a great class if you have taken another paint pouring class, or if this is your first experience. Students will have time to complete 2 paintings in class. Paintings must dry for 24 hours, so you’ll need to return to pick up your work.

Thu., May 7
6:30 – 9:00 pm
Creator Haven at 41-B Hangar Way, Watsonville

Register before March 30: $40
Register after March 30: $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.

Fused Glass Paint Pours: Parent-Child Workshop (ages 10 & up)
Fluid art and acrylic paint pours are versatile, highly customizable, and really satisfying! Learn how to use a glass enamel paint pour that will be permanently fused into glass! Students will layer and pour glass enamels, fusible ink, and medium onto glass to create luminous, flowing images. Finished, fused, flat pieces will available for pick one week after class to allow time for fusing. Students will have the option, for an additional firing fee of $4 payable to the instructor, to turn finished pieces into a dish or bowl.

No glass or painting experience necessary. This class is open to children 10 years of age and up when accompanied by a parent or guardian.

Sat., March 28
10:00 am – 1:00 pm
Creator Haven - 41-B Hangar Way, Watsonville

Fee: $55
Register 2 or more: $38 each
Plus $35 materials fee paid at registration
Pat Evans - see bio

Your art classes are unique and excellent. Attendees drove in caravans from Sunnyvale, Palo Alto, and Monterey. I met great folks and learned so much.

~Student of Pat Evans

"Melody and her assistant Trinity were awesome. Knowledgeable, creative, patient, helpful—and smiles that light up the room."

~Handmade Paper Making student
Memoir Writing 2: Letting Our Stories Live! 📖

It’s the Golden Age of memoir and anyone can write about their lives. An abundance of stories lives inside us, from the wildly adventurous to the simple but poignant. Whether we want to write a memoir about our entire life or some short pieces about a cross country adventure, a wedding gone wildly nuts, or a memory of our grandmother’s apple pie, it all begins with our stories, recollected and written down.

For those who’ve already taken Memoir Writing 1, we will have completely new in-class writing exercises in this workshop, exploring significant moments and bringing them to life with the sounds, smells and sensations that keep them alive in our hearts and available for others to enjoy and value. If this is something you’ve been wanting to do for a while, maybe it’s time to seize the day and do it. There’s no time like the present to enjoy writing about your past, and having a blast doing it.

Both Memoir Writing 1 and 2 complement one another with different exercises on themes of Memoir.

This course is geared to all levels of writing.

Sat., April 25
10:00 am – 4:00 pm
Room: Horticulture 5001
Register before March 30: $82
Register after March 30: $90
Register 2 or more: $80 each
Plus $5 materials fee paid in class

Lauren Mari-Navarro, LCSW, is a Licensed Clinical Social Worker and has been working with people undergoing life transitions for over 18 years. She has taught Memoir Writing for thirteen years at Cabrillo College.

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 résumé.

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.

2 Tue., April 14 & 21
6:45 – 8:45 pm
Room: 432
Register before March 30: $54
Register after March 30: $62
Register 2 or more: $50 each

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

Maureen Casey, MA is a credentialed California instructor and Administrator and a principal at Casey Educational Consulting. She is a former college counselor at Bellarmine Preparatory and Educational consultant specializing in middle school through college age students and families offering college preparatory academics and guidance.

Understanding Adolescents 🧠

Parents, family members, teachers and related support staff, child and youth workers, counselors, nurses and the like will all benefit from the information shared in this course.

You will learn about the many physical, emotional, and cognitive changes that affect the teens in your life, and you will understand the significance of these changes both for you and the adolescent. You will look into relationships both in and outside of the home and the development of a teen’s identity. You will explore personality, moral development and the role of faith.

By the time you finish this course, you should be very well-prepared to understand, appreciate, and meet the needs of the teens in your life.

This course is taught online and is offered each month. Please see pg. 60 for more information.

Writing Womanhood: For Women of All Ages and Writers at All Stages 📖

Women live their lives in chapters—from girlhood to grand-parenting. Learn how to write from the text of your own life in this inspirational and experiential writing workshop for women of all ages and writers at all stages. As your guide and muse, Lisa will inspire you to get started and empower you to keep going. She will show you how to enrich your life by integrating the practice of writing—and the persona of writer—into your daily rhythms.

Each week we will explore a different “chapter” in our lives: “The Story of My Life,” “Writing from Home: Map Stories,” “Family Album: Photo Stories,” “Friends and Lovers: Love Stories,” “Lost and Found: Odes to Common Things,” and, finally, “Changing Chapters: Transitions, Decisions, Turning Points.” We will use sketches, objects, and storytelling to warm up for writing, and impromptu “writing starts” to give us a clear set of footprints onto the blank page. Our focus is not on product but rather on the practice of writing in a notebook every day—two pages or 15 minutes. As we mine our memories—and the moment—for material to write about, we will throw away the rules that bind our imagination, silence the critical inner voices that stifle our creativity, and discover how to carve out the time and space for writing. For inspiration, we will read published essays and poems by such revered writers as Anne Lamott, Vivian Gornick, and Elizabeth Gilbert. By the end of six weeks, you will have in hand the beginnings of several chapters from your own story of womanhood. And you will know the wisdom that comes from exchanging stories with women at different chapters in their lives.

Open to new and continuing students.

Materials fee includes supplies for creative, mixed media exercises that will be completed in class and at home to inspire and inform your writing, as well as a class handbook.

Please see Class Resources web page for important information about this class.

6 Tue., April 14 - May 19
10:00 am – 12:00 noon
Room: Horticulture 5001
Register before March 30: $138
Register after March 30: $145
Plus $25 materials fee paid at registration

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

Genealogy Basics 📚

Tracing your family’s history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and how to interpret the information you find. This course guides you through the search process for family names using several subscription-based websites, which you can access while enrolled in this class.

You will learn through hands-on examples that help you dig deeper into your family’s past. You will develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You will discover where to look, who to contact, and how to make your family history come alive!

This course is taught online and is offered each month. Please see pg. 60 for more information.

Summer Jobs: Join Our Team! 🚗

Do you love working with kids? Want to explore something new every week? Looking for a dynamic summer job? Cabrillo College Extension is now recruiting for summer camp positions!

For more information and to apply, please visit cabrillo.edu/youth

JOIN OUR TEAM!
WELCOME to the CABRILLO SUMMER YOUTH PROGRAM!

Another AMAZING summer with over 50 new and exciting camps!
Our camps provide a safe, fun, and engaging environment for children to explore and grow.
We offer diverse, high-quality content for developing young brains and bodies.
Join us for just a few days, or all summer long!

BLOCK SCHEDULING

Block scheduling offers one simple plan to build a fill a week of camp activities. Your camper’s day begins at 9:00am and concludes at 4:00pm. But, just like an a la carte menu, you have choices! Select the combination of activities that fits your camper’s interests to create your own perfect schedule. Look for the “clock” icons online to find all block schedule qualified camps.

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<tr>
<td>MORNING CAMP</td>
<td>LUNCH BREAK</td>
<td>AFTERNOON CAMP</td>
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<td>Cost: based on chosen camp</td>
<td>Cost: $25* *FREE (see details pg. 2)</td>
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Once you’ve picked your schedule, don’t forget to register for lunch break! From noon until 1pm, campers will have the chance to eat the healthy food packed by their parents (yum!), play a board game, read their favorite book, make new friends, and play outside in a safe, supervised environment. Lunch Break is $25 per week, or FREE if your child is registered for a qualifying camp in the morning and afternoon of the same week.

Block scheduling is available for campers 6 to 12 years old. Please note that all camps are first come, first served, and camps fill fast!

For more information and to see all qualifying camps, check out the “Block Scheduling” page on our website: cabrillo.edu/youth

SCHOLARSHIPS

Cabrillo Extension is happy to offer a limited number of scholarships for our Summer Youth Program. Scholarships provide students and families the opportunity to enjoy our camps and classes at reduced registration fees. For more information, and to download the scholarship application, please visit our website at: cabrillo.edu/youth

Member of the American Camp Association!
Cabrillo Extension is proud to be a member of the American Camp Association! Membership in ACA provides us with many outstanding resources for our staff and campers. The standards of the American Camp Association inform our policies, procedures, and practices. For more information on ACA, see www.acacamps.org.
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<td>Kids Can Make Dinner!</td>
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<td>7/6-7/10</td>
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**LEADERSHIP & ACADEMIC ENRICHMENT**

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<tr>
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<td>8-10</td>
<td>6/22-6/26</td>
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<td>Ready, Set, Read! Grades 1 and 2</td>
<td>6-8</td>
<td>6/29-7/3</td>
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<td>Leadership Academy</td>
<td>12-16</td>
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<td>SAT Test Preparation</td>
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<td>Accelerated Learning Tech</td>
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**CREATIVE CULINARY**

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Container Gardening with Edible and Pollinator Plants

In this hands-on planting class, you will plant your own one-gallon container as you learn how to choose the best edible plants for your containers—think fragrant herbs for cooking and tea, fresh greens and tomatoes for salads - and the best pollinators to create a container of color, and help the bees! No matter your space situation, you can grow many edible and pollinator plants in containers. They are practical, versatile, and you don’t have to worry about gophers! We will discuss the wide range of styles and sizes of containers on the market, how to upcycle cast-aside items to save money, and how to select the best pollinator and edible plants for containers.

Materials fee covers plants, soil, clay pellets (great for pots), fertilizer, and a plastic nursery pot. Students may bring a 1-gallon container of their choice, or plastic nursery pots will be provided in class. Students will go home with a list of resources, and the container they have planted in class, full of pollinators and edible plants!

Sat., April 18
10:00 am – 4:00 pm
Room: 1304
Register before March 30: $90
Register after March 30: $98
Register 2 or more: $80 each
Plus $75 materials fee paid at registration

Build Your Own Backyard Garden Box & Urban Gardening Basics

Learn about backyard container gardening from a master gardener, and build a simple backyard garden box with a woodworker. Using pre-cut materials provided in class students will learn how to build a quality 2’W x 3’L x 1’H redwood raised garden box, and will come away with the skills to build more at home. Students will also learn about special considerations for planting, watering, and plant selection when using containers for your backyard, patio, deck, windowsill, and other urban gardening sites—anything is possible with light, soil, seeds, water, and love!

Students should wear long pants and closed-toe shoes, and bring comfortable work gloves. Eye protection and tools will be provided in class. Bring your lunch, and something to drink, for the half hour break midday.

Sat., April 18
9:00 am – 4:00 pm
Room: 1606
Register before March 30: $68
Register after March 30: $75

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.santacruzbeecompany.com

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 practises. Weather permitting, there will be a field trip to Cabrillo’s Horticulture Center to see the inner workings of a hive. Emily will provide the bee suits and veils, but students are encouraged to bring their own if they have one.

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 vital pollinators.

This class is appropriate for adults with little to no experience in keeping bees. Please bring a bag lunch for the half hour lunch break.

Sat., May 2
9:30 am – 3:00 pm
Room: 1606
Register before March 30: $68
Register after March 30: $75

Introduction to Interior Design

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Interior design takes training as well as talent, and this program will give you the know-how you need to design a room from floor to ceiling. You’ll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas. In addition, you’ll explore a range of careers in interior design and get insider tips for entering this exciting field.

Because interior design is constantly evolving, you’ll also learn about some of the latest trends affecting the industry. You’ll investigate “green” sustainable design, and you’ll 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 interiors for yourself and others.

This course is taught online and is offered each month. Please see pg. 60 for more information.
Designing Your Bathroom for the 21st Century

While your bathroom may be the smallest room in your home, it can be the most complicated to remodel. Will a facelift be sufficient or do you need to tear everything down to the 2x4s? Are you interested in learning about “greener” options? Wondering how to incorporate the “latest” and not get a “dated” design? Is universal design important to you? Are you lacking storage? What are the best lighting solutions?

Can you make your bathroom bigger without breaking the bank? Are you wondering how much “things” cost or how to avoid cost overruns? Do you want to have a great relationship with your contractor and subcontractors? This class will help you understand what information you need before you start talking to contractors.

A minimum of one flash drive per household registration is required. For more details about flash drives, cost, and pick-up options, please see the Class Resources web page.

Sat., March 14
9:00 am – 12:00 noon
Room: 1605
Register before Jan. 27: $58
Register after Jan. 27: $64
Plus $15 materials fee paid at registration

Yvonne Ross-Khamashta has received certifications for kitchen design, green building and lighting design. She has worked as a Designer and Field Project Manager for over 17 years. She has managed all phases of construction including contracts, plan development, permits, material selection and installation for over 350 kitchen and bathroom remodels.

ADUs, Granny Units, and Other Small Spaces: Design, Costs, and Construction

Have you ever thought about building an Accessory Dwelling Unit (ADU) on your property, but did not know where or how to start? Are you interested in learning about rough costs for these smaller homes? Do you want to learn about the process, how long it is likely to take, and some good design guidelines to make small spaces feel larger? Do you want to learn how to determine if an ADU can be built on your property? Are you wondering how a design and construction firm may help you with a project like this, and what exactly they do?

During this comprehensive workshop, which will include a slide presentation of recent designs of completed ADUs, students will hear from local professionals in the field of greenbuilding, residential design, and construction.

Topics covered are:

- How to determine ADU feasibility on your property
- How to get started
- The process for designing and building an ADU
- Rough costs for ADUs of different sizes, building on a slope, cost of utilities, different costs by city/region, water meter fees
- Value engineering - how to save money during design and construction
- Design concepts and ideas for making small spaces work
- Possible uses for ADUs
- Timeframe for the entire process
- Overview of how a loan can be used for construction, and payoff time
- Common pitfalls

Sat., May 9
1:00 – 5:00 pm
Room: 322
Register before March 30: $58
Register after March 30: $65
Register 2 or more: $50 each

Taylor Darling is a co-owner of Santa Cruz Green Builders, a general contracting company that is firmly committed to building green. He and his team have extensive experience designing and building ADUs in Santa Cruz County.

Cody Work, BA, designs everything from new houses to ADUs, kitchen remodels and home additions at Santa Cruz Green Builders. She is completing a masters program for design at the Academy of Art in San Francisco, and has worked as an interior designer throughout the Monterey Bay area.

Spencer Keenan holds a BS in Industrial Design, is co-owner of Santa Cruz Green Builders, and acts as a Project Manager.

Designing Your Kitchen for the 21st Century

Whether you are planning a facelift, a complete overhaul—or not sure which—this workshop will help you avoid the “If I had only known” syndrome. Do you want to know the pros and cons of custom versus ready-made cabinets? Is engineered stone or natural stone ideal for your kitchen? Are you interested in “greener” options? Wondering how to incorporate the “latest” and not get a “dated” design? Is universal design important to you? Are you wondering how much “things” cost or how to avoid cost overruns? Do you want to have a great relationship with your contractor and subcontractors?

This workshop will provide a step by step checklist for planning, designing and preparing for your remodel. Topics include: design trends versus design pitfalls, steps for getting a realistic bid, top 10 remodeling mistakes, product comparisons, your responsibilities versus their responsibility, along with many other topics that will help you prepare for your kitchen remodel. The workshop uses case studies and provides tools so you can work with your contractor(s) to create a kitchen that meets your financial goals and reflects your personal style.

Bring a lunch. The class moves very quickly and covers a lot of information. It is highly recommended that students review the materials on the flash drive and create a list of questions. The first half of workshop will cover “The Steps In Remodel Preparation” and the second half of the workshop will cover “Design Elements – Functional and Esthetic.”

A minimum of one flash drive per household registration is required. For more details about flash drives, cost, and pick-up options, please see the Class Resources web page.

Sat., March 21
10:00 am – 4:00 pm
Room: 1605
Register before Jan. 27: $90
Register after Jan. 27: $98
Plus $15 materials fee paid at registration

Yvonne Ross-Khamashta - see bio

“I thought Yvonne was excellent! One of the best classes I have ever taken. She could have a couple more days of instruction. The handouts were impressive and I will use most of them. She gave many ideas, some simple and some more detailed. I think everyone loved the class!”

~Student in Designing Your Kitchen for the 21st Century
Build Your Dream House

Your home should be a sacred place that nobody can ever take away. One way to get such a place is to build it yourself; that way, you will have little or no mortgage. You don’t need a license to build your own house. You can build your own house and be mortgage free in just a few years without the worries about losing your house to foreclosure.

This 3-hour class will steer you in the right direction to building your own house for the least amount of money. Learn how to: buy land at huge discounts, buy materials for next to nothing and build it green, design your house for ease of construction, live on your property rent free while you build, use unconventional financing, and get the best help for the least cost.

Sat., April 25
10:00 am – 1:00 pm
Room: 429
Register before March 30: $58
Register after March 30: $65
Plus $20 materials fee paid 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.

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, addendums, 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., May 16
9:00 am – 3:30 pm
Room: 425
Register before March 30: $90
Register after March 30: $98
Plus $20 materials fee paid at registration

Kathleen Richards, MS, MPM, RMP, was the owner of an award winning local Property Management Company and has been a professional property manager for over twelve years.

Real Estate Investing

Have you ever heard the old saying, “Buy low, sell high?” News stories about the softening real estate market might scare away some novice investors. Experienced investors, however, recognize weak markets as opportunities to pick up bargains. When there are more sellers than buyers, your chances of getting a good deal go way up. In fact, many investors make more money in a down market than in a strong one. In many areas, now is the time to buy before prices start climbing again. In this course, you’ll learn how to make money in any area, in good times and bad, even if you have little money to start with.

This course provides straight talk about real estate that will help you profit from the tremendous opportunities available to investors right now.

This course is taught online and is offered each month. Please see pg. 60 for more information.

Keys to Successful Money Management

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

In this course, a certified financial planner will walk you through the steps you need to take in order to achieve true financial success. If you’re serious about living a better life by tapping into your unfulfilled potential, we’ll show you the way.

This course is taught online and is offered each month. Please see pg. 60 for more information.
Introduction to Adobe Illustrator
Learn to create detailed, professional illustrations and drawings digitally, whether you draw by hand or want to create an illustration from your photos. Adobe Illustrator is a large application and this is your chance to get acquainted with some of the basic tools and techniques most useful for graphic artists & photographers. Find out how to vectorize your pencil or ink drawings, convert a photo into editable vectors, create gradients, use layers, create repeating patterns, designer text tricks on a path and more. Much of what will be learned is applicable in Photoshop and InDesign as well.

This class will be taught on a Mac, but is adaptable to Windows.
3 Wed., March 11 - 25
6:00 – 9:00 pm
Room: 317
Fee: $110
Alixandra Mullins has been a professional media and graphic designer for over 10 years and has taught Digital Media at Gavilan and Cabrillo College.

Photoshop for the Hobby Photographer
Want to fix your photos but don't know where to begin with Photoshop? Start here! This is your chance to get the basics of Photoshop and learn the tools and techniques for fixing photos old and new. In this class you'll learn to deal with image quality, color correct, repair aging scanned photos, fix the balance of light and dark, and more.
Never used Photoshop before? Need a refresher? Been using Photoshop, but want to get a firmer grounding in the basics? This class is for you. Get the best out of your photos.
This class will be taught on a Mac, but is adaptable to Windows.
Students should bring a brown bag lunch.
2 Sat., March 14 & 21
9:30 am – 2:30 pm
Room: 317
Fee: $98
Deborah Cardillo is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.

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 PCs, 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.
Sat., May 8
9:00 am – 5:00 pm
Room: 515
Register before March 30: $98
Register after March 30: $128
Register 2 or more: $90 each
David Nagid - see bio
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.
This introductory class will also include a brief overview of Google Sheets.
Required: Essential Computer Skills (see previous page) or equivalent knowledge.
A comprehensive manual/textbook is included
Sat., April 4
9:00 am – 5:00 pm
Room: 515
Register before March 30: $128
Register after March 30: $142
David Nagid - see bio

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
Sat., April 25
9:00 am – 5:00 pm
Room: 515
Register before March 30: $128
Register after March 30: $142
David Nagid - see bio

Microsoft Excel: Level 3
This advanced level class introduces highly complex Excel 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
Fri., March 27 OR Sat., May 16
9:00 am – 5:00 pm
Room: 516
Register before March 30: $128
Register after March 30: $142
David Nagid - see bio

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.
This introductory class will also include a brief overview of Google Docs.
Required: Essential Computers Skills or equivalent knowledge.
A comprehensive manual/textbook is included in the course fee.
Sat., April 11
9:00 am – 5:00 pm
Room: 515
Register before March 30: $128
Register after March 30: $142
David Nagid - see bio

Microsoft Word – Level 2
This intermediate level class covers more complex skills than those presented in Level 1. Topics introduced include creating newsletters using columns, section and column breaks, inserting WordArt and clipart, basic picture editing, formatting text consistently by using styles, Mail Merge documents, creating and working with templates, and more.
Required: Microsoft Word: Level 1 or equivalent
A comprehensive manual/textbook is included
Fri., May 1
9:00 am – 5:00 pm
Room: 515
Register before March 30: $128
Register after March 30: $142
David Nagid has been teaching MS Office applications at various local community colleges and adult schools since 2000. He worked as a Systems Integration & Test Engineer for Lockheed Martin until his retirement in 2014.

Microsoft Word – Level 3
This advanced level class introduces highly complex Word 2016 skills. Topics covered include: creating and editing complex documents, using tables, using columns, section and column breaks, inserting WordArt and clipart, basic picture editing, formatting text consistently by using styles, Mail Merge documents, creating and working with templates, and more.
Required: Microsoft Word: Level 2 or equivalent
A comprehensive manual/textbook is included
Fri., May 1
9:00 am – 5:00 pm
Room: 515
Register before March 30: $128
Register after March 30: $142
David Nagid has been teaching MS Office applications at various local community colleges and adult schools since 2000. He worked as a Systems Integration & Test Engineer for Lockheed Martin until his retirement in 2014.
**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 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'll receive 2 practice tests and you'll take the official Notary exam directly following this seminar.

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

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

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

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. Live Scan fingerprints required after you pass the exam.

Sat., May 9
8:00 am – 6:00 pm
Room: 435
Register before March 30: $58
Register after March 30: $74
Plus a $15 material fee paid at registration
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.

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

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 – 6:00 pm. 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. Live Scan fingerprints required after you pass the exam.

Sat., May 9
12:45 – 6:00 pm
Room: 435
Register before March 30: $50
Register after March 30: $58
Plus $35 materials fee paid at registration
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 will 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! Bring a highlighter and a sack lunch.

Sat., May 16
9:00 am – 4:00 pm
Room: 435
Register before March 30: $95
Register after March 30: $110
Plus $60 for materials fee & certification paid in 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.

**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.

Sat., April 11
10:00 am – 1:00 pm
Room: 432
Register before March 30: $65
Register after March 30: $74
Plus a $15 material fee paid at registration
Josh Wagner - see bio

**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 show 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 web site links and contact information for agencies, is included in your materials fee.

Tue., May 19
6:00 – 9:00 pm
Room: 318
Register before March 30: $65
Register after March 30: $74
Plus a $10 materials fee paid at registration

Josh Wagner runs the Santa Cruz consulting firm PlantRight, which provides a user-friendly approach to nonprofit start-up. PlantRight serves hundreds of client organizations around the country.

**Dynamic Listening & Questioning**

Do you often get frustrated in conversation with certain people? Do you ever feel embarrassed about how you reacted or responded to a situation? Have you found yourself upset because your voice has not been heard? Are you ready to go to the next level in your communication skills?

Our communication challenges stem from how we receive and give information. In order to improve our communication skills, we have to become engaged listeners and ask better questions so that intentions and information are clear.

In this course, you will learn how to activate your listening, probe for more information with valuable questions and give information so everyone gets the message. You will practice and learn to:

- Develop listening skills and difficulties
- Be conscious of how others receive and give information
- Ask questions to deepen your understanding
- Articulate and express the information you have received from another person

Thu., April 2
6:00 – 9:00 pm
Room: 1522
Register before March 30: $52
Register after March 30: $58
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:

- Learn about “Above the Line” leadership and practice claiming a space above the line.
- Understand the 4 components of Emotional Intelligence.
- Practice 2 powerful techniques for developing greater self-awareness.
- Explore the brain’s negativity bias and the impact that it (potentially) has on our leadership.
- Learn 3 ways to “prime” yourself for greater success and being a resilient leader.

Wed., April 15
1:00 – 4:30 pm
Room: 1522
Fee: $68

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.
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.

Mondays, March 2 - May 18  OR  Tuesdays, March 3 - May 19
5:00 – 8:00 pm, Room: 2100B
9:00 am – 12:00 noon, Room: 1522
Classes are held on the Aptos Campus
Take ALL TWELVE MODULES for just $648 or $64 per module

Supervisory Academy Course Modules

Being a Great Supervisor
Mon., March 2  OR  Tue., March 3
5:00 – 8:00 pm  9:00 am – 12:00 noon

Building Trust
Mon., March 16  OR  Tue., March 17
5:00 – 8:00 pm  9:00 am – 12:00 noon

As a supervisor, your ability to create and sustain a climate of trust is critical to your team’s satisfaction and success. But how can you demonstrate that you’re worthy of your direct reports’ trust? Come to this class to:
- Understand the roles and responsibilities of effective supervisors
- Assess your own supervisory skills and strengths
- Learn key behaviors that set the best supervisors apart from the rest

Essential Communication Skills
Mon., March 9  OR  Tue., March 10
5:00 – 8:00 pm  9:00 am – 12:00 noon

As a leader, your communication style and habits have a disproportionate impact on the “climate” of the organization. The way you communicate can heavily influence employee motivation, the quality of information shared, and employee engagement. Come to this course to:
- Practice essential skills for creating the organization you want, including listening and speaking clearly
- Understand the functions & channels of communication in an organization
- Understand communication barriers and practice overcoming those barriers

Understanding Employee Engagement
Mon., March 23  OR  Tue., March 24
5:00 – 8:00 pm  9:00 am – 12:00 noon

Some estimate that as much as 75% of American employees are disengaged at work. Imagine how much easier your life as a supervisor would be if only your employees would show up at their best. Come to this class to:
- 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
Mon., March 30  OR  Tue., March 31
5:00 – 8:00 pm  9:00 am – 12:00 noon

Leading a team has its challenges but it’s an inescapable reality of today’s organizations. When we understand the principles of effective teamwork, we can harness the power of interdependence to create a powerful work team that achieves the right results. Come to this class to:
- 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

Conducting Quality Interviews and Selecting the Best Candidates
Mon., April 6  OR  Tue., April 7
5:00 – 8:00 pm  9:00 am – 12:00 noon

Hiring the wrong person can impact the business results and office morale. 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:
- Discuss common obstacles to effective employee recruitment & development
- Learn the basics of behavioral interviewing
- Practice writing and asking interview questions
- Compare a candidate and a position for “fit”

Managing Performance
Mon., April 13  OR  Tue., April 14
5:00 – 8:00 pm  9:00 am – 12:00 noon

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:
- Determine why performance management is important and who is responsible for its success
- Learn the 4 phases of the performance management cycle
- Set SMART Goals that result in organizational success

Giving and Receiving Feedback
Mon., April 20  OR  Tue., April 21
5:00 – 8:00 pm  9:00 am – 12:00 noon

To truly improve performance, we need to create a culture of continuous feedback.
- Learn and practice the 1-minute praise and 1-minute redirect models of feedback
- Practice asking for feedback and building receptivity
- Learn and practice a simple and powerful way of giving feedback regularly
- Learn and practice a model for anticipating challenges, and diverting them before they become performance issues

Coaching for Results
Mon., April 27  OR  Tue., April 28
5:00 – 8:00 pm  9:00 am – 12:00 noon

Much of the struggle with poor performance can be alleviated when we provide a higher degree of clarity for our employees. Start with clear and actionable goals. In this class you will:
- Examine behaviors of high, mid, and low performance
- Identify meaningful ways to delegate and address accountability
- Gain insight into creating effective performance evaluations

Performance Evaluations
Mon., May 4  OR  Tue., May 5
5:00 – 8:00 pm  9:00 am – 12:00 noon

Coaching, a crucial leadership skill for successful supervisors, combines building relationships, providing support and monitoring progress. Coaching empowers your employees to develop the skills they need to succeed.

Come to this course to:
- Learn and practice the precursors to coaching: being curious and asking good questions
- Review and practice a powerful 4-step model for coaching
- Develop a detailed plan to coach a specific person on your team

Managing Conflict
Mon., May 11  OR  Tue., May 12
5:00 – 8:00 pm  9:00 am – 12:00 noon

Conflict can’t be avoided, but the way we handle it can be improved. In fact, handling conflict constructively can build trust in your relationships and increase your credibility. It can also stimulate new and better ideas and keep your workforce engaged. In this practice-based class you will:
- Understand the tension we feel between showing that we care and addressing tough topics
- Identify signs that you need to speak up and get involved
- Practice listening and giving powerful (yet supportive) feedback in times of stress
- Practice mediating a conflict between two others who are in a conflict at work

Supervisory Academy Roundtable
Mon., May 18  OR  Tue., May 19
5:00 – 8:00 pm  9:00 am – 12:00 noon

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!
In order to be an effective people leader, you need to continuously grow and change. It's important to embrace your role as a leader—creating clarity for your work team, facilitating involvement, leading team process, leading your team through change, and getting results both with and through others.

This new series focuses on the leadership and supervisory skills that sustain organizational success. We look at key competencies that will develop the next generation of organizational leaders such as organizational knowledge, problem solving and decision making, communicating, and managing strategic relationships. The curriculum will enhance professional development, accelerate organizational projects, and secure organizational sustainability through practical learning tools and engaging methods.

Join our new Advanced Supervisory Academy to learn more about transforming your work team, achieving goals together, and unleashing the creative power of your group.

This Academy is delivered in seven modules; choose which best meet your needs or attend them all!

Is this Academy for me?
This is for you if you supervise or manage others and have a desire to get better results with your team. This Academy will prepare you to tap into the energy of each group member, creating a higher degree of satisfaction and fulfillment for all—while getting great results!

7 Thursdays, April 9 – May 21
5:00 – 8:00 pm
Classes are held on the Aptos Campus, Room: 2100B
Take ALL SEVEN MODULES for just $385 or $64 per module

Advanced Supervisory Academy Training Series

Problem-Solving & Decision Support
Thu., April 23  5:00 – 8:00 pm
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 stakeholders and criteria for the problem or decision
• Investigate the root cause of problems
• Choose a solution or option with an evaluation grid

Assessing Solutions
Thu., April 30  5:00 – 8:00 pm
In order to meet organizational needs and obtain financial return, it is essential to assess, choose and build a case for potential solutions to problems. Learn how to evaluate potential solutions and determine if a solution makes financial sense. In this class you will:
• Identify criteria for the solutions assessment
• Estimate costs and benefits of a solution with common financial calculations
• Determine the financial return of a solution

Motivating Others to Commit
Thu., May 14  5:00 – 8:00 pm
In order to reach goals and achieve results, we need others to support our ideas and to commit to action. Learn to utilize proven persuasion tools that help to identify opposition and gain influence. In this class you will:
• Apply persuasion techniques to influence others
• Recognize and address opposition
• Obtain commitment or agree on next steps

Persuasive Presentations
Thu., May 7  5:00 – 8:00 pm
Within organizational life, we are often called to give presentations that motivate others to take action. Enhance your delivery by understanding the key aspects of persuasive presentations. In this workshop you will:
• Captivate the audience with a good story and easy to follow structure.
• Utilize information that is logical, appealing and influential
• Prepare a script that is clear, compelling, and memorable.

Behavioral Communication
Thu., May 14  5:00 – 8:00 pm
People give and receive information in unique ways. In order to communicate most effectively, we need to adapt our behaviors and communication to others. Learn how to recognize the communication style of others in order to clearly deliver your message for best receipt. In this class you will:
• Identify your unique style of behavioral communication
• Understand individual preference for giving and receiving information
• Adjust your communication to meet the preference of others

What are you Paying Now?
We know it can be difficult to be out of the office for any reason—even to support your own development. But the cost of NOT leveraging the power of your team is also at stake. Low engagement, dissatisfaction, and wasted energy all act like invisible drains on your systems. Don't let this happen to your work team! Take advantage of this flagship course.

Join us today!

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, IBM, and Amgen as well as non-profits, small businesses and entrepreneurs to help enhance employee skills and work performance.
The Leadership Challenge.

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

Developing as a Leader:
Your Personal Story
Wed., April 8 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.

Effective Delegation
Wed., April 29 1:00 – 4:30 pm

One of the primary responsibilities of a developing leader is to delegate effectively. You need to be able to identify an employee’s strengths and weaknesses, select and delineate work tasks clearly, and appropriately monitor the execution of the tasks throughout the employee development process. Come to this half day class to:

• Be introduced to situational leadership and how to apply it to your work team
• Learn when to delegate, when to coach, when to support and when to direct.
• Identify tasks that you can safely delegate.
• Practice delegating effectively using a “conversation planner.”
• Practice following-up with employees to ensure tasks are done completely, and the skills they need to succeed are learned.

Leading Organizational Change
Wed., May 13 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.

The Essentials
Wed., May 6 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

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.

To register, visit us online at cabrillo.edu/extension or call 831-479-6331

LEADERSHIP COURSE MODULES

Five Practices of Exemplary Leaders
Wed., April 1 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.

Coaching for Improvement and Development
Wed., May 20 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.

8 Wednesdays, April 1 – May 20
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
Starting a New Business
Starting a business in Santa Cruz? We’ve condensed our “10 Page Checklist of Must Knows” down to this one-hour workshop. Run through the logistics of starting a new business in the county of Santa Cruz in this brand new workshop for 2020. Our “Start Up” specialist, Keith Holtaway, will lead you through the below topics and more!

Legal Structures • Fictitious Business Name
Business Licenses • Possible Permits Needed
Employer Identification Numbers • Required Tax
Documents • Employee Classification
Business Insurance • Business Funding

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., April 21
3:00 – 6:00 pm
Santa Cruz Police Dept. Community Room,
155 Center Street,
Santa Cruz
Fee: $35

Keith Holtaway - see bio

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.

Sat., May 2
10:30 am – 1:30 pm
Room: 1604
Fee: $35

Keith Holtaway - see bio

Advanced Social Media: Marketing to Boost Your Business with Facebook & Instagram
This seminar is designed for students who feel confident using their Facebook business pages and understand some of its pros and cons. Very few of your followers will ever see what you posts because of Facebook's changed algorithm. Learn key workarounds. Class covers advanced tools to optimize your Facebook presence, including Facebook Business Manager, Facebook Insights, Facebook Creator and how to better integrate with Instagram and your website. Facebook advertising and how to better sell on Facebook and Instagram will be briefly addressed as an overview because it’s such a vast subject that it could stand alone! You’ll leave with strategies to better use Facebook as well as some alternative options.

Tue., March 17
9:00 am – 12:00 noon
Santa Cruz Police Dept. Community Room
155 Center Street, Santa Cruz
Fee: $35

Karen Kefauver has over 10 years’ 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.

Forming a Strong Team: Understanding HR Policy to Attract and Hire Top Talent
Human Resource Law is constantly changing. In 2019 we saw many changes to the rules small businesses operate under. This class is for small business owners that will be hiring or currently have employees. We will update you on recent regulation changes with an overview of California’s Labor Law. HR specialist and instructor, Joy Hallow, will take you through:

• New 2020 Regulations
• Determining whether you are ready for employees
• Employer requirements on Sick Leave & Retirement, AB 5: Employees vs. Contractors and The Hiring Process

Thu., April 30
3:00 - 6:00 pm
Room: 1604
Fee: $35

Joy Hallow, B.A., completed her Master’s study at USF which supports Joy’s effectiveness and “passion” for the organizational development and training side of the HR profession. Joy has taught HR and Supervision classes for Cal Poly, San Luis Obispo and the Pajaro Valley Adult Education with more than thirty years experience in the Human Resources field.

LinkedIn Essentials: How To Grow Your Network and Get More Leads
Do you have a LinkedIn profile that just sits there? Think LinkedIn is only for job seekers? You’re not alone! Learn how to leverage your LinkedIn profile to gain a powerful advantage in building your brand and your business using the world’s most powerful business to business social media platform. This three-hour seminar is a deep dive into LinkedIn, that will transform your basic LinkedIn profile to a powerful tool to connect with top level LinkedIn decision makers and promote your goods and services with superior strategies. We’ll cover: LinkedIn personal profiles, business profiles, video content, groups, recommendations, the little known steps to the sales funnel and how to use video content for posts and ads. And that’s just the tip of the iceberg!

Sat., April 25
9:00 am - 12:00 noon
Room: 1604
Fee: $35

Karen Kefauver - see bio

ServSafe Manager Certification or Recertification
A Food Handlers card is required for food preparers and servers in the state of California. Knock out your training and testing for the ServSafe Manager Certification with this eight-hour course. The course covers critical principles including: personal hygiene, cross-contamination, time and temperature, cleaning and sanitizing, and more.

If you have never been ServSafe Managers Certified, attendance of this course and the materials associated are required before sitting for the exam. If you have previously been ServSafe Manager Certified, you may take just the renewal exam. The course and materials are not required.

ServSafe Manager Certification
Thu., March 26
9:00 am - 5:00 pm
Room: 1604
Fee: $85
Plus a $65 materials & exam fee paid at registration

ServSafe Managers Recertification
Thu., March 26
3:00 – 5:00 pm
Room: 1604
Exam Fee: $50

Tom Bruce has worked in the hospitality industry for over 35 years, serving as a consultant, teacher, and chef.
Medical Insurance Billing Program

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

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

Certificate Program

- 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 of each course. 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.

**CERTIFICATE PROGRAM**

Introduction to Medical Insurance Billing, Part 1

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 CHAMPVA
- 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)

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

Sat., April 18
9:00 am – 3:30 pm
Room: 514
Fee: $125
Plus $59 materials fee paid in class

Medical Insurance Billing, Part 2

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., April 20 & 21
6:30 – 8:30 pm
Room: 514
Fee: $85
Plus $39 materials fee paid in class

CPT, ICD, & HCPCS Coding

In this course the student will learn the difference between CPT, ICD, 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., April 19
9:00 am – 3:15 pm
Room: 515
Fee: $95
Plus $49 materials fee paid in class

Workers’ Compensation & Personal Injury

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

- 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 Parts I & II.

Sat., April 25
9:00 am – 12:30 pm
Room: 514
Fee: $85
Plus $49 materials fee paid in class

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., April 19
3:15 – 3:30 pm
Room: 515
Fee: $45
Plus $89 materials fee paid in class—including workbook & tutorial software

Medical Front Office Certificate Program

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

Topics covered include:

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

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

Wed. & Thu., April 22 & 23
6:30 – 8:30 pm
Room: 514
Fee: $105
Plus $79 materials fee paid in class—includes workbook & tutorial software

To register, visit us online at cabrillo.edu/extension or call 831-479-6331

Take the Entire Medical Billing Certificate Program for just $395

Plus Materials Fees

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., April 25
1:00 – 3:00 pm
Room: 514
Fee: $65
Plus $29 materials fee paid in class

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
Online Classes

Experience Online Classes with Education to Go
Access ANY TIME & ANYWHERE!

Welcome to www.ed2go.com/cabrillo

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: March 18, April 15, May 13, & June 17

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
- Beginning Writer’s Workshop

Over 500 courses are available on our ed2go website!
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 located in student lots. These vending machines only accept credit/debit cards. Parking is permitted ONLY in spaces that are marked "STUDENTS."

**Note:** Permit parking is also available along Upper & Lower Perimeter Roads, ONLY in spaces designated for STUDENTS. Do not park in staff-designated spaces!

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: [cabrillo.edu/extension](http://cabrillo.edu/extension) 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 & 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. Late arrivals or missed classes please see the FAQ section on our website, or call Extension. We would be happy to help!

**Refunds**
There's no fine print in our refund policy. Classes cancelled by Cabrillo will be offered a full refund or an electronic voucher. Please note classes with low enrollment are subject to cancellation. 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.

**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 _____________________

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.

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**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, 9:00 am – 5:00 pm

**Phone:** (831) 479-6331

**Online:** cabrillo.edu/extension

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To register, visit us online at cabrillo.edu/extension or call 831-479-6331 63
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OUR WEBSITE: cabrillo.edu/extension
SUMMER YOUTH PROGRAM: cabrillo.edu/youth

Follow our social media for the latest Extension event news and updates—and share your own experiences, too!

Instagram: @cabrilloextension facebook.com/CabrilloCollegeExtension

RESOURCES FOR WEDDINGS, RECEPTIONS & EVENTS:
An elegant historic mansion, located on the Cabrillo College campus, this spectacular facility is an ideal setting for weddings, receptions, meetings, conferences, holiday parties, and other special events.

WEDDINGS & RECEPTIONS
SPECIAL EVENTS
HOLIDAY PARTIES • CATERING
PINO ALTO RESTAURANT

FOR SESNON MEETINGS AND EVENTS:
Please contact Eden Ganley at 831-479-6229 or edganie@cabrillo.edu
PINO ALTO RESTAURANT RESERVATIONS:
Please call 831-479-6524

SEE MORE DETAILS AT: cabrillo.edu/extension

Cabrillo Extension

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Summer Youth Program
Summer is right around the corner!
For more information, please visit us at: cabrillo.edu/youth
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Leadership Academy
Join us for our 8-week leadership development program to take your skills to the next level.
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