REGISTER BEFORE JANUARY 27th FOR DISCOUNTED FEES ON SELECT CLASSES!

WORKSHOPS TO GET YOU MOVING, MAKING, LEARNING, & EXPLORING!

REGISTER ONLINE: cabrillo.edu/extension
OR CALL: (831) 479-6331
CLASSES & WORKSHOPS

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REGISTRATION IS EASY!

Register online at cabrillo.edu/extension or by phone (831) 479-6331 or mail in your registration (see page 79)

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 Hakouya 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.

Wed., February 12
6:00 – 9:00 pm
Ohlsen Foods
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
OR
Sun., May 3
1:00 – 4:00 pm
Ohlsen Foods (see map, page 77)
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 size for 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 sheathes, or bring them safely wrapped in a towel 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.

Sat., February 8 OR Sun., May 17
9:00 am – 12:00 noon
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Megan Bailey - see bio

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.

Hot Appetizers for the Cold Season: Comforting Finger Food for the Winter Months

It may be cold outside, but we’ll be warm and cozy as we prepare a selection of hot appetizers perfect for the chilly winter months. Whether you prepare them for parties, or make a meal of these delicious appetizers, they’re comforting, filling, tasty, and oh so easy to prepare! We’ll make three-cheese phyllo triangles with caramelized onions and yogurt, pesto parmesan chicken meatballs with marinara, spinach, apple, and sausage stuffed delicata squash, and Moroccan flatbread with spicy garlic hummus.

Sun., February 9
Room: 908
2:00 – 5:00 pm
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Sean Adams - see bio
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., Feb. 2 OR Sun., March 29
2:00 – 5:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Sean Adams - see bio

Cheese Making at Home

Do you LOVE cheese? Have you ever wondered how tangy, fresh 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.

Tue., March 24
6:00 – 9:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $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.

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
Room: 908
2:00 – 5:00 pm
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.

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.

Sun., April 5
1:00 – 5:00 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

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.

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
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.

Foodie Field Trips

Each of these classes begins at the off-site location for a tour and talk about the site we are visiting, and the local food they produce and sell. Then, it’s back to the Cabrillo kitchen for an afternoon of cooking, learning, and eating, using fresh ingredients from the morning field trip. This is a great way to learn about the amazing local resources we have for unique, fresh and sustainable foods, and then to prepare and eat delicious meals using their ingredients.

Students will go home with recipes and a list of resources for fresh, local food.

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!
**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 salad 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
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Megan Bailey - see bio

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**Breakfast and Brunch 1**

This is the first 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 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 - see bio

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**Breakfast and Brunch 2**

This is the second class in our 2-part Breakfast and Brunch series!

In this class we will make poached eggs, crispy bacon, the best home fries ever, and crowd-pleasing Spanish omelets.

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

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**Soups and Savory Scones**

Learn the basics of soup making while working with a bounty of Santa Cruz grown vegetables! Join Chef Anne in the Cabrillo bakeshop to prepare butternut squash soup, leek and potato, black bean soup, wintertime tomato, and cream of broccoli. Everyone will also make herb black bean soup, leek and potato, and cheese scones. No need to make dinner on 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.

Room: 908 6:00 – 9:00 pm Thu., February 20
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $15 materials fee paid at registration
Anne Baldzikowski is an author and award winning chef instructor. Currently she teaches in the Culinary Arts and Hospitality Department at Cabrillo College. She is the author of “Easy Artisan: Simple Elegant Recipes for the Everyday Cook.”

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**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 purely protein, vegetables, fruits, and nuts—no grains or any processed food! This workshop will give you great ideas for meals that are super healthy, super simple, and leave you feeling great!

Room: 908 2:00 – 5:00 pm Sun., March 22
Register before Jan. 27: $84
Register after Jan. 27: $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, and an instructor at Teen Kitchen Project, inspiring the next generation of chefs and foodies.

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**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 soups that pair especially well with main courses.

Room: Sesnon House 5:30 – 8:30 pm Sat., February 1
Register before Jan. 27: $84
Register after Jan. 27: $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.

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**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.

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

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**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.

Sat., February 29 9:00 am – 12:00 noon Room: 908
Register 2 or more: $78 each
Register after Jan. 27: $95
Register before Jan. 27: $84
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
3 Friday night sessions to choose from!
Register early, these classes fill fast!

**Session 1:**

**Early Valentines Dinner**

Poached fish in a heart shaped parchment paper (fish en papillote), chocolate dipped strawberries

Sat., February 8 5:30 – 8:30 pm Room: Sesnon House
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration

**Session 2:**

**Fresh Italian Pasta with Marinara and Tiramisu**

Sat., February 29 5:30 – 8:30 pm Room: Sesnon House
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration

**Session 3:**

**Pho Soup and Coconut Mango Tapioca**

Sat., April 4 5:30 – 8:30 pm Room: Sesnon House
Register before Jan. 27: $84
Register after Jan. 27: $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.
Come and experience fine dining at Pino Alto Restaurant, located in the beautiful and historic Sesnon House, on the Cabrillo College campus. The restaurant’s relaxed, welcoming decor and view of the spacious Sesnon House grounds create the perfect space to enjoy a memorable lunch or dinner with friends and family.

Support culinary art students in their educational goals by dining at the highly-acclaimed Pino Alto Restaurant!

**COUPON VALID UNTIL JUNE 2020**

**NOT APPLICABLE TOWARDS BEVERAGES.**

**COUPON MUST BE PRESENT AT PURCHASE.**

1 COUPON PER PERSON/GROUP; CANNOT BE COMBINED WITH OTHER OFFERS.

**10% OFF**

**COUPON MUST BE PRESENT AT PURCHASE.**

1 COUPON PER PERSON/GROUP; CANNOT BE COMBINED WITH OTHER OFFERS.

**NOT APPLICABLE TOWARDS BEVERAGES.**

**COUPON VALID UNTIL JUNE 2020**

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**LUNCH**

Monday-Wednesday
12:00 noon–1:30 pm

**DINNER**

Wednesday–Friday
5:30–8:30 pm

**TERRACE DINING**

Wednesday–Friday
5:00–8:30 pm

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**Warming Winter Soups**

Winter is the perfect time for warm, nourishing soups! In this hands-on workshop students learn savory-soup secrets as we make three hearty, vegetarian soups from scratch, using organic, locally sourced seasonally available produce. For each soup we will start by making a rich, delicious vegetable broth. From that base we will prepare a creamy cauliflower soup, a robust bean based soup, and a broth mixed vegetable soup. Each student will leave with recipes, and two quarts of soup in reusable glass jars to enjoy at home.

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

Sun., February 23
1:00 – 4:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Suzanne Tuescher - see bio

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**Make Your Own Corned Beef**

If you have never corned your own beef brisket you have no idea what you are missing—it is incredible! It may take a little extra time, but making your own corned beef is easy, and so worth it! In this class students will learn about the “corn,” which is really just large grains of salt used to cure—or brine—the beef, how to put the proper spices together, and how to ensure superior flavor and texture. This class will get you ready to prepare the best corned beef ever, for St. Patrick’s Day, or any day!

Sat., March 7
9:00 am – 12:00 noon
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $25 materials fee paid at registration
Megan Bailey - see bio

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**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.

Sat., March 7
1:00 – 4:00 pm
Room: 908
Register 2 or more: $78 each
Register after March 30: $95
Register before March 30: $84
Room: 908
Register 2 or more: $78 each
Plus $20 materials fee paid at registration
Suzanne Tuescher - see bio

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**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 what goes into making a tasty, perfectly roasted chicken with flavorful spring vegetables.

Students will put their recipe together during class, including a whole, fresh chicken, along with the vegetables they have selected from our fresh, seasonal options. Students will go home with recipe variations and ideas, roasting tips, and their vegetables they have selected from our fresh, seasonal options. Students will go home with recipe variations and ideas, roasting tips, and their vegetable roasts! This workshop will get you ready to prepare the very best corned beef ever, for St. Patrick’s Day, or any day!

Sat., April 18
9:00 am – 12:00 noon
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $30 materials fee paid at registration
Megan Bailey - see bio

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**TO REGISTER**

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

7 Cabrillo College Extension
French Baguettes
In this class you will make your very own batch of baguette dough. After Chef Anne demonstrates dough preparation and three ways of shaping the dough, you will make, shape and bake a baguette to take home. You will also take home enough dough to make two more baguettes.

We complete our bread baking journey with a sampling of European and American butters.
Sat., April 4
10:00 am – 1:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Plus $15 materials fee paid at registration
Anne Baldzikowski - see bio

Morning Pastries:
Cinnamon Rolls & Sticky Buns
Wake up to the lovely aroma of fresh cinnamon rolls on Easter Sunday after taking Chef Anne's class the day before. Each student makes and takes home 10 baked cinnamon rolls and 10 unbaked cinnamon rolls ready to pop in the oven the next morning.

Experience the magic of making a simple yeast activated dough into mouth-watering morning pastries. Learn how to punch, scale, and shape rolls and buns from sweet dough.
Sat., April 11
10:00 am – 1:00 pm
Room: 908
Register before March 30: $84
Register after March 30: $95
Plus $20 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
Register before March 30: $84
Register after March 30: $95
Plus $25 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!
Sat., February 29
10:00 am – 4:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $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
Register before Jan. 27: $84
Register after Jan. 27: $95
Plus $20 materials fee paid at registration
Anne Baldzikowski is an author and award winning chef instructor. Currently she teaches in the Culinary Arts and Hospitality Department at Cabrillo College. She is the author of “Easy Artisan, Simple Elegant Recipes for the Everyday Cook.”

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
Syrups, Shrubs, Spritzers and Mocktails
Get swept up in fancy drinks and “mocktails” just in time for spring! Students will make preserves, mix them with simple sodas, and sparkling waters, and learn about one of Jordan’s new favorite beverages—the “drinking shrub,” which comes from the Arabic word shereb, which means “to drink.” Shrubs are a very old way of drinking fruit juice with vinegar and herbs…. yum! They are the most refreshing drink you’ll ever have, and, mixed with healing herbs, spices, or sparkling water, they can be quite therapeutic. Students will be making only non-alcoholic drinks in class, but “mocktails” made in class may be enhanced with spirits to create a delicious, fragrant cocktail at home.

Students will go home with three jars of their mocktail makings, and lots of new knowledge. Jordan will share organic snacks and other goodies throughout the workshop too!

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

Tue., February 11
6:00 – 9:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration

Jordan Champagne see bio

Spring Berry Jams
We are so lucky here in California where we have access to the most AMAZING fruit! Right in the middle of berries and plums flowing into season, this is a perfect time to learn how to make fabulous low sugar jams with local, organic fruit. In this workshop Jordan will cover all you need to know to make delicious jams, and the keys to preserving food safely. You will learn Jordan’s secret techniques for making low sugar jam that is packed with fresh fruit and flavor. She will cover techniques for making and testing your jam so that it will come out perfect every time. She will cover the topics of hot water bath canning and the PH scale and food safety. Students will get hands-on experience with some of the Bay Area’s very best produce, and learn techniques for making great preserves at home.

Students will work with local organic fruit that is in season to create some fabulous jams. Learn how to add spices, herbs and citrus to your jams to create your own unique recipes. You will also learn how to preserve fruit in honey in a compote.

Students will go home with three jars of goodies and a lot of new canning knowledge.

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

Tue., May 19
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

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.

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.

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., February 4
6:00 – 9:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration

OR

Tue., April 28
6:00 – 9:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration

Todd Champagne - 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 fermenters. 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., March 3
6:00 – 9:00 pm
Room: 908
Register before Jan. 27: $84
Register after Jan. 27: $95
Register 2 or more: $78 each
Plus $20 materials fee paid at registration

OR

Tue., May 5
6:00 – 9:00 pm
Register before March 30: $84
Register after March 30: $95
Register 2 or more: $78 each
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.
**Indian Cooking Without the Ghee**

This class is for those who love Indian food and want to learn how to cook delicious plant-based Indian meals at home. Although Indian cuisine is traditionally vegetarian, dishes are often laden with high-fat ghee and sometimes include other dairy products. In this class, we’ll demonstrate how to cook a variety of our favorite recipes so you can experience an array of aromatic flavors of Indian food from a healthier perspective. We will explore many of the exotic spices from this region and show you how to cook these traditionally complex dishes with much more ease.

Wed., March 19
6:00 – 8:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before Jan. 27: $40
Register after Jan. 27: $45
Plus $20 materials fee paid at registration
Susan Lavelle & Jan Shaw – see bios

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**Eat More, Weigh Less: Applying the Principles of Calorie Density with Plant-Based Foods**

Many of us have tried “diets” that ask you to count calories or restrict portions. These approaches aren’t sustainable because they leave you feeling deprived, hungry, and wanting more. Calorie Density is simply a measurement of a food’s calorie content relative to its weight or volume. Most whole plant foods have a naturally low calorie density yet they’re also rich in nutrients, making these foods ideal for maintaining a healthy weight. Research shows that we all eat about the same total weight of food per day, so when we choose foods with a low calorie density, we can eat more and thus feel full and satisfied while simultaneously reducing overall caloric intake. For example, for the same amount of calories in a mere 1/4 cup of raisins you could eat 2 whole cups of scrumptious grapes—now which do you think would be more filling? Once we understand the principles of Calorie Density we can better grasp how some foods better nourish and satiate our bodies which then helps us make better food choices, plan healthier meals, and establish a lifelong habit of healthy eating.

Join us to find out more about this simple, common-sense approach to healthy weight loss. We’ll talk about common “triggers” that can knock you off track, and look at strategies for curbing unhealthy food cravings. You’ll take home a number of recipes to help you get started, and even get to taste a few sample dishes in class. We’ll also recommend a variety of resources to provide ongoing support as you make these healthy lifestyle changes.

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

Wed., January 15
6:00 – 8:00 pm
Room: HW1119 (Inside the Stroke Center)
Fee: $60
Plus $15 materials fee paid at registration
Susan Lavelle - see bio

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**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 patés to fresh spring rolls to more sophisticated fare like spinach ricotta puff pastry, “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.

Wed., May 20
6:00 – 8:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before March 30: $40
Register after March 30: $45
Plus $10 materials fee paid at registration
Susan Lavelle & Jan Shaw – see bios

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**Healthy Basics: Preparing Simple Plant-Based Dishes**

As more people realize how their food choices impact their health, the environment, and animal welfare, many are shifting to a plant-dominant diet. Yet often people worry that eating more consciously means more expensive food costs, or needing to spend more time in the kitchen when they don’t have the time, space, or inclination to cook.

Let us show you how healthy eating can be easy and also less expensive than diets fueled by cheap processed, fast-food, or nutrient-poor products. In this 4-class series, we’ll discuss basic nutrition and cooking techniques and demonstrate how to prepare a number of delicious plant-based recipes that you’ll get to taste. All recipes call for items you can easily find and afford, requiring minimal time or access to fancy kitchen equipment. More importantly, each ingredient supports a sustainable, compassionate, plant-based diet plan that has been proven to prevent, manage, and in some cases reverse chronic diseases like heart disease, Type 2 diabetes, and even some forms of cancer.

So whether you’re a busy student on a budget, a single adult living in a small apartment, or someone just interested in eating healthier but keeping it simple—this is the class for you!

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

4 Wed., February 5, 12, 19 & 26
6:00 – 7:30 pm
Room: HW1119 (Inside the Stroke Center)
Register before Jan. 27: $140
Register after Jan. 27: $120
Plus $15 materials fee paid at registration
Susan Lavelle & Jan Shaw – see bios

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**Plant-Based Cooking for Busy People**

When life gets really busy, healthy eating seems to go by the wayside. The reason most health conscious people eat poorly is lack of planning. But planning doesn’t have to be difficult! Learn ways to not only simplify your meal planning but also to cook delicious plant-based meals more efficiently.

By the end of this class you’ll learn how to:
• Organize your kitchen to promote healthy eating
• Create a tailored meal planning “map” to help you navigate your family’s lifestyle and tastes
• Design an easy shopping list that reflects your meal patterns and preferences
• Perform basic batch cooking to save you time, money, and worries about what’s for dinner
• Reduce waste by properly storing fresh produce and leftovers

This is a cooking class for your everyday life—we’ll be applying your real-life food preferences to help you develop effective planning tools and cooking practices. Although this is not a hands-on cooking class, we will be demonstrating many flavorful recipes that you’ll be able to sample and then replicate at home.

Note: This is not an “intro class” about vegan cooking. However, it is for anyone interested in planning and cooking healthy plant-based foods more efficiently.

2 Wed., February 3 & 10
6:00 – 8:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before Jan. 27: $100
Register after Jan. 27: $120
Plus $20 materials fee paid at registration
Susan Lavelle & Jan Shaw – see bios

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 cooking after her father’s death from pancreatic cancer. She enjoys the challenge of creating recipes that are not only delicious but also affordable, requiring minimal time or access to fancy kitchen equipment.
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

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).

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

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 course.

6 Tues., March 31 – May 12 (no class April 21)
6:00 - 8:00 pm
Room: HW1119 (Inside the Stroke Center)
Register before Jan. 27: $220
Register after Jan. 27: $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 reasons and, along the way, found the marriage of her two passions—plants and cooking—truly gratifying.

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: $140
Register after March 30: $150
Plus $35 materials fee paid at registration

Melody Overstreet, BA, is a Master Gardener of California and certified California Naturalist. Her work 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 created 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 necessary.

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.

“Excellent class. It inspired me and it has changed the way I purchase and use products.”

~Handcrafted Herbalism student with Jackie Christensen

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 to improve the wellness of friends and family.

The time spent together each week will be divided into discussion and herbal creation. 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. Discussion topics will include harvesting herbs, methods for drying, and storing herbs, formulation and dosages, materia-medica and properties of herbs. This class is geared towards all levels, no prior experience is necessary.

Sat., May 9
9:00 am – 5:00 pm
Room: 1520
Register before March 30: $128
Register after March 30: $140
Plus $35 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.

“Excellent class. It inspired me and it has changed the way I purchase and use products.”

~Handcrafted Herbalism student with Jackie Christensen
Chi-Aura Integration

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

This workshop teaches techniques to elicit the relaxation response and help develop the "Awakened Mind State." Learn how to perform specific Chi-Aura Integration hand positions identifying specific acupuncture points, energy centers, and parts of the body to release muscle tension and induce the relaxation response to promote healing.

Chi-Aura Integration is relevant because it develops the nurse's ability to improve 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.

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
Plus $5 materials fee paid at registration
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., March 7
9:30 am – 3:00 pm
Room: 1606
Register before Jan. 27: $68
Register after Jan. 27: $75
Emily Bondor - see bio

Intermediate Beekeeping

This class is designed for students with an existing knowledge of beekeeping, and those who have existing bee hives. 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 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: 1606
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

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
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 hillsides, 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 lacustrine (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” Indian 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, and binoculars. This is an easy hike, on rough trails.

Please meet at the picnic area to begin. Students should bring a picnic lunch for our final hour “wrap-up” session enjoyed together at the picnic area.

Sat., May 2
9:00 am – 12:00 noon
Quail Hollow Ranch, at
800 Quail Hollow Rd, Felton
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $70 each
Bruce Elliott - see bio

Twilight Birding at West-side Pinnacles National Park—Dusk to Dark!

Search for California Condors into their final soaring session of the day, watch resident songbirds race into their overnight feeding session before the long night ahead, and then comb the oak woodlands and adjacent cliff sides for Great-horned, Barn and Screech owls! This unique twilight session will be on level trails, and black-topped parking areas for our evening viewing. The many neotropical migrant species should be arriving in numbers by this time of the season!

Students should dress appropriately for the weather, wear comfortable walking shoes and bring a flashlight!

Please see Class Resources web page for directions and details about meeting place. Entrance and parking fees of up to $25.00 may apply. If you have an annual National Parks pass or a Golden Eagle pass, you are encouraged to bring it.

Sat., May 16
6:00 – 9:00 pm
Pinnacles National Park, West-side
Register before March 30: $78
Register after March 30: $85
Register 2 or more: $70 each
Bruce Elliott - see bio

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
Register before Jan. 27: $78
Register after Jan. 27: $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
Bruce Elliott - see bio

Backyard Astronomer

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

Participants should dress warmly for outdoor observation on the hill. In case of rain or fog, class assembles in the planetarium.

This class is appropriate for students aged 10 to adult.

2 Fri., April 17 & 24
6:30 – 9:30 pm
Room: 707
Register before Jan. 27: $58
Register after Jan. 27: $65
Plus $5 materials fee paid at registration

Karl von Ahnen - see bio

Karl von Ahnen is the retired director of the Fujitsu Planetarium at De Anza College, and is president of the Pacific Planetarium Association, representing planetariums in California, Nevada, Oregon, Washington, Idaho, Alaska and Hawaii. He has been teaching ‘Backyard Astronomy’ classes at Cabrillo College since 1988. His infatuation with astronomy started with a trip to Lick Observatory when he was only 9 years old.
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. We will meet early enough to begin shooting 1 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
Register before Jan. 27: $78
Register after Jan. 27: $85
Register 2 or more: $75 each
Nick Borelli - see bio

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

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

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

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

Class meets in the parking area in front of the arboretum. We will proceed into the arboretum together no later than 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

Winter Skies at Natural Bridges

Join Nick for a “walkshop” to capture dramatic winter light in the evening sky. We’ll explore long exposures and moving water as we photograph the keyhole of the Natural Bridge, and depending on the weather, may catch billowly, cotton candy clouds in the golden hour. We will meet at the Natural Bridges State Park Parking lot, but students should park along Swanton Blvd.

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.

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

Sat., February 1
2:30 – 6:30 pm
Natural Bridges State Park in Santa Cruz
Register before Jan. 27: $78
Register after Jan. 27: $85
Register 2 or more: $75 each
Nick Borelli - see bio

Digital Photography: Basics and Beyond

Is your camera misbehaving? Do complicated menus confuse you? This class familiarizes you with the most important features of your camera so you can take better photos. Besides learning to control your camera, you’ll learn how to avoid bad lighting situations and recognize when the lighting is right for general photos, formal portraits, architecture, small objects (for eBay), and landscapes. If you’ve got a moderately priced camera and a desire to learn, your photos will be forever changed after this class.

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

Bring your camera, your manual, and questions.
Sat., February 22
1:00 – 5:00 pm
Room: 509
Register before Jan. 27: $78
Register after Jan. 27: $85
Register 2 or more: $75 each
Plus $15 materials fee paid in class

OR
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 - 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 with you. Learn about the limitations, work-arounds, unconventional uses, filters, editing, latest apps, and advantages over full size cameras. Most of all, learn to have fun with one of the most innovative and accessible technology toys of the modern age!

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

Bring your cell phone and wear comfortable walking shoes.
Sun., February 23
9:00 am – 12:00 noon
Room: 509
Register before Jan. 27: $58
Register after Jan. 27: $65
Register 2 or more: $55 each
Plus $15 materials fee paid in class
OR
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

Boardwalk Night Lights: Night Photography at the Santa Cruz Beach Boardwalk

Beginning at dusk, students will learn how to capture the spectacular spinning lights as the sun goes down and the night sky darkens. Join Jeffery Luhn as he explains and explores night photography at the Santa Cruz Beach Boardwalk. If you’ve ever wanted to experiment with long exposures, colorful streaking images and bold colors, it doesn’t get better than this.

Bring a camera with manual controls, a monopod, your cell phone, and wear comfortable walking shoes.

Please see Class Resources web page for important information about meeting place and equipment considerations.
Sat., March 7
6:30 – 10:30 pm
Santa Cruz Wharf
Register before Jan. 27: $98
Register after Jan. 27: $110
Register 2 or more: $90 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.

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

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

Jeffery will share his approach to storytelling with a camera using simple techniques that anyone can learn. Your travel photos will look completely different after this class—and you’ll have more fun while you’re taking them too!

Bring your camera, manual and questions!

Sun., March 8
1:00 – 5:00 pm
Room: 509
Register before Jan. 27: $78
Register after Jan. 27: $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.

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’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 wilderness and internal components of the landscape that make up the whole. He is the photographer for the award-winning book “Art of Competition.”

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
Register before Jan. 27: $82
Register after Jan. 27: $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 flower, 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., February 29 & March 1
1:00 – 4:00 pm
Room: 1520
Register before Jan. 27: $58
Register after Jan. 27: $65
Plus $15 materials fee paid at registration

Rebekah Jones - see bio

Rebekah was amazing. She is very encouraging of students
~Embroidery Project Workshop student

Rebekah 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.

Sewing Workshop - Winter:
6 Fri., February 7 - March 13
10:00 am – 3:00 pm
Room: 1520
Register before Jan. 27: $148
Register after Jan. 27: $160
Register 2 or more: $145 each
Plus $15 materials fee paid at registration
Kiki Barrett - see bio

Sewing Workshop - Spring:
6 Fri., April 7 - May 22
10:00 am – 3:00 pm
Room: 1520
Register before March 30: $198
Register after March 30: $220
OR
Sewing Workshop - Summer:
9 Fri., June 9 - July 28
10:00 am – 3:00 pm
Room: 1520
Register before April 30: $198
Register after April 30: $220

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.

- Register before Jan. 27: $178
- Register after Jan. 27: $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.

- Register before Jan. 27: $178
- Register after Jan. 27: $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.

- Register before March 30: $95
- Register after March 30: $110
Kiki Barrett - see bio
**TEXTILES & FIBER ARTS**

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**Jenny Freedman**

Register before Jan. 27: $98

Sat., March 7

Our classroom is a great space to create and sew, chance to complete all of the steps by making a beginning to end. Then, students will have the in class so students can see the process from 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.

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**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.

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**Custom Slipcovers Made Easy!**

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

The instructor will complete one demo-slipcover in class so students can see the process from beginning to end. Then, students will have the chance to complete all of the steps by making a slipcover for a box cushion in class.

Our classroom is a great space to create and sew, with Bernina sewing machines, large cutting tables, ironing boards and ironing supplies, as well as some basic sewing supplies. Students should bring enough fabric to cover the cushion to the first day of class. Your materials fee covers the foam for your cushion.

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

Sat., March 7

9:00 am – 4:00 pm

Room: 1520

Register before Jan. 27: $98

Register after Jan. 27: $110

Plus $30 materials fee paid in class

Jenny Freedman has been a sewing instructor with the Sewing and Craft Alliance, and has been a seamstress for over 40 years. She has completed hundreds of custom slipcovers for private clients, and loves to teach others how to sew and create for themselves!

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**Layered Fabric Assemblage**

Learn to create a truly unique piece of stunning fabric art, full of textures, layers and patterns. As you learn and practice many techniques and design options, you will build your piece on a base, in your own style, and then surround it with protruding shapes that add more excitement to the overall outcome.

The process is fun, easy, involves no sewing, and is stimulating for both beginning artists and those with art experience. You will take home your finished piece of art to hang on the wall, along with a list of the materials used, and reminders of the steps, so you can continue creating this type of art on your own.

All tools are provided in class. Materials fee will cover some fabric, all basic supplies, and adhesives. Students should bring fabric to use in their piece, such as clothing, place mats, linens, trims, lace, doilies, knitted and crocheted pieces, and fabric scraps.

Sat. & Sun., February 22 & 23

10:00 am – 4:00 pm

Room: 1520

Register before Jan. 27: $180

Register after Jan. 27: $195

Plus $25 materials fee paid in class

Vicki Assegued, MA, is an assemblage artist with an enormous passion for gathering discarded items and finding what is precious and possible in these objects. She guides and inspires others to make art from the objects in their lives, and to look at the world around them as full of creative possibilities.

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**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 stab”—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 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.

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**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.

Wed., March 18

OR

Sat., April 25

6:00 – 8:30 pm

10:00 am – 12:30 pm

Room: 1522

Register before Jan. 27: $45

Register after Jan. 27: $50

Register 2 or more: $38 each

Plus $20 materials fee paid at registration

Kaitlin Bonifacio - see bio
Pearl & Bead Restraining, 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.

4 Tue., April 28 - May 19
6:00 – 9:00 pm
Room: Horticulture 5001
Register before March 30: $82
Register after March 30: $95
Register 2 or more: $78 each
Plus $40 materials fee paid in class

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

“Estelle is terrific!”
“Estelle was very thoughtful and patient!”
~Pearl and Bead Stringing students

Hand Stamped Secret Message Bracelets

What is your mantra, or the secret message you want to carry with you each day? Whether it’s “Just Keep Swimming” or “Be Strong and Courageous,” or any other sentimental message of your choice you can stamp your meaningful message on a delicate copper, brass or silver cuff, and choose whether your message is visible, or just for you to see—and feel!

Students will learn basic stamping techniques, and will learn to complete their bracelet with either hammered, satin, or polished finish. Students will go home with a list of resources, the skills to make more bracelets at home, and their beautiful bracelet that will inspire!

Sat, February 8
10:00 am – 3:00 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before Jan. 27: $85
Register after Jan. 27: $92
Register 2 or more: $78 each
Plus a $25 materials fee paid at registration

OR

Mon. & Wed., February 10 & 12
6:00 – 8:30 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before Jan. 27: $85
Register after Jan. 27: $92
Register 2 or more: $78 each
Plus $25 materials fee paid at registration

Lynette Cederquist - 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 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!

Mon. & Wed., April 27 & 29
6:00 – 9:00 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before March 30: $85
Register after March 30: $90
Plus $65 materials fee paid at registration

Lynette Cederquist - see bio

Argentium Granulation

Argentium is a sterling silver alloy used for delicate, elegant surface embellishment on jewelry. It offers much higher tarnish resistance than regular sterling. In this 3-day intensive workshop designed for experienced metal artists, students will explore this ancient technique, design their pattern, and finally fuse the argentium granules to create a finished piece of jewelry. Each student will have plenty of time to practice this technique in the studio, and have time to create at least one finished pendant, or pair of earrings.

This class is for intermediate to advanced small metals artists and jewelry artists to add the technique of granulation to their skill set.

Students should wear long pants, comfortable, closed-toe shoes, and will need to keep their hair tied back. Students should bring magnification or their glasses if they wear them—this is very detailed work!

Fri, Sat. & Sun., February 21, 22, & 23
10:00 am – 4:00 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before Jan. 27: $395
Register after Jan. 27: $425
Plus $75 materials fee paid at registration

Lynette Cederquist - 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!

Sat. & Sun., March 28 & 29
10:00 am – 4:00 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before Jan. 27: $148
Register after Jan. 27: $155
Register 2 or more: $138 each
Plus $60 materials fee paid at registration

OR

2 Mon. & 2 Wed., May 11 - 20
6:00 – 8:30 pm
Creekside Arts Academy,
9057 Soquel Dr. Building A, Suite A, in Aptos
Register before March 30: $148
Register after March 30: $155
Register 2 or more: $138 each
Plus $60 materials fee paid at registration

Lynette Cederquist - see bio

Showing and Selling Your Art: How to Get Started!

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

We will cover the artist application process, the importance of excellent photography, basic concepts for booth design and layout, display ideas, packing lists, taking payments, and defining your scope. We’ll have plenty of time for questions and answers, and an opportunity to discuss what your next steps will be!

Sat, Feb. 1
10:00 am – 12:00 pm
Room: 2100B
Register before Jan. 27: $20
Register after Jan. 27: $25
Register 2 or more: $18 each

OR

Wed, Feb. 5
6:00 - 8:00 pm
Room: 2100B
Register before Jan. 27: $20
Register after Jan. 27: $25
Register 2 or more: $18 each

Lynette Cederquist - see bio

Lynette Cederquist, B.A., has been a jeweler for over 20 years. She has a Bench Jeweler certification from the Jewelers of America, a National JA Certification, has been a guest artist with the Monterey Bay Metal Arts Guild, and has taught jewelry and small metals at the Revere Academy of Jewelry Arts. She is a member of the Open Studios committee with the Arts Council of Santa Cruz County.
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.

2 Thu., February 20 & 27
6:00 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $95
Register after Jan. 27: $110
Register 2 or more: $90 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

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

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

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

2 Thu., May 14 & 21
6:00 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before March 30: $110
Register after March 30: $105
Register 2 or more: $90 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

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 thier 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!

Fri, Sat. & Sun., May 29, 30 & 31
10:00 am – 4:00 pm
Creekside Arts Academy, 9057 Soquel Dr. Building A, Suite A, in Aptos
Register before March 30: $395
Register after March 30: $425
Plus $75 materials fee paid at registration
Lynette Cederquist - 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 - see bio

Metal Clay Meets Mother Nature
As magical as Mother Nature herself, metal clay paste lets you make pure silver, exact replicas of delicate leaves, quirky twigs, and elegant seed pods in one short class. Students will learn to select appropriate pods, leaves, and other natural objects for this process, coat the objects with silver clay, and also discuss finishing and polishing. Once your pieces are fired and polished, you’ll have an heirloom piece of jewelry to enjoy, or gift to someone special! Students will have time to finish one to three pieces, depending on the complexity of their design.

Students will pick up their finished piece one week after class to allow for firing.

Thu., March 12
6:00 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $48
Register after Jan. 27: $55
Register 2 or more: $35 each
Plus $60 materials fee paid at registration
Pat Evans - see bio

Silver Metal Clay Bezel Pendant
In this workshop, students will learn to set beautiful gemstone cabochons in silver metal clay and create a one-of-a-kind pendant. Students will learn to make bezels with silver metal clay instead of solder, and attach their gemstones to a textured background, add an intriguing bail, and apply patina. Students will carve and shape metal clay in a variety of ways, and learn proper firing techniques.

Students will leave with a completed fine silver pendant set with a unique semi-precious gemstone cabochon. Instructor will supply a variety of cabochons to choose from.

2 Sat., March 14 & 21
10:00 am – 1:30 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $95
Register after Jan. 27: $110
Register 2 or more: $90 each
Plus $75 materials fee paid at registration
Pat Evans - see bio
Forging and Toolmaking: Intermediate
This intermediate-level workshop builds on the introductory class by emphasizing more advanced stages of manipulating metal for art forms and tools rather than fire making. Participants should have previous experience creating a coal forge fire and manipulating hot steel with hammer and anvil. In addition to hand-forming exercises, students will be offered the opportunity to use a power hammer after various techniques are demonstrated. Students will also discuss aesthetic possibilities and design elements such as texture, form, and how to achieve various shapes.

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

This class is limited to 4 students—enroll early! Class will be held at the instructor’s forging studio. You will receive a map upon registration and you will be asked to sign a liability waiver before class begins. This is an off-site location; portable restrooms will be available for students.

Sat. & Sun., February 22 & 23 OR April 18 & 19
9:00 am – 5:30 pm
Location: Santa Cruz Studio
Register before Jan. 27: $395
Register after Jan. 27: $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.

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”x12”, or use the 8”x11” 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.

Sat., February 29 OR May 2
9:00 am – 4:00 pm
Room: 1304
Register before Jan. 27: $142
Register after Jan. 27: $150
Plus $50 materials fee paid at registration
Terry McInerney, MSW, is the artist/owner of Nuola, 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.

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 Baubline Craft Guild, a member of the Guild of American Luthiers, and a charter member of the Santa Cruz Woodworkers.
**Intermediate Fused Glass**

Take your glass fusing to the next level with new techniques, including pattern bars, vitrophotograph, murrini, and stringer, working with reactive glasses, draping, and more! Students will build on their previous fusing skills to make more complex fused glass art pieces, and learn about advanced firing schedules for slumping.

Each student will have time to complete four to six guided and independent, unique pieces, depending on size and complexity, including candle holders, sushi platters, bowls, and art pieces, in this fast-paced class.

**This requires completion of one or more beginning fused glass classes. Class size is limited to 10 so register early!**

4 Wed., March 4 - 25
6:30 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $165
Register after Jan. 27: $180
Register 2 or more: $150
Plus $85 materials fee paid at registration
Pat Evans - see bio

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**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 coral “bowl.” Due to firing times, glass will be picked up one week after class.

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

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A great format for the class—totally hands-on, opportunity to learn through experimentation, participation in every aspect of the fused glass process.

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**Beginning Fused Glass**

Fused glass is the art of layering, decorating, and firing glass in a kiln. Through a variety of dynamic, hands-on projects, students will gain a solid foundation in fused glass art, learning about different fusing methods, and different forms of glass, including glass powder, iridized, and dichroic glass. Students will learn to cut and form glass with hand cutters, saws, and grinders. Students will learn about different kiln firing schedules and learn to program a digital kiln.

Students will have time to finish one bowl or plate, one fused decorative item, such as glass dragonflies or succulents, and a small wall vase. Finished projects will be picked up one week after final class to allow for kiln firing time.

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

4 Wed., February 5 - 26
6:30 – 9:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $48
Register after Jan. 27: $55
Register 2 or more: $40 each
Plus $35 materials fee paid at registration
Pat Evans - see bio

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**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!**

Sun., March 22
2:00 – 5:00 pm
Creator Haven, 41-B, Hangar Way, Watsonville
Register before Jan. 27: $48
Register after Jan. 27: $55
Register 2 or more: $40 each
Plus $35 materials fee paid at registration
Pat Evans - see bio

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**“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, luminous glass bowl.

**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: $38 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

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.

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, and choose glass, at Kiss My Glass. Completing this prep work ahead of time is required, because it allows you to have your pattern 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
Register before Jan. 27: $198
Register after Jan. 27: $225
Register 2 or more: $180 each
Jackie Marr - see bio, below
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
Register before Jan. 27: $98
Register after Jan. 27: $108
Register 2 or more: $90 each
Plus $55 materials fee paid in class
Jackie Marr - see bio

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

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

Sat., February 29
9:00 am – 2:00 pm
Kiss My Glass, 660 7th Ave, Santa Cruz
Register before Jan. 27: $98
Register after Jan. 27: $110
Register 2 or more: $90 each
Plus $45 materials fee paid in class
Jackie Marr - see bio

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
Register before Jan. 27: $110
Register after Jan. 27: $125
Register 2 or more: $98 each
Plus $45 materials fee paid in class
Jackie Marr - see bio

Feathered Friends: Bird Illustration
Illustrating a bird presents tremendous creative potential through the challenge of portraying iridescence, movement, and the proportion that is unique to each bird. This workshop will give you the opportunity to learn and practice illustrating the diverse forms that birds take.

With a scientific illustrator, you will learn about bird anatomy and behavior, how to accurately and realistically represent bird species, and practice techniques for recording lifelike details. We will work from a variety of visual resources, including photos, videos, and other visual aids. We will explore form and function of various aspects of avian anatomy, as well as the many challenges, and the amazing opportunities that birds present to the artist.

Your materials fee will include paper. Please see Class Resources web page for important information about this class, including a materials list and details about required supplies

Sat. & Sun., February 8 & 9
10:00 am – 4:00 pm
Room: VAPA 2008
Register before Jan. 27: $195
Register after Jan. 27: $210
Register 2 or more: $180 each
Plus $15 materials fee paid at registration
Megan Gnekow - see bio

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
Register before March 30: $82
Register after March 30: $90
Register 2 or more: $80 each
Plus $10 materials fee paid at registration
Megan Gnekow - see bio

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
Register before Jan. 27: $85
Register after Jan. 27: $90
Register 2 or more: $78 each
Plus $10 materials fee paid at registration
Megan Gnekow - see bio

The small class size was perfect, the instructor was very hands-on and worked one-on-one with people. She was patient and had a good sense of humor!
~Jackie Marr student
**Pastel Portraiture**

Pastel portraiture, from quick street sketches to prolonged studio sessions, is having a popular resurgence. This class will demystify pastel secrets that help you create a lifelike likeness. We’ll explore the underlying structure of the face, including an in depth look at specific features with help from classical casts, skulls, and masterpiece drawings. With live models for 3 class meetings, the portrait topics will include arranging pose and lighting, choosing background tone, paper choice, selecting the best warm and cool colors for the model’s skin type, and exploring a few simple compositional principles to support capturing a likeness. The final session will include an opportunity to share your personal work with the class.

Basic drawing skills suggested.

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

Sat. & Sun., May 2 & 3
10:00 am – 4:00 pm
Castro Adobe and the Porter Ranch
Register before March 30: $195
Register after March 30: $210
Register 2 or more: $180 each

**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.

Excellent class! Very organized and great feedback from instructor. Highly recommend this class.

This was the perfect summer class- great examples, demonstrations, personal attention. Wonderful encouragement, too.

~En Plein Air Watercolor students

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**Sketching Historic Sites**

**En Plein Air**

Join us for two full days of plein air painting, sketching, and instruction at two privately-reserved venues: the Castro Adobe in Larkin Valley near Watsonville, and the Porter Ranch at Elk horn Slough. At both beautiful, historic locations, the garden and grounds will be exclusively ours for the day. You can hear the sounds, smell the scents, and feel the warm breeze that you are painting!

Watercolor, pen and ink are the perfect portable media through which any place or setting can become a springboard for a creative sketch. Students will learn techniques and strategies to simplify and demystify plein air painting and sketching, the importance of planning a painting, and how to meld water soluble ink with watercolor paint to produce dynamic results. Bonni will demonstrate different approaches, and offer individual help on student’s work after both morning and afternoon sessions.

All levels are welcome. Please see Class Resources web page for details about required supplies, equipment, and directions to the locations.

Sat. & Sun., February 22 - March 14
10:00 am – 4:00 pm
Register after Jan 27: $235
Register before Jan 27: $218

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**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

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**Print Noir:**

**Creating High Contrast Black & White Linoleum Block Prints**

Printmaking is a process of mirror images and surprise, making it the perfect medium for the playful, puzzling, and mysterious. Over the weekend we will view examples by various printmakers, discussing styles, techniques and imagery. We will explore the many ways drama and impact can be accomplished through the simple use of black and white, and the skillful use of a variety of tools and the specific marks they make. As students create their images we will discuss contrasting or subtle textures and patterns, as well as the consideration of a light source, and how they play a part in achieving a strong and compelling result.

What tales do you want to tell with images?

Students will get hands on practice with carving tools, and learn how to use them, and will practice mark-making, inking, and using print mark guides. Each student will finish at least one black and white linoleum block print, and make a small edition. Students will gain skill and confidence to carve, ink, and print their own linoleum block prints at home.

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 a smock.

Sat. & Sun., February 29 & March 1
10:00 am – 4:00 pm
Room: VAPA 2008
Register before Jan 27: $195
Register after Jan 27: $210
Plus $25 materials fee paid in class

Melissa West - see bio

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Melissa West, MFA, has created over 300 commissioned portraits in pastel, acrylic and oil. She studied pastel portraiture with Daniel Greene at the NYC Art League. Her landscape and figurative murals can be seen throughout northern California from Half Moon Bay to Pfeiffer Big Sur State Park. To learn more about Ann, and her work, please go to www.anthiermann.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!

**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.**

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**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 14 & 15
10:00 am – 4:00 pm
Room: 1304
Register before Jan. 27: $190
Register after Jan. 27: $210
Plus $60 materials fee paid at registration

**Andrea Borsuk** — see bio

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**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
Register before March 30: $195
Register after March 30: $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.

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**Travel Sketching: Capturing Memories**

Whether you are bound for exotic places, traveling to your backyard, or out and about in town, you will learn how to do quick, spontaneous ink sketches with a Pilot Parallel chisel edged pen. Using a water brush, learn how to draw out various values from the pen’s water-soluble ink. Lots of demos and lots of fun! Discover your own creative expression in this all-day class.

No experience necessary. All skill levels welcome.

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

Sat., March 21
10:00 am – 4:00 pm
Room: Horticulture 5010
Register before Jan. 27: $82
Register after Jan. 27: $90
Register 2 or more: $80 each

**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.

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**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

**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.

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**Mardi Gras Mask Making**

Learn about the history of Mardi Gras, and about traditional colors, patterns and designs of the masks, which were originally used to disguise identity and social class at masquerade balls, so anyone could join in. Today, Mardi Gras masks are playful, vibrant pieces of art worn to celebrate the holiday. Learn to decorate your own Mardi Gras mask with delicate colorful feathers, paint, sparkling glitter, textured lace, ribbons, and more! Each student will take home their unique mask, ready to wear for Mardi Gras, and display all year!

Sat., February 1
10:00 am – 1:00 pm
Creator Haven at 41-B Hangar Way, Watsonville
Register before Jan. 27: $48
Register after Jan. 27: $55
Register 2 or more: $38 each
Plus $25 materials fee paid at registration

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

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**SHOWING and SELLING YOUR ART: HOW TO GET STARTED!**

Saturday, February 1
OR Wednesday, February 5

SEE PAGE 29 FOR DETAILS!

**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**

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
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, printmaking, 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
Register two or more: $85 each
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 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.

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
Register before Jan. 27: $82
Register after Jan. 27: $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.

Fused Glass Paint Pours
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 be available for pickup one week after class to allow time for curing. 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 is necessary.

Sat., March 7
10:00 am – 1:00 pm
Creator Haven at 41-B Hangar Way, Watsonville
Register before Jan. 27: $48
Register after Jan. 27: $55
Register 2 or more: $38 each
Plus $20 materials fee paid at registration
Pat Evans - see bio

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., February 13
6:30 – 9:00 pm
Creator Haven at 41-B Hangar Way, Watsonville
Register before Jan. 27: $40
Register after Jan. 27: $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 paint 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.

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, 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!

"Melody and her assistant Trinity were awesome. Knowledgeable, creative, patient, helpful—and smiles that light up the room”
~Handmade Paper Making student

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

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
**Cabrillo Youth Chorus (ages 8-18)**

Under the direction of Cheryl Anderson, the Cabrillo Youth Chorus provides children ages 8 to 18 with an exciting musical experience, which includes solo and choral singing, musicianship, sight reading, ear training, and lots of fun!

Music is chosen to fit each child's skill level and includes established classical works, art songs, songs from the American heritage, and arrangements of folk songs from around the world in an astounding variety of different languages.

No previous musical experience is necessary, but any previous experience is valued and welcomed! Let your child explore the challenging, rewarding, passionate world of excellent music! Students are organized into four different choirs based on age and experience.

**Younger beginning and beginning-intermediate singers rehearse on Tuesdays.** Older intermediate and advanced singers rehearse on Wednesdays. All rehearsals are held weekly from 4 to 5:30 on the Cabrillo campus. If you aren’t sure which choir to register for, choose the one you think would be the most appropriate. We can decide after auditions which choir will be the best fit.

**Spring auditions:** January 21 & 22 from 3:30-5:30 pm  
**Classes begin:** January 28 & 29 and conclude May 20th  
**Class cost:** $300

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**Healthy Harmonica**

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

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

**Students will need a C-major diatonic harmonica. **Instructor will have them available in class for $14 for those who don’t already have one.

**Thu., March 12**  
6:00 – 7:30 pm  
Room: 514

**Register before Jan. 27:** $30  
**Register after Jan. 27:** $35  
**Register 2 or more:** $28 each  
**Plus $15 for materials fee paid in class**  
**The materials fee covers instructional materials and a CD.**

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

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**Beginning Blues Harmonica**

Beginning Blues Harmonica will get you jammmin’ the blues immediately! Emphasis in this class is on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail and scream.

No previous musical experience or harmonica training is required—only a love of the blues and the desire to play the harmonica!

**Students will need a C-major diatonic harmonica. **Instructor will have them available in class for $14 for those who don’t already have one.

**Thu., March 12**  
7:45 – 9:15 pm  
Room: 514

**Register before Jan. 27:** $45  
**Register after Jan. 27:** $52  
**Register 2 or more:** $42 each  
**Plus $15 for materials fee paid in class**  
**The materials fee covers instructional materials and a CD.**

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**Cabrillo Youth Strings Orchestra Program (ages 6-18)**

The Cabrillo Youth Strings Program is a highly acclaimed training group for students to explore the study of music. We offer a comprehensive string orchestra program that incorporates a wonderful ensemble experience, development of fluent note-reading skills and performance skills. Instruction is provided by highly trained and skilled professional instructors using new, outstanding literature. A special concert will be held at the conclusion of the program to share our accomplishments with friends and family. This program offers three string orchestra classes:

**Beginning Strings**

Focus on developing ensemble playing for the entry-level student. Students must provide their own violin, viola or cello and purchase: *String Explorer Book 1*, and *Primo Performance, Book 1*.

**Thu., Jan. 31 - Apr. 10**  
4:45 – 5:55 pm  
Room: VAPA 5156  
**Auditions required for new participants held on Friday, January 31, 3:45 – 4:15 pm**

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**Festival Strings**

Suited to beginning and intermediate students who are able to read music, and have had some prior ensemble experience. (Minuet 1 and above)

**Thu., Jan. 31 - Apr. 10**  
4:15 – 5:55 pm  
Room: VAPA 5156  
**Auditions required for new participants are held January 31, 3:45 – 4:15 pm**

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**Chamber Music Program (ages 7-18)**

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

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

**5 Fridays, April 17 - May 15**  
4:15 – 5:30 pm  
Room: VAPA 5156  
**Recital Dress Rehearsal, Friday, May 15, 6:00 – 6:30 pm**

**Fee:** $170  
**Please call 479-6101 or email us at: CabrilloYouthStrings@gmail.com for more info**
The Writer’s Journey
Many of us hold a deep dream of wanting to write so that we can be seen and understand ourselves more deeply. We sense that there are stories living inside of us that need to be told, but in our busy lives, we have not been able to create the time, space, or circumstances in which to do so.
This one-day workshop will give you that time. During our day of writing together and reading aloud, you will tap into your creativity, explore your wild mind, and learn the basic tools you need to develop a rich, vital writing life.
The Writer’s Journey is rooted in writing practice developed by Natalie Goldberg in her classic book, Writing Down the Bones. The class is appropriate for both beginning and experienced writers.

Students should bring a lunch.

Sat., February 22
9:00 am – 4:00 pm
Room: 1522
Register before Jan. 27: $78
Register after Jan. 27: $90

Laura Davis is the author of 7 non-fiction books, including “The Courage to Heal, Becoming the Parent You Want to Be” and “I Thought We’d Never Speak Again.” She teaches weekly writing workshops and has been mentoring and supporting writers for the past 17 years.

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.

Mystery Writing
You may be surprised to discover that many—if not all—of the books you have read recently are mysteries. From Dan Brown to Dennis Lehane, mysteries are hot items on today’s best-seller lists. This course is designed to teach you the techniques you need to know if you want to become a best-selling mystery author.

The course begins by introducing you to the four types of stories and explains how they relate to mysteries. You will discover the three-act story structure and show you how to propel the action forward to a climax, followed by a release of tension as your readers experience a great finish. You will discover the between story and plot and get a chance to experiment with viewpoints to see which one works best with your mystery. This course will allow you to write a complete scene and learn the internal structure that makes every scene feel right. You will discover special techniques that apply to mysteries, including crime scene description, MacGuffins, and the use of red herrings to misdirect your readers and create suspense. Following each lesson, you will get to practice on your own story.

This information-packed online course combines the best advice of many writing professionals. Follow the guidelines taught in this course, and you will be well on your way to writing a successful mystery of your very own.

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

Writing for Children
Discover what you need to know to write for children. If you are a beginning writer, this course will help you transform your book idea into a finished product. If you are an already successful writer, this course will help you explore new opportunities and markets for your work.

You will explore the changing world of children’s literature and understand the various formats, including picture books, chapter books, middle grade or young adult novels. You will get insights from publishing professionals to gain a better understanding of the needs of today’s market. You will receive valuable tips about creating your manuscript, and even practice writing a query letter to submit to a publisher. By the time you finish this course, you will have all the tools and resources you will need to begin navigating the world of children’s publishing and to continue growing as a writer for children.

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

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.
SUMMER 2020 CABRILLO YOUTH PROGRAM

Camps for Ages 4–18!

DISCOUNTED FEES FOR REGISTRATION BEFORE MAY 28TH!

CREATIVE CULINARY

SCIENCE & ENGINEERING

COMPUTERS & TECHNOLOGY

CREATIVE ARTS & DESIGN

SPORTS & PLAY

LEADERSHIP & ACADEMIC ENRICHMENT

SCHOLARSHIPS AVAILABLE!
Applications due by April 24th

REGISTER ONLINE: cabrillo.edu/youth
OR CALL US: (831) 479-6331

CAMP CABRILLO

Simple block scheduling that lets you choose both morning & afternoon camps!

SUMMER 2020 CABRILLO YOUTH PROGRAM

Mark your calendar...
REGISTRATION OPENS FEBRUARY 11th!

Our Summer Youth Program includes dozens of new camps!

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

LUNCH BREAK

Monday through Friday and open to campers ages 6 to 12

Campers have the chance to eat the healthy food their parents packed (yum!), play a board game, read their favorite book, make new friends, and play outside in a safe, supervised environment. Extension Camp Staff will escort campers to and from their camps.

Lunch Break (Ages 6-12)
If you just need one extra hour of care from 12:00 pm to 1:00 pm, either after morning camp, or before afternoon camp, the fee is just $25 for one week of Lunch Break Camp.

Students need to bring their lunch and a drink.
Mon. - Fri., 12:00 noon - 1:00 pm
Fee: $25 per week*

*Lunch Break is FREE IF... your child is registered for a morning camp that ends at noon, and an afternoon camp that begins at 1:00 pm, both during the same week.

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 the best industry practices and standards in staff training, student to teacher ratios, camp content, and so much more!

For more information on ACA, please visit www.acacamps.org.

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

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For more information and to apply, please visit cabrillo.edu/youth
Looking for a convenient and affordable location to hold a meeting, event or conference?

Cabrillo College can help!

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

Facilities include smart classrooms, lecture halls, state-of-the-art theaters, a sports complex, and other spaces to host any event. Facilities include the Horticulture Center, VAPA Performing Arts Complex including Crocker Theater & Samper Recital Hall, Historic Sesnon House located on the Aptos Campus, and parking lots for ancillary community events. Both Watsonville and Aptos campuses offers a range of facilities, rental equipment, and support services all provided at reasonable rates.

General Facility Rentals including the Horticulture Center
Phone: (831) 479-6332 • Web: cabrillo.edu/extension

VAPA Performing Arts Complex including Crocker Theater & Samper Recital Hall
Phone: (831) 479-6146 • Web: cabrillovapa.com

Historic Sesnon House located on the Aptos Campus
Phone: (831) 479-6229 • Web: cabrillo.edu/sesnonhouse

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.

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.

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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.

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

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

Summer Jobs: Join Our Team!

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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

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

Melody Overstreet is a Master Gardener of California and certified California Naturalist, and an educator with over 10 years of experience. She has worked on numerous educational garden spaces featuring edible, medicinal, and dye plants. Her work has been featured in publications such as Seed Broadcast, Inverness Almanac, and Chinquapin Quarterly. To learn more about Melody go to melodyoverstreet.com.

Vincent Waring, BA is an artist, woodworker, craftsman, and landscaper with native plant experience. He has been tending his urban home-front garden for seven years. To learn more about his mixed art, textiles, woodworking, and landscaping projects go to vinwaring.com.

**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 25
1:00 - 4:00 pm
Terra Nova Ecological Landscaping, 1514 7th Ave., in Live Oak
Register before March 30: $58
Register after March 30: $65
Plus $20 materials fee paid at registration

Jillian Steinberger, MA holds certificates in Landscaping, Permaculture Design, and Rescape California. She is the co-owner of Terra Nova Ecological Landscaping and has published articles on farming and gardening in Edible East Bay, Edible Monterey Bay, Oakland Tribune, Mercury, and the San Francisco Chronicle.

**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., March 7
9:30 am – 3:00 pm
Room: 1606
Register before Jan. 27: $68
Register after Jan. 27: $75
OR
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

**Chicken Keeping 101: How to Become a Backyard Chicken Keeper**

Do you want to have chickens in your backyard, but just don’t know where to start, or how to keep them healthy? Don’t know the difference between a Leghorn, a Barred Rock, or Rhode Island Red? We’ll get you educated about what is involved in keeping them in your backyard, and teach you the basic requirements like housing, food, and maintenance. We will provide information about local zoning regulations, adoption options, breed traits, safety, and some insight about coop construction.

This workshop will help you prepare for the arrival of these new pets in your family. Join the ranks of chicken lovers, and get ready to enjoy your own fresh eggs!

Sat., March 28
2:30 pm – 4:30 pm
Room: 1605
Register before Jan. 27: $38
Register after Jan. 27: $45
Register 2 or more: $30 each

Isabelle Cnudde founded Clorofil, a local non-profit organization promoting chicken adoption and educating the public about pet chicken care. She enjoys sharing her passion for chickens and inspiring people to open their backyards to these amazing creatures. For more information about Isabelle please go to www.clorofil.org

“Instructor Emily Bondor is a wonderful teacher. She has a wealth of knowledge about bees and is able to convey her passion and mastery of beekeeping in a delightful way.”

~ Beekeeping student
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.

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.

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

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

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.

Register before Jan. 27: $58
Register after Jan. 27: $64
Plus $15 materials fee paid at registration
Yvonne Ross-Khamashta - see bio

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 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., February 22
1:00 – 5:00 pm
Room: 322
Register before Jan. 27: $58
Register after Jan. 27: $65
Register 2 or more: $50 each
OR
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.

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

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.

“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, addenda, move in/move out report, forms, letters and notices. Bring your lunch if you want to participate in one-on-one Q & A time.

Sat., March 14
9:00 am – 3:30 pm
Room: 425
Register before Jan. 27: $90
Register after Jan. 27: $98
Plus $10 materials fee paid in class
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.

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.

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 buyers than sellers, 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.
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:
January 15, February 12, March 13, & April 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 new ed2go website!**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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.*

**Two dates to choose from:**

- Fri., February 7 **OR** Sat., March 21
  - 9:00 am – 5:00 pm
  - Room: 516
  - Register before Jan. 27: $98
  - Register after Jan. 27: $110
- Register 2 or more: $90 each

David Nagid - *see bio*

**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*

- Fri., February 21 **OR** Sat., April 4
  - 9:00 am – 5:00 pm
  - Room: 516
  - Register before Jan. 27: $128
  - Register after Jan. 27: $142
  - David Nagid - *see bio*

**Microsoft Word – 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*

- Fri., March 6 **OR** Sat., April 25
  - 9:00 am – 5:00 pm
  - Room: 516
  - Register before Jan. 27: $128
  - Register after Jan. 27: $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: 516
  - 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 Excel: Level 2**

This intermediate level class covers more complex skills than those presented in Excel: Level 1. Topics covered include formulas, data 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 Jan. 27: $128
  - Register after Jan. 27: $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 Jan. 27: $128
  - Register after Jan. 27: $142
  - David Nagid - *see bio*

**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 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.

**Room:** 317

- Register before Jan. 27: $95
- Register after Jan. 27: $110
- Register 2 or more: $90 each
- Deborah Cardillo - *is a member of the National Association of Photoshop Professionals and is a Photoshop enthusiast who loves to teach others.*

**Edit Text & Design with Adobe InDesign**

Learn to create professional, visually appealing text for print or license your surface textile pattern. 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.

This class will be taught on a Mac, but is adaptable to Windows.

**Room:** 317

- Register before Jan. 27: $85
- Register after Jan. 27: $98
- Register 2 or more: $90 each

David Nagid - *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. Illustrator is a large application and this is your chance to focus on Surface Textile Patterns to be printed on 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.

- Room: 317

- Register before Jan. 27: $95
- Register after Jan. 27: $110
- Register 2 or more: $90 each

- Alixandra Mullins - *has been a professional media and graphic designer for over 10 years and has taught Digital Media at Gavilan and Cabrillo College.*

**Microsoft Word – Level 1**

This introductory class is for the computer user who wants to become proficient in Word 2016. Topics introduced include using the ribbon interface and toolbars, creating, editing and formatting text, text selection, the Clipboard, page layout and printing commands, using proofreading tools, custom line spacing and indents, creating custom tab stops, bulleted and numbered lists, working with tables and forms, adding borders and shading, using Find and Replace, and more.

**Required:** Essential Computers Skills or equivalent knowledge.

*A comprehensive manual/textbook is included*

- Fri., February 28 **OR** Sat., April 11
  - 9:00 am – 5:00 pm
  - Room: 516
  - Room: 515
  - Register before Jan. 27: $128
  - Register after Jan. 27: $142
  - David Nagid - *see bio*

**Microsoft Word – Level 2**

This intermediate level class covers more complex skills than those presented in Word: Level 1. Topics include working with lists of data, filtering and sorting data, displaying subtotals in a list, 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: 516
  - Register before March 30: $128
  - Register after March 30: $142
  - David Nagid - *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., March 21
9:00 am – 4:00 pm
Room: 435
Register before Jan. 27: $95
Register after Jan. 27: $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: 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

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**

Being a supervisor is a lot of responsibility, and it involves the fundamental ability to get things done through others. As a leader in your organization, you help set the tone, and you have the potential of making a very positive impact. In this course you will:

- 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

### 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:

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

### 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

### 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

### 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 you 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

### 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!

### 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

### Performance Evaluations

**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

### Coaching for Results

**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

To register, visit us online at cabrillo.edu/extension or call 831-479-6331.
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 within and between 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, persuasive communication, 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

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

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 communicate 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

Motivating Others to Commit
Thu., May 21 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

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, 3M, and Amgen as well as non-profits, small businesses and entrepreneurs to help enhance employee skills and work performance.
Leadership Academy Training Series

Your development as a leader is a journey, and those who succeed are the ones who have a clear destination, an inner compass, and a map of the territory to guide them. Our Leadership Academy focuses on helping you develop as a leader. To be successful, you need to understand what others expect of you, and your personal leadership strengths and challenges. You also need to be able to mobilize and motivate groups of people to achieve results, and drive organizational change.

You’ll learn the necessary skills in this 8-week certificate program which is designed to demonstrate and teach the importance of credibility, accountability and responsibility for individuals at all levels. We provide a performance-based approach to learning the skills you need to become leaders within your organization and your personal life.

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

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

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.

LEADERSHIP ACADEMY 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.

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.

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.

Building Emotional Intelligence and Self-Awareness
Wed., April 15 1:00 – 4:30 pm

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.

Setting Goals and Achieving Results
Wed., April 22 1:00 – 4:30 pm

One of your primary responsibilities as a leader is to drive your team toward results. This involves being crystal clear about where you are heading, and why, and then managing the needs, expectations and workload of your team in order to achieve those results. Come to this class to:
• Explore the common barriers to achieving goals.
• Compare your top organizational goals to your work values.
• Develop a plan to track progress as a team.

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.

Making Meetings Work: 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.

To register, visit us online at cabrillo.edu/extension or call 831-479-6331
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
- Business Insurance • Business Funding
- Employer Identification Numbers • Required Tax Documents • Employee Classification
- Business Insurance • Business Funding

Fee: $10
155 Center Street, Santa Cruz
Tue., March 3
9:00 – 10:00 am

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.

Fee: $35

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.

Fee: $35
Cathy Van Loon, MA, is an Intuit Certified QuickBooks Pro Advisor and has been teaching accounting courses at Cabrillo College for over 30 years.


Certification 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 25
9:00 am – 12:30 pm
Room: S14
Fee: $85
Plus $49 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: S14
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

Prerequisite: Experience as a medical biller or completion of previous classes.
Sun., April 19
3:15 – 5:30 pm
Room: S15
Fee: $45
Plus $89 materials fee paid in class—including workbook & tutorial software

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

Sat., April 25
1:00 – 3:00 pm
Room: S14
Fee: $65
Plus $29 material fee paid in class

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

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

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

Wed. & Thu., April 22 & 23
6:30 – 8:30 pm
Room: S14
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
Planned Your Trip To Campus?

Check out the link below for maps, directions, and parking info online (including downloadable PDFs!)

http://www.cabrillo.edu/services/extension/resources.html

Looking For Cabrillo Extension?

Office Location: Building 2100A (on lower campus)
Office Hours:
Monday – Friday, 9 am – 5 pm
Phone: (831) 479-6331
Online: cabrillo.edu/extension

Parking

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. These vending machines only accept credit/debit cards. Parking is permitted ONLY in spaces that are marked "STUDENTS."
Motorcycle Safety Training

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

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

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

Class size is extremely limited, and classes fill early!

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

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

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

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

FEES:
Fee for students under 21: $225
Fee for students 21 and older: $335

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

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General Information and Registration

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 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!

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

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Name ____________________________________________
Address ___________________________________________
City __________________________ State, Zip ___________
Work phone ______________________ Home phone ___________ Cell phone ___________

Email Address ________________________________

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

Card # __________________________________________
Expiration Date ___________________________ Signature __________________________

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If you are mailing 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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To register, visit us online at cabrillo.edu/extension or call 831-479-6331
CABRILLO EXTENSION
WINTER 2020
cabrillo.edu/extension

Culinary & Healthy Living
Sourdough Bread Basics; Perfect Paleo;
Foodie Field Trips; Date Night Couples Cooking; Syrups, Shrubs, Spritzers and Mocktails; Cheese Making at Home;
Vegan Sandwiches and Spreads; and many more!

Home & Garden
ADUs, Granny Units, and Other Small Spaces; Beekeeping Basics;
Chicken Keeping 101; and all-new Container Gardening with Edible and Pollinator Plants; and Build Your Own Backyard Garden Box

Cabrillo Arts
Feathered Friends-Bird Illustration;
Pastel Portraiture; Sketching Historic Sites En Plein Air; Fused Glass Paint Pours; Introduction to Encaustics;
Layered Fabric Assemblage; Beginning Glassblowing; and so much more!

Nature & Outdoor Exploration
Venture out into the world with Owls of Santa Cruz County; Elkhorn Slough Safari; Backyard Astronomer; and all-new Birding the Arroyo Seco; and Birding at Pinnacles National Park

Summer Youth Program
Mark your calendar!
Registration opens February 11th for our Summer Youth Program.

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