

LONE ROCK ADULT EDUCATION WINTER/SPRING CLASSES 2018

EXPLORING MUSIC THROUGH THE TALENT OF A WORLD RENOWNED PIANIST

Instructor: Arthur Kostuk

Class Fee: \$20.00

7.5 Hours/5 Classes

Thursdays

7 - 8:30 pm

Jan. 18, 25

Feb. 1, 8, 15

This class is designed to demonstrate how the soundwaves of music affects our emotion and our spirits. An example of this is Beethoven's 9th Symphony, especially toward the end of the symphony – the grand finale.

There are five (5) lessons in this course. The first two (2) lessons will focus on 18th century music, including Beethoven's 9th Symphony which he will perform on the piano, along with Chopin's Two Piano Sonata's Pan. There will also be a discussion on the subject of Fredric Nietzsche on his views of spirituality and how music affects the soul.

The next three (3) lessons will be entering into late 19th century, early 20's with Gustav Marlan, an Austrian composer. Marlan composed nine (9) symphonies, and these symphonies are larger than life size, universes speaking to each other because they are very powerful pieces. They speak to our hearts.

Arthur has been playing piano for 32 years around the world, and many of his recitals have been in Berlin, Germany under the direction of James Levine, recitals in Chicago and Seattle, and he is a recipient of Carnegie Hall in New York performing solo in front of 1200-1400 people. Imagine being a part of an informational view of music from the past, present, and future from someone who is extremely knowledgeable, and having the wonderful privilege of listening to beautiful recitals from a musician who is world renown in our own small community! Reserve your place today!

INTRODUCTION TO AMERICAN SIGN LANGUAGE

Instructor: Terri Larson

Class Fee: \$20.00

18 Hours/12 Classes Wednesdays 6 - 7:30 pm
Jan. 17, 24, 31
Feb. 7, 14, 21, 28
Mar. 7, 14, 21, 28
Apr. 4

In this course you will be introduced to the manual sign language alphabet, which is called fingerspelling. We will be learning to communicate through sign language using many interesting and fun tactics, and you will leave with a great understanding of American Sign Language. Come and join us for a great learning experience!

BASIC DIGITAL PHOTOGRAPHY

Instructor: Kelley Ziegler

Class Fee: \$20.00

10 Hours /5 Classes Thursdays 6:30 – 8:30 pm
Feb. 1, 15,
Mar. 1, 15, 29

In this course, you will learn the basic operation of your camera. We will discuss common functions and features such as: exposure triangle (ISO, aperture, shutter speed) focus, photo composition, white balance, and photo sizing for print and web.

PERSONAL COMPUTER BASIC SKILLS

Instructor: Irma Dwyer

Class Fee: \$20.00

12 Hours/8 Classes Tuesdays & Thursdays 5:30 - 7 pm
Jan. 16, 18, 23, 25, 30
Feb. 1, 6, 8

This class is designed for people who are new to computers or who want to be more confident in their skills. Participants will learn to: 1) Reduce their dependence on others; 2) Avoid and solve simple problems; 3) Effectively communicate using appropriate terminology. Topics include: Hardware, software, operating systems, internet, e-mail, security, file management, and more. Please bring a notebook/pad and/or a personal computer laptop.

MICROSOFT WORD LEVEL 1 (BASIC)

Instructor: Irma Dwyer

Class Fee: \$20.00

12 Hours/8 Classes

Tuesdays & Thursdays

5:30 - 7 pm

Feb. 13, 15, 20, 22, 27

Mar. 1, 6, 8

PRE-REQUISITE: Basic computer skills or equivalent skills. This class is designed for people who wish to learn to: 1) Create a new document; 2) Navigate around an existing document using the mouse and keyboard; 3) Edit, save, and print a document. Projects may include: Business or friendly letter, garage sale flyer, and an invitation to a party. Please bring a notebook/pad and/or a personal computer laptop.

MICROSOFT EXCEL LEVEL 1 (BASIC)

Instructor: Irma Dwyer

Class Fee: \$20.00

12 Hours/8 Classes

Tuesdays & Thursdays

5:30 - 7 pm

Mar. 13, 15, 20, 22, 27, 29

Apr. 3, 5

PRE-REQUISITE: Basic computer skills or equivalent skills. This class is designed for people who wish to learn to: 1) Create a new spreadsheet; 2) Add, subtract, multiply and divide in a spread sheet; 3) Format data and column titles; 4) Save and print spreadsheet(s). Projects may include: Create holiday card list, monthly budget, and a checkbook register. Please bring a notebook/pad and/or a personal computer laptop.

EBAY/PAYPAL/CRAIGSLIST USER

Instructor: Jim Crews

Class Fee: \$20.00

12 Hours /6 Classes

Thursdays

6 - 9 pm

Jan. 18, 25

Feb. 1, 8, 15, 22

The Ebay/PayPal/Craigslist User Training Program is designed to teach the prospective Ebay and Craigslist seller how to set up their accounts, set up and collect payments, design a selling plan and use PayPal as a medium to collect and make payments. Each participant will need to bring their own laptop computer, or they can access the internet on a computer in the school's computer lab.

SMASH BOOK JOURNALING: A CREATIVE CONTAINER FOR 2018

Instructor: Jeannette Wandler

Material Fee: \$20.00 (Paid to Instructor)

Class Fee: \$10.00

8 Hours/3 Classes	Tues., Jan. 16	6 – 9 pm
	Thurs., Jan. 18	
	Tues., Jan. 23	

Join me for an art journaling experience which is creative, meditative, and a little bit whimsical. There will be a focus on gratitude and a word of the year, but the journal you create can be used for anything you can conceive! You will leave with a finished journal and materials to continue with the experience.

MEMOIRS: WRITING YOUR STORIES

Instructor: Jean Kammerer

Class Fee: \$20.00

Material Fee: \$3.00 (Paid to Instructor)

5 Hour/ 5 Classes	Thursdays	6:30 - 7:30 pm
	Jan. 18, 25	
	Feb. 1, 8, 15, 22	
	Mar. 1, 8, 15, 22, 29	
	Apr. 5	

Join with others who share the desire to write about their personal life experiences. Classes will include instruction and time to work on your project. Please bring a pad and pens to the first class.

TECHNICAL WRITER

Instructor: Jim Crews

Class Fee: \$20.00

15 Hours /7 Classes	Mondays	6 - 9 pm
	Jan. 22, 29	
	Feb. 5, 12, 19, 26	
	Saturday	10 am– 1 pm
	Jan. 27	

The Basic Technical Writer is a training program to teach the prospective technical writer the basics of developing a detailed technical document describing the basic functions of a piece of equipment and formulating a detailed operations manual specifying the proper procedures to operate, inspect and maintain a specific type of equipment. You will need to bring your own laptop.

ADVENTURES IN BEGINNING WATERCOLOR

Instructor: Sandi Busch

Class Fee: \$20.00

Material Fee: \$10.00 (Paid to Instructor)

12.5 Hours/ 5 Classes

Tuesdays

6 – 8:30pm

Mar. 6, 13, 20, 27

Apr. 3

Unleash your inner artist while exploring the attributes of watercolor! Fluid, spontaneous, unpredictable, colorful, rewarding, exciting, and sometimes a little challenging - watercolor can be all of these and more! Weekly class activities encourage fearless participation and can produce astonishing results from the very first class. Tips, tricks and techniques make class a fun exploration of materials and creativity. Bring brushes and paints if you have them. All weekly supplies are available for those who need them, with a \$10 material fee suggested. Just show up with a smile and be prepared to have FUN!

CREATIVE PROCESS CLASS: SPREAD YOUR WINGS!

Instructor: Jeannette Wandler

Class Fee: \$10.00

Material Fee: \$20.00 (Paid to instructor for all materials including canvas and paints)

6 Hours/2 Classes

Tues., Feb. 6

6 –9 pm

Thurs., Feb. 8

Using paint, a stencil, and modeling paste you will create beautiful angel wings & words (optional) piece on canvas. Two (2) sessions in one week.

CARD MAKING FOR BEGINNERS & INTERMEDIATES

Instructor: Amy Grasse

Class Fee: \$10.00

Material Fee: \$20.00 (Paid to Instructor)

8 Hours/ 4 Classes

Tuesdays

6 - 8 pm

Jan. 16, 23, 30

Feb. 6

Learn how to make your own greeting cards. You will complete 20 cards in four (4) different designs, learn new techniques, and have beautiful cards to share with family and friends.

CREATING GREETING CARDS & GIFTS SESSION 1

Instructor: Joanne Meyer

Class Fee: \$10.00

Material Fee: \$7.00 (Paid to Instructor)

4.5 Hours/3 Classes

Tuesdays

6:30 – 8 pm

Jan. 16, 23, 30

In this class, January will be a Valentine's Day theme - card stamping & embossing - feminine or masculine theme, 4 oz mini coffee cup for you to fill with candy and/or a gift card, and jazz up a plain gift bag. This project will be using "Stampin Up" products.

CREATING GREETING CARDS & GIFTS SESSION 2

Instructor: Joanne Meyer

Class Fee: \$10.00

Material Fee: \$7.00 (Paid to Instructor)

4.5 Hours/3 Classes

Tuesdays

6:30 – 8 pm

Feb. 13, 20, 27

In this class, February will be a birthday theme - card stamping & embossing - feminine or masculine theme, book page markers or gift card holders and another fun birthday project TBD (To Be Determined). This project will be using "Stampin Up" products.

CREATING GREETING CARDS & GIFTS SESSION 3

Instructor: Joanne Meyer

Class Fee: \$10.00

Material Fee: \$7.00 (Paid to Instructor)

4.5 Hours/3 Classes

Tuesdays

6:30 – 8 pm

Jan. 16, 23, 30

In this class, March will be Easter/Spring theme - card stamping & embossing, stamping on a candle and a cream egg box. You will create beautiful, unique cards and gifts using "Stampin Up" products.

BEGINNERS/ INTERMEDIATE SEWING

Instructor: Faye McCrumb

Class Fee: \$20.00

24 Hours/12 Classes Tuesdays 6 – 8 pm
Jan. 16, 23, 30
Feb. 6, 13, 20, 27
Mar. 6, 13, 20, 27
Apr. 3

In this class you learn basic pattern choice, layout and cut pattern, read pattern requirements, and construction of garments. You will need to bring your own sewing machine to class.

SEWING TOTES & BEGINNER FASHION HATS

Instructor: Faye McCrumb

Class Fee: \$20.00

22 Hours/11 Classes Thursdays 6 – 8 pm
Jan. 18, 25
Feb. 1, 8, 15, 22
Mar. 5, 12, 19, 26
Apr. 5

This course you will choose a tote pattern, cut and prep supplies complete tote bag – **time permitting**, choose a hat pattern fabric. Complete hat.

JOY OF CROSS STITCH

Instructor: Faye McCrumb

Class Fee: \$20.00

24 hours/12 Classes Wednesdays 6 - 8 pm
Jan. 17, 24, 31
Feb. 7, 14, 21, 28
Mar. 7, 14, 21, 28
Apr. 4

In this course you will learn basic stitches along with embellishment of beads, how to read the charts and mark off charts as stitched.

CREATE FUN APRON & PLACEMATS

Instructor: Faye McCrumb

Class Fee: \$20.00

18 hours/ 9 Classes Mondays 6 – 8 pm
Jan. 22, 29
Feb. 5, 12, 26
Mar. 5, 12, 19, 26

In this class, you will choose a pattern and placemats, layout fabrics, and then plan your projects for an apron and the placemats to complete.

SEWING WESTERN SHIRT WARE TO FIT

Instructor: Faye McCrumb

Class Fee: \$10.00

Material Fee: \$7.00 - Paid to Instructor for Informational Pamphlets

8 Hours/4 Classes	Mondays	6 – 8 pm
	Jan. 29	
	Feb. 5, 12, 26	

In the class, you will select fabric(s) for shirtbody with or without contrasting yokes, collars, pockets, or cuffs. You can use additional embellishments if desired.

THE ART OF BREATHING

Instructor: Martha Piersma

Class Fee: \$20.00

Material Fee: \$2.00 - Paid to Instructor for Informational Pamphlets

6.25 Hours/5 Classes	Tuesdays	6:30 – 7:45 pm
	Jan. 30	
	Feb. 6, 13, 20, 27	

In this 5-week series, we will be exploring the breath. Often we take our breath for granted. After all, our bodies know how to breathe, but have you ever spent time looking at your breathing with a curious mind? Did you know that changing your breathing can affect how you feel? Do you frequently feel anxious or overwhelmed? Learn safe and effective breathing practices to calm your nervous system, activating the relaxation response. All are welcome! Please bring a blanket and yoga mat if you own one.

GENTLE YOGA

SESSION 1

Instructor: Martha Piersma

Class Fee: \$20.00

7.5 Hours/6 Classes	Wednesdays	6:30 – 7:45 pm
	Jan. 17, 24, 31	
	Feb. 7, 14, 21	

Join Martha Piersma for Red Bird Yoga for a gentle and fun yoga class! This class is suitable for all students who have the ability to get up and down

from the floor. Please bring a yoga mat and any other props you may have like a strap, yoga blocks and/or blanket.

**GENTLE YOGA
SESSION 2**

Instructor: Martha Piersma

Class Fee: \$20.00

5 Hours/4 Classes Wednesdays 6:30 – 7:45 pm
Feb. 28
Mar. 7, 21, 28

Join Martha Piersma from Red Bird Yoga for a gentle and fun yoga class! This class is suitable for all students who have the ability to get up and down from the floor. Please bring a yoga mat and any other props you may have like a strap, yoga blocks and/or blanket.

RESTORATIVE YOGA

Instructor: Martha Piersma

Class Fee: \$20.00

6 Hours/4 Classes Thursdays 6:30 - 8 pm
January 18
Feb. 1, 15
Mar. 8

Restorative Yoga is a deeply relaxing style of yoga practice. Unlike the more active styles of yoga where poses flow from one into another, in restorative yoga poses, they are held from 5-20 minutes. During this time you are supported with blankets, bolsters and blocks. We often forget that sometimes we just need to take time to relax. When you practice this style of yoga, you enter a state of deep relaxation. It is here that you can “let go” of those deep holding patterns and find a state of balance that will allow your body to heal. Please bring a blanket and yoga mat.

CLOGGING FOR FUN- JUST THE BASICS

Instructor: Jean Kammerer

Class Fee: \$20.00

Material Fee: \$3.00 -Paid to Instructor for Informational Pamphlets)

12 Hours/ 12 Classes Tuesdays 6:30 – 7:30 pm
Jan. 16, 23, 30
Feb. 6, 13, 20, 27
Mar. 6, 13, 20, 27
Apr. 3

Join us to learn basic clogging steps and variations in a fun environment. All you need are supportive smooth-soled flat shoes with straps or ties, a water bottle and layered clothing (it starts out cool, but warms up fast!). You will love getting together to enjoy an evening of dancing and having lots of fun!

DECEPTIVELY EASY DESSERTS 1

Instructor: Emily Sandersfeld

Class Fee: \$10.00

Material Fee: \$5.00 (Paid to Instructor)

1.5 hours/1 Class Monday, March 26 5:30 – 7 pm

Learn how to make **Warm Chocolate Pudding Cakes with Caramel Sauce** from scratch. This easy dessert is sure to **WOW** your guests with minimal effort. This course will teach you how to master caramel sauce and whipped cream from scratch.

DECEPTIVELY EASY DESSERTS 2

Instructor: Emily Sandersfeld

Class Fee: \$10.00

Material Fee: \$5.00 (Paid to Instructor)

1.5 hours/1 Class Tuesday, March 27 5:30 – 7 pm

Learn how to make **Warm Chocolate Pudding Cakes with Caramel Sauce** from scratch. This easy dessert is sure to **WOW** your guests with minimal effort. This course will teach you how to master caramel sauce and whipped cream from scratch.

SUSTAINABLE FEAST: PART I ORGANIC SHOPPING, COOKING, AND KITCHEN/GARDEN PREP

Instructor: Maura Coghlan-Richardson

Class Fee: \$10.00

Material Fee: \$10.00 (Paid to Instructor for workbook, cookbook)

24 Hours/12 Classes Tuesdays & Thursdays 5:30 – 7:30 pm

Jan. 16, 18, 23, 25, 30

Feb. 1, 6, 8, 13, 15, 27

Mar. 1

Mar. 5 (**Banquet**)

Part I: Buying organic on a budget: food selection, seed saving, prepping, and indoor starting; That's just wrong: Versatile uses of single purpose appliances; Your slow-cooker is your friend: Stocks, stews, & chowders; Breakfast in Bed: Crepes, waffles, pancakes, & biscuits; Food as Medicine:

Super foods, substitutions, and medicinals; Basic Skills 101: Debone, butterfly, Dbl. butterfly, filet, stuff, truss, and carve.

SUSTAINABLE FEAST: PART II ORGANIC GARDENING AND CASTING FOR THE HOME KITCHEN

Instructor: Maura Coghlan-Richardson

Class Fee: \$10.00

Material Fee: \$10.00 (Paid to Instructor for workbook, garden design & calendar)

20 Hours/10 Classes Tuesdays & Thursdays 5:30 – 7:30 pm
Mar. 6, 8, 13, 15, 20, 22, 27, 29
Apr. 3, 5
Apr. 6 **(Oyster Roast/Crab Boil)**

Part II: Organic Warfare: Organic does not mean pesticide or fertilizer free; Instant Organic Gardening: Straw bales and their feeding; organic super nutrients: funky fish, earthworms, and compost castings; Garden layout basics: Pollinator and Harvester Friendly Designs; Beware of Duck: 10 reasons to add a pair or two into your garden staff and security.

SIMPLE GARDENING

Instructor: Stone Mason

Class Fee: \$20.00

8 hours/4 Classes Thursdays 6:30 - 8:30 pm
Jan. 18, 25
Feb. 1, 8

This course covers non-standard gardening methods such as, Square foot, no till, and bio-intensive, as well as crop rotation and season extension. Methods covered are shown to produce as much as or more than **more** labor intensive practices.

GARDEN FRESH

Instructor: Nancy Maruska

Class Fee: \$20.00

Material Fee: \$5.00 (Paid to Instructor for Informational Pamphlets)

8 Hours/4 Classes Tuesdays 6:30 – 8:30 pm
Jan. 16, 23, 30
Feb. 6

In this course, you will learn how to grow your own fruits, herbs and vegetables. There will be advice on topics such as selecting varieties for our valley, plant propagation, using fertilizers, watering and much more! Please **NOTE** that Nancy owns her own greenhouse business!

CREATING YOUR OWN LANDSCAPE DESIGN

Instructor: Nancy Maruska

Class Fee: \$20.00

Material Fee: (Paid to Instructor) \$5.00 - Informational Pamphlets

8 Hours/4 Classes Tuesdays 6:30 – 8:30 pm
Feb. 20, 27
Mar. 6, 13

In this course, you will learn how to design healthy, self-sufficient beds that are easy to care for, water wise, and enduringly beautiful! Please **NOTE** that Nancy owns her own greenhouse business!

FIRST AID/CPR, AED

Instructor: Alyce Brace

Class Fee: \$10.00

Material Fee: (Book & Completion Card) \$25.00

8 Hours/4 Classes Thursdays 6:30 – 8:30 pm
Feb. 22
Mar. 1, 8, 15

This course is a medic First Aid class which will teach CPR, AED, and First Aid for adults, children and infants. It will provide a hands-on experience on mannequins and AED's. You will receive a 2-year certification in CPR/First Aid & AED with the completion of this class.

SELF-DEFENSE WITH HANDGUNS/CONCEALED CARRY PERMIT (CCP)

Instructor: Dan Ashmore

Class Fee: \$20.00

Shooting Range Fee: \$7.00 - Saturday, March 24

11 Hours/3 Classes Mondays 6:30 -8:30 pm
Mar. 5, 12, 19
Sat., Mar. 24 -Range 9 am-1 pm

This course will cover gun safety, acceptable use of lethal force and how to operate a handgun. All participants are required to pass the written and practical tests given in this course in order to apply for a Concealed Carry Permit (CCP) with the sheriff's office. There will be six (6) hours of classroom curriculum and a possible five (5) hours of range time. Participants will use approximately 100 bullets at the range.

BASIC HOVERCRAFT – DESIGN – MAINTENANCE - OPERATIONS

Instructor: Jim Crews

Class Fee: \$20.00

Material Fee: \$10.00 (Paid to Instructor for Fuel and Maintenance)

24 Hours /8 Classes

Tuesdays

6 – 9 pm

Jan. 16, 23, 30

Feb. 6, 13, 20

Saturday

10 am – 1 pm

Jan. 20

Feb. 17

The Basic Hovercraft Course covers the basic design of the types of Hovercraft, including Single Engine, Twin Engine, Single Engine with Reversing Buckets, Tube Skirts and combinations. The course also covers basic maintenance requirement before and after flight and the participant will also learn the controls associated with several hovercrafts in the field during flight operations either on land, water or ice depending upon local conditions. The program is conducted in both classroom and field conditions. Each participant will have to bring their own life jacket, hearing protections and light weight water resistant foul weather clothing for ice and water operations. Normal outdoor work clothes required for maintenance activities.

ADVANCED HOVERCRAFT MAINTENANCE AND OPERATIONS

Instructor: Jim Crews

Class Fee: \$20.00

Material Fee: \$10.00 (Paid to Instructor for Fuel and Maintenance)

21 Hours /7 Classes

Tuesdays

6 – 9 pm

Feb. 27

Mar. 6, 13, 20, 27

Saturday

10 am– 1 pm

Mar. 17, 31

The Advanced Hovercraft Course is **open to those who have completed the Basic Hovercraft Course** which will further the Hovercraft tech/pilot's education and skills regarding advanced maintenance and overhaul on a twin-engine Air Commander. The pilot phase of this program will enhance the pilot's ability to operate a Neoteric Rescue Hovercraft on land, water and ice as conditions permit. Each pilot will perform pre-flight, post flight inspections and maintenance, and will perform simulated rescues on

ice/water as conditions permit. The program is conducted in both classroom and field conditions. Each participant will have to bring their own life jacket, hearing protections and light weight water resistant foul weather clothing for ice and water operations. Normal outdoor work clothes required for maintenance activities.

FOR MORE INFORMATION about the courses being offered or to register by phone, please call **JULIE BACHMAN** at **210.5129**, or you may email your registration to: jbachman@lonerockschool.org, or mail your registration to:

Lone Rock Adult Education
Attn: Julie Bachman
1112 Three Mile Creek Road
Stevensville, MT 59870

**Adult Education Classes would be a
GREAT gift for birthdays, holidays, etc.!**

**ALL CLASSES MUST BE
PRE-REGISTERED
& PRE-PAID,
AND SENIOR CITIZENS
60+ RECEIVE A 50% DISCOUNT!
THANK YOU!**

**Please call Julie Bachman to REGISTER
210.5129**