



Fall
2023

NAPA VALLEY  COLLEGE
COMMUNITY
EDUCATION



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DIRECTOR'S MESSAGE

Our Community Education programs at the Upper Valley Campus and throughout Napa County support the lifelong learning goals of students of all ages and backgrounds.

As we strive to stay on top of the trends in technology, fitness, recreation and personal development, we continue to present a well-rounded core of classes in the arts, foreign languages, personal finance and much more. Our staff seeks out opportunities to provide a variety of educational and personal enrichment opportunities, and our Spring schedule does just that. If we can be of any help, please do not hesitate to contact us. It is an honor and a privilege to serve the Napa County community.

Shawntel Ridgle
Director, Upper Valley Campus and
Community Education



PRESIDENT'S MESSAGE

Napa Valley College's Community Education program offers a broad range of topics to meet any professional or personal interest, at every stage of life. This spring, you will find a selection of not-for-credit courses taught by industry experts and designed to quickly deliver specific skills and knowledge to help advance personal or professional development.

Learn the art of storytelling, improve your writing, and find out how to get published. Or learn how to prepare your winter vegetable garden, paint with mixed media, dance the hula or play the harmonica. Food and wine enthusiasts can learn to make seasonal soups and pies, holiday sides, sugar cookies and even Thai street food.

We are committed to offering high-quality academic and community education programs that will make it easier for you to complete your personal, educational, and career goals.

Lifelong learning is part of our core mission, providing access to learning for everyone, and it's one of the many ways we help improve the quality of life for those who live in our community. Join us at Napa Valley College!

Torence Powell, Ed.D
Superintendent/President
Napa Valley College





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UPPER VALLEY CAMPUS

The Upper Valley Campus (UVC) is a small intimate designated center of Napa Valley College, which is part of the California Community College system. UVC is situated on a beautiful 6.9-acre campus that serves the community of St. Helena and the greater Napa Valley by offering fee-based and non-credit classes. UVC is also home to the Napa Valley Cooking School and the Napa Valley Adult School’s Small Scale Farming Program, preparing a new generation of Small Scale Farmers to help re-establish crop diversity in the Valley and create good-paying jobs. The teaching kitchen is the premier destination for both a Food & Wine Enthusiast program and a separate Professional Culinary certificate program, designed to provide students with hands-on, technique-driven culinary and pastry skills required for a career as a professional chef.

NAPA VALLEY COLLEGE COMMUNITY EDUCATION PROGRAM LEARNING STATEMENT

After attending a Napa Valley College Community Education class, students will be able to use the information received from the class for personal and/or professional development, including a better understanding and/or mastery of specific stated subjects and/or skills.

NAPA VALLEY COLLEGE MISSION

Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Approved by the Board of Trustees November 15, 2012

Values

Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:



- | | | |
|-----------------|--------------------|-----------------------|
| Student Success | Responsibility | Inclusivity |
| creativity | Cespect for Others | Openness to New Ideas |
| Adaptability | Honesty | Health and Wellness |
| | Integrity | |



Institutional Learning Outcomes

Students who receive a degree from Napa Valley College will demonstrate the following:

- | | |
|--|---|
| Communication & Collaboration | Global Awareness & Civic Responsibility |
| Critical Thinking & Information Competency | Personal Responsibility |

Follow us on Social Media!

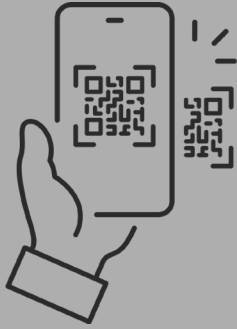
 [napavalleycollege](#)
 [@nvcollege](#)

 [thenapavalleycookingschool](#)
 [@napavalleycookingschool](#)

HOW TO REGISTER

COMMUNITY EDUCATION COURSES

To register for most Community education courses, please visit our **EVENTBRITE PAGE** to select and purchase a course to enroll. Scan the code with your smart phone to register with a mobile device.



Open your phone's camera and click the link that appears on the scanner

eventbrite



You can also access Eventbrite on your computer by typing the link below into your web browser:
tinyurl.com/NVCeventbrite

ESL & NON-CREDIT COURSES

Scan the code to access the Non-Credit webpage or type the link into your browser:
tinyurl.com/NVCnon-credit



OTHER COURSES AND OFFERINGS

To Register for other offerings such as Trips and Tours, Napa CPR, and Commercial Driver Training, please visit the program webpage or call the phone number located at the bottom of each page to register.

Refunds and Cancellations

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. Please email NVCcommunityED@napavalley.edu to request a refund.

ENGLISH AS A SECOND LANGUAGE (ESL)

CLASS #	LOCATION	START DATE	END DATE	DAY/TIME	INSTRUCTOR
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ENGLISH AS A SECOND LANGUAGE (ESL)

This multi-level course is designed for students whose primary language is not English. The emphasis will be on understanding English both in conversation and writing.

77246	Online-Scheduled Meetings	9/4/23	12/13/23	Mon/Wed 9:00-11:00am	Toister
78387	Calistoga Elementary School, Rm 9	8/29/23	12/16/23	Tue/Thu 6:00-8:00pm	Rogers
78708	Calistoga Boys & Girls Club: Discovery Room	8/28/23	12/16/23	Mon/Wed 9:00am-11:30am	Rogers
78709	City of Napa Library, Lecture, Lifework Rm	8/28/23	12/16/23	Mon/Wed 6:00-8:00pm	Klieman

PREPARATION FOR COLLEGE ESL

This course is designed for non-English-speaking students who are interested in eventually pursuing studies at a college level. This course will help to prepare students for Napa Valley College's credit ESL classes. The emphasis is on basic grammar and vocabulary which the students will need to begin to function in a college environment. Literacy in native language is recommended.

76490	Hybrid-Main Campus, TBD, Lecture/ Online	8/14/23	10/7/23	Sat 9:00am-12:00pm	Howe
76492	Hybrid-Main Campus, TBD, Lecture/ Online	10/9/23	12/2/23	Sat 9:00am-12:00pm	Pesko

ESL READ, WRITE, & GRAMMAR 1

This course is the reading, writing, and grammar component of Level 1 of the ESL program. Students will study basic English reading, writing, and grammar skills. They will read short articles and texts and write short paragraphs using simple and compound sentences in English.

76474	Hybrid-Main Campus, TBD, Lecture/ Online	8/28/23	12/16/23	Tue 9:30-11:20am	Toister
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ESL COMMUNICATION 1

This course is the listening/speaking component of Level 1 of the ESL Program. Students will engage in low-intermediate level comprehension skills from a range of essential points & details in spoken English. Students will build on communication skills with short conversations about familiar and unfamiliar topics & contexts, listening comprehension, vocabulary skills, pronunciation & overall fluency.

78710	Hybrid-Main Campus, TBD, Lecture/ Online	8/28/23	12/16/23	Mon/Wed 3:30-5:30pm	Yildiz
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Scan the code to access The Not-For-Credit webpage and log into OpenCCC single sign-in account. tinyurl.com/NVCnon-credit



ENGLISH AS A SECOND LANGUAGE (ESL)

CLASS #	LOCATION	START DATE	END DATE	DAY/TIME	INSTRUCTOR
ESL COMMUNICATION 2					
This course is the listening/speaking component of Level 2 of the ESL Program. Students will engage in a high-intermediate comprehension of a range of essential points and details in spoken English. Students will build on communication skills with extended conversations, classroom discussions and oral presentation skills on a variety of subjects.					
78711	Online	8/28/23	12/16/23	Tue/Thu 5:00-7:00pm	Howe
ESL READ, WRITE, & GRAMMAR 2					
This course is the reading, writing and grammar component of level 2 of the ESL program. Students will build on basic reading, writing, and grammar skills of Level 1, learning to write simple narrative, descriptive, and expository paragraphs and short compositions, using present, past, and future tenses, and simple, compound, and complex sentences. They will learn to revise and edit their writing as well as improve reading skills such as reading comprehension and speed, vocabulary development (including vocabulary in context), summarizing written material, and overall language fluency.					
77952	Hybrid-Napa Valley Adult Education, Rm6, Lecture/Online	8/28/23	12/16/23	Tue/Thu 7:00-9:00pm	Gardiner
ESL READ, WRITE, & GRAMMAR 4					
This course is Level 4 of the college ESL program focusing on the integration of the major language learning components, including reading, writing, and grammar. Students will build on the major components of ESL Reading, Writing, and Grammar 3, reading full-length works of fiction and/or nonfiction & continuing to improve & expand reading comprehension, vocabulary skills, over all written fluency. They will write, revise, and edit paragraphs and short essays, summarize and respond to selected readings, and improve their ability to identify and correct common errors of in grammar and syntax.					
77954	Hybrid-Main Campus, TBD, Lecture/ Online	8/28/23	12/16/23	Mon/Wed 1:30-3:30pm	Klieman

ENGLISH AS A SECOND LANGUAGE (ESL)



Online learning

The solution for today's busy adult

Take a course on topics ranging from A-Z: Grant Writing, Photography, to Web Design and more all from the comfort of your home or office, at the times most convenient for you.

Each course comes equipped with a knowledgeable and caring instructor, lively discussions with fellow students, and practical information that you can put to immediate use.

For more information visit our website!
www.ed2go.com/napa



NONCREDIT (NO FEE): CLASSES FOR OLDER ADULTS**Register for Non - Credit Courses at: tinyurl.com/NVCnon-credit****Mindful Singing for Older Adults**

This class will provide an opportunity to experience and participate in a music setting through singing and playing rhythm instruments. No previous musical experience necessary. Class will also meet online.

Aug 29-Dec 16**Tue, 6:00-9:10pm****Main Campus, Rm 142****Howell****(\$35 materials fee due at time of registration)****Vocal Expression for Older Adults**

This non-credit course provides older adults with the opportunity to expand their knowledge of solo singing through the study of various musical genres, vocal techniques, and singing repertoire. Class will also meet online.

Sep 6-Dec 16**Wed, 3:00-5:20pm****Main Campus, Rm 147****Von Pohle****Instrumental Ensemble for Seasoned Musicians**

This class provides an opportunity for mature adults to participate in a music ensemble setting by playing musical instruments.

Aug 31-Dec 16**Thu, 6:00-9:20pm****Main Campus, Rm 142****Estabrook****Visual Expression**

This noncredit course provides older adults with the opportunity to expand their knowledge of the visual arts through the study of various artistic techniques, tools and materials. In addition to hands-on projects, students will also explore the role of art in current and past cultures.

Aug 11-Dec 16**Wed, 9:30-11:55am****UVC, St Helena****Wright, Rm 8****No Fee****Scan the code to access The Non-Credit webpage and register.****or type the link into your browse: tinyurl.com/NVCnon-credit**



LIFELONG LEARNING

Top 10 Tips to Get the Most out of Your Apple/ Android Device

Have you recently upgraded to an iPhone/ Android Smartphone? Or have you had your iPhone/ Android Smartphone for a while and only use it for phone calls? Let me teach you how to take advantage of its many organizational tools and more during this workshop! In this 2 hour workshop, you will learn: • How to use Siri/ google to do just about everything on your smartphone • Dictation • The importance of having complete and updated contacts • How to use the calendar for important dates and reminders • How to manage your apps so you can find them better and some good ones you might want to get to know • How to find your Phone if it's lost • And so much more! This class is great for seniors! All you need is an email address and you will receive a Zoom link to take the class online. Pre-registration is required.

iPhone Sep 22

Fri, 10:00am-12:00pm

Online

Dancu

\$35

Android Sep 29

Fri, 10:00am-12:00pm

Online

Dancu

\$35

TRAINING AND CERTIFICATION

[HTTP://NAPAVALLEY.OUDEVE.COM/CAREER-EDUCATION/TRAINING-AND-CERTIFICATION-OPPORTUNITIES.HTML](http://napavalley.oudeve.com/career-education/training-and-certification-opportunities.html)

LIFELONG LEARNING



COMMERCIAL DRIVER'S LICENSE TRAINING

OSHA 10-hour General Industry Safety & Health

Join our **FREE** 8-day pre-apprenticeship training program in transportation, distribution, and logistics as an entryway in a long-term career in commercial trucking. You will receive CDL permit preparation, OSHA 10-hour General Industry Safety and Health certification, Forklift/COVID-19 Safety training, and hands-on forklift training.

CDL PERMIT PREPARATION	OSHA 10 CERTIFICATION	FORKLIFT & WAREHOUSE SAFETY	HANDS-ON FORKLIFT TRAINING
AUG 21 - AUG 24	AUG 25 & AUG 28	AUG 29	TO BE ANNOUNCED
OCT 02 - OCT 05	OCT 06 & OCT 09	OCT 10	TO BE ANNOUNCED
DEC 04 - DEC 07	DEC 08 & DEC 11	DEC 12	TO BE ANNOUNCED

ALL TRAININGS MEET IN-PERSON MONDAY - FRIDAY FROM 9AM TO 3:30PM

THESE FREE TRAININGS ARE OFFERED IN PARTNERSHIP WITH:



For information about eligibility, contact Leticia Naranjo at Napa Valley College

707.714.1351



2277 Napa-Vallejo Hwy., Napa, CA 94558



Schedule an in-person or phone registration appointment: tinyurl.com/7svz3fh



lnaranjo@napavalley.edu





All of the wine we produce is made from grapes grown on our five acre vineyard located on the Napa Valley College Campus. Every aspect of the winemaking process is completed on the campus in our own winery and cellar. Our students experience every aspect of the process from work in the vineyard to the marketing and sale of the wine.



The Napa Valley Vintners and Trefethen Family Vineyards, along with many other donors, have helped Napa Valley College build a premier winery operation. The high quality wines we produce are a reflection of the community commitment to education and to Napa Valley College. We are grateful for everyone's participation in helping us produce a fine collection of wines.



Napa Valley College wines can be purchased at our winery website or at our local Napa Whole foods Market!

For information on viticulture and winery technology courses at Napa Valley College, Visit:
<https://www.napavalley.edu/career-education/career-education-programs/winery.html>

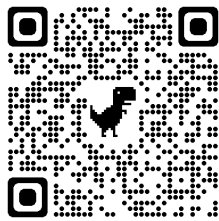


Napa Valley Cooking School

Food & Wine Enthusiast Will Return!

We know you're eager to learn more about our Food & Wine Enthusiast program at Napa Valley College. Currently, our facilities at the Upper Valley Campus are undergoing construction to provide our enthusiasts with the best learning environment for honing their culinary arts skills. While our kitchens are being upgraded, our instructors are actively expanding their culinary knowledge to enhance their teaching and share new techniques with you. To stay updated on the availability of our classes and events, we encourage you to join our mailing list. Please scan the link below to sign up!

<https://tinyurl.com/NVCculinarynews>



The Culinary Arts Degree program

Napa Valley Cooking School's Advanced Professional Culinary Program follows a curriculum designed to build on itself. Culinary techniques learned in each course are repeated throughout the program to enforce the mastery required to be a successful professional fine-dining chef.

To support the development of entrepreneurial skills, students create and host a retail Marketplace in conjunction with seasonal special events. Marketplaces



are designed to showcase the students' work as artisan culinarians, connect them with the public in a market setting, and celebrate the unique culinary history and culture of the Napa Valley.

For more information and steps to starting your culinary career, visit
<https://napavalleycookingschool.org/>

ARTS AND CRAFTS

The Decade Self-Portrait

What do the last ten years mean to you? In this six-week class we will create a portrait that redefines the selfie by mapping nine different versions of what it means to be YOU. Starting with a grid of 9 (or 12) rectangles on one large-format paper or canvas, we will paint them in week to week. Using resource photos from your own life of family, pets, and places is where we begin. You will be guided through the process of editing, selecting, and painting from your photocopies to create a collection of portraits within one piece that tells the story you want to tell. Whether the time frame is one or ten years, this is a fun way to memorialize key moments of your life into paint! Painting takes place in class as well as in between with an average of 2 sections each week. Suggested format for painting is 30 x 22". \$25 material fee due to instructor first class meeting. For more info contact nancy@nancywillis.com. Pre-registration is required. (No Class Oct 31.)

Oct 10-Nov 21, Tue, 9:30am-12:30pm

UVC, St. Helena

Willis, Rm 8

\$395

One Day Printmaking: Experimental Monotype

Connect to your creativity this fall in these monthly sessions at the upper valley campus. Curious about printmaking? In the accessible process of monotype, ink is applied to a plexiglass plate and transferred to paper using our Takach printing press. At each class meeting you have options: explore a painterly additive process, an abstract subtractive approach, or use organic material for botanical printing. Once you get a taste of monotype you will see the banquet of possibilities that lies before you. For beginners as well as experienced printmakers, you will find a supportive community for art making. Priced to enjoy a single or three-session printmaking class. Limited to six students. For more info or to contact the instructor visit www.nancywillis.com *\$30 materials fee payable to instructor at each class meeting. Advance registration required. **All 3 classes for \$385**

Sep 2, Sat, 9:30am-2:00pm

Sat, 9:30am-2:00pm

UVC, St. Helena

Willis, Rm 8

\$140

Oct 7, Sat, 9:30am-2:00pm

Sat, 9:30am-2:00pm

UVC St. Helena

Willis, Rm 8

\$140

Nov 4, Sat, 9:30am-2:00pm

Sat, 9:30am-2:00pm

UVC, St. Helena

Willis, Rm 8

\$140

NEW! Creative Photography

Take your photographic skills to a higher level of creativity! Photographer Patti Garcia will present a new theme challenge each week and guide you through an exploration of creative photography. You'll learn lighting and other techniques to improve your photographic skills. Any type of camera is allowed, and participants should know some basics of how to use their camera. Students will explore the outdoors for subject matter and creativity, come join us. Patti Garcia has a master's in Photography from the Academy of Art University in San Francisco and has been a photographer for 25 years. She practices and experiments with alternative techniques in her own work and has been teaching adults and young students for the past 20 years; her passion is helping others find their creative voice. Material fee is included in class fee. Pre-registration is required.

Aug 15-Sep 12, Tue, 3:30-5:30pm

UVC, St. Helena

Garcia, Rm 1635

\$110

Aug 17-Sep 14, Thu, 3:30-5:30pm

Main Campus, Napa

Garcia, Rm 1635

\$110

FABRIC & SEWING

Quilters' Workshop

Interested in joining a community of quilters this spring? Want to start a quilting project as a beginner but unsure of how to go about it? Need some extra help in realizing or finishing a current quilting project? Bring your own materials, tools, patterns, and interest to this low key weekly gathering of local quilters in our beautiful light-filled Art Room in St. Helena and work together under the guidance of experienced quilter and St Helena native Julie Bolander. Pre-registration is required.

Aug 11-Dec 16, Mon, 12:30-5:00pm

UVC, St. Helena

Bolander, Rm 8

\$51

Beginning Upholstery and Beyond

In this class you will discover a craft that will enable you to bring some of your favorite pieces of furniture into this century and to move beyond the basics and take on more challenging projects. Learn fabric layout for cutting, how to use power sewing equipment and hand tools for basic furniture and automobile upholstery. In addition to learning a new skill, students receive first-hand knowledge on possibly taking these skills and earning some extra cash. Experienced Instructor, Robert Peck, will discuss projects at the first class and work with you to realize your project goals. (Bring pictures of proposed projects to the first class for instructor review.) A \$30 materials fee due to instructor first class. Pre-registration is required.

Aug 16-Sep 20, Wed, 6:00-9:00pm

UVC, St. Helena

Peck, Rm 8

\$120

Nov 1-Dec 13, Wed, 6:00-9:00pm

UVC, St. Helena

Peck, Rm 8

\$120

WORLD LANGUAGES

Conversational Spanish – Advanced

This 15 week course provides practice in conversational Spanish at the intermediate and advanced levels. The aim is to increase fluency and acquire vocabulary. We will study selected topics of grammar and read and discuss the memoir, "Solito" by Javier Zamora. In order to participate in this class, after you complete your registration send an email to the instructor at rustonlorraine@gmail.com. Your instructor will send you information on how to access the class. Pre-registration is required.

Aug 31-Dec 7, Thu, 4pm-5:30pm

Online

Ruston

\$150



**Open your phone's camera
and click the link that appears
on the scanner**

eventbrite



OUTDOORS

Birding in Napa County

The county is blessed with a variety of easily accessible terrestrial and aquatic habitats where songbirds, waterfowl, raptors and shorebirds congregate during migration. We typically find 100-plus species, and in order to see the greatest diversity visit distinctly different habitats during each field trip: Lake Hennessey, Skyline Park, the American Canyon Wetlands, Skaggs Island—or wherever the dynamics of the season dictate. The field trips will involve a walk of 0.5-2.0 miles round trip. Terrain is level over gravel roads or well-worn footpaths; an exception is Milliken, where there is a brief uphill stretch and some rocky footing. Bring binoculars and your favorite field guide. (Check weather forecast for appropriate dress.) Instructor Murray Berner is the co-author of the “Breeding Birds of Napa County.” Students are to email the instructor before the first day of class for more information at vireocity@hotmail.com. Pre-registration is required. Limit to 15 signups!

Sep 29, Oct 6, 13, & 20, Fri, 8:30am-12:00pm

UVC, St. Helena and Various Locations

Berner

\$100

WRITING, STORY TELLING & PUBLISHING

Explore the World as a Travel Writer (Online)

If you love to travel and love to write, this is for you! We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers’ interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing clichés. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 11, Wed, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Introduction to Screenwriting for Television or Movies (Online)

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. And, you’ll get an inside look into the business of selling your script to agents and producers. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 07, Sat, 11:00am-12:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

How to Write Your Life Story for Fun or Profit (Online)

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 07, Sat, 8:00-11:00am

Online

Krusemark

\$70 (Class fee includes materials fee)

Beginner's Guide to Getting Published (Online)

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 05, Thu, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Be a Better Writer: 10 Easy Tips to Improve Your Writing NOW (Online)

We write every day: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 07, Sat, 12:00pm-3:00pm

Online

Krusemark

\$70 (Class fee includes materials fee)

Comedy Writing: How to Be Funny on Paper & Stage (Online)

Whether you need to make a dull work presentation livelier, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand-up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You will learn the anatomy a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former stand-up comedian at places like The Laugh Factory in Hollywood, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 03, Tue, 3:00pm-4:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

Write a Riveting Mystery, Suspense, or Crime Story (Online)

Become a mystery writer for fun or profit! You will discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers and create suspense until you're ready for the final reveal. Publishing options will also be discussed. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 03, Tue, 4:00pm-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

How to Outline and Write an Irresistible Romance (Online)

Romance is the #1 selling fiction genre. Whether you're a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice. You will discover the different romance sub-genres and understand the proven romance formula. You will also learn to create a unique setting, introduce your protagonist (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options will also be discussed. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 10, Tue, 3:00pm-4:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

Beginner's Guide to Getting Published (Online)

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required. (Note: prerequisite requirement: Beginner's Guide to Getting Published)

Oct 05, Thu, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Explore 50 Different Self-Publishing Options (Online)

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must also attend "Beginner's Guide to Getting Published") And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies for future use are included in class fee. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required. (Note: prerequisite requirement: Beginner's Guide to Getting Published)

Oct 05, Thu, 6:00-7:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

Using Amazon's Kindle Direct to Self-Publish your Book for FREE

Whether you're looking to publish a paperback novel or short eBook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 11, Wed, 3:00-4:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

Writing for Online Blogs, Magazines, and Websites (Online)

You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- \$1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 12, Thu, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Meet the Agent/Publisher Q&A – Get Your Manuscript Critiqued

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: You can then send your manuscript for a professional critique (for a critique fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter, and a list of publishers/agents who are interested in your type of work.) Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 12, Thu, 6:00-7:30pm

Online

Krusemark

\$40 (Class fee includes materials fee)

MUSIC & DANCE

Advanced Beginning & Intermediate Tap Dance

Join and be part of America's own dance style: TAP DANCE! This class is designed for students with a minimum of 2 semesters of instruction or an equivalent. We will review single tap sounds, basic tap steps, and progress to multiple sound/step combinations, tap turns, and longer tap sequences. Tap techniques will be reviewed throughout the semester. For Intermediates, you will be working on speed and clarity of tap sounds, along with combinations using Riffe Walks, Buffalos, Time Steps, Multi-directional Cramp Rolls, and Tap Turns. By the conclusion of the class, you will have learned multiple tap combinations, improved your skills, and have started a full length tap dance, at either level! Complex tap combinations will be presented each week. Plus, tap dance is simply a great form of exercise, one where you have an opportunity to hear a variety of music from many decades every week! Be prepared to enjoy yourself! Please also bring a notepad and pen. Pre-registration is required. Important Notes: Tap shoes are required, tap shoes and dance attire are provided by the student, Advanced Beginning Tap students must have a minimum of 2 semester2 of Tap instruction or equivalent (approximately 1 year), Intermediate Tap students must have a minimum of 4 semesters of Tap instruction or equivalent (approximately 2 years), EACH TAP



LEVEL WILL RECEIVE 70 MINUTES MINIMUM OF INSTRUCTION PER WEEK

Aug 29-Dec 14 (No Class 11/21 & 11/23), T/Th, 6:00-7:20pm

Main Campus, Napa

Rogers, Rm 601A

\$185

Drum Solo & Belly Dance Workshop

Learn the art of ancient Egyptian belly dance. Belly dance is so much more than a beautiful and artistic dance. It can be a healing salve for your body, mind and soul. It will help you experience the sacred feminine within you so you can bring that beautiful energy into everything you do and to all the lucky people in your life. Reduce stress, burn calories, unleash your inner creativity expression, connect with your sensuality, and leave class feeling energized. In this workshop, learn your first drum solo or add it to your repertoire! So, join me and let's get into all these juicy benefits of belly dancing! Pre-registration is required.

Sep 10-24, Oct 1, Sun, 10:00-11:00am

Main Campus, Napa

Rodriguez, Rm 137

\$150

Lillian's Latin Cardio Salsa Style Class

This Latin cardio fitness class incorporates salsa dance moves for all levels and genders! It is a healthy, fun, rhythmic, physical activity! Increase your endorphins and get your cardio in while learning salsa combinations foot patterns, and arm styling. It's exercise in disguise. Come join me and you'll see what I mean. You don't even have to know how to dance. Just move your body and follow my lead. It's easy! Come try it, I guarantee you will have a blast with others in this energetic class! Pre-registration is required.

Sep 9-30, Sat, 9:00am-10:00am

Main Campus, Napa

Rodriguez, Rm 601A

\$150

Beginning Blues Harmonica

Got the "Blues?" Beginning Blues Harmonica will get you jammin' immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica "cry, laugh, wail, and scream!" No previous musical experience or harmonica training is required, only a love of the blues and desire to play the harmonica! Students will need a major diatonic harmonica in the key of "C," available in class for \$11 if you don't have one. There will be a \$15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Oct 28, Sat, 12:00-1:30pm

Main Campus, Napa

Broida, Rm 142

\$35

Healthy Harmonica

We will play the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Breathing is our foundation when playing harmonica and for a healthy, vibrant living! No previous musical ability is required—only a desire to have fun and feel more healthy and alive! Students will need a major diatonic harmonica in the key of "C," available in class for \$11 if you don't have one. There will be a \$15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Oct 28, Sat, 10:00-11:30am

Main Campus, Napa

Broida, Rm 142

\$35



Harmonica Combo—Healthy Harmonica & Beginning Blues Harmonica

Interested in Healthy and Beginning Blues classes? Sign up for both classes. Students will need a major diatonic harmonica in the key of “C,” available in class for \$11 if you don’t have one. There will be a \$20 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Oct 28, Sat, 10:00am-1:30pm

Main Campus, Napa

Broida, Rm 142

\$50

WELLNESS

Mindfulness for the Holidays

As the holiday season approaches, join us as we explore how to bring a more mindful attitude and manner to this festive but often stressful time of year.

We will review the basic principles and practices of mindfulness: grounded-ness, openness, and compassion, through a series of guided meditations and then explore how to apply them during the holidays including: how to maintain stability and stamina in the face of all the holiday activities and preparations, how to stay in touch with what we most care about and value during the holidays, and how to set intentions for ourselves and our lives in the coming new year. Pre-registration is required.

Nov 2, Thu, 7:00-8:30pm

Main Campus, Napa

Specterman, Rm 838

\$50

Simple Guided Meditation

Come enjoy a relaxing instructor-led guided meditation for well-being and have an awareness of focusing on thought with intention to create better versions of yourself. Learn to become familiar in leading your own guided meditation session to help reduce stress and release unwanted thoughts, beliefs, and emotions. In this course students will learn: How to induce a light meditative state with a progressive deep relaxation, how to create positive feelings and visualization, and more. Meditation promotes numerous health benefits including: • Reducing stress, anxiety, and depression • regulating emotions • boosting the immune system • Increasing mental clarity • Increase intention on manifesting your goals. Pre-registration is required.

Oct 14, Sat, 3:00-4:00pm

Main Campus, Napa

Rodriguez, Rm 838

\$110

Qigong Demystified

Qigong is becoming a more noticed health practice, and there are many styles to practice. But what is Qi? How does the cultivation of energy really happen? If you’ve enjoyed Qigong, Tai Chi, or even martial arts, this class will add a depth to your practice. Not only will you learn the Insight Qigong set, a health practice of nine postures, but you will also get to explore the core principles of Qigong, learn to feel the Qi all around you and within you, understand basic traditional Chinese Medicine for personal application and more! There will be time for personal reflection through journaling and lots of handouts to support your personal practice. No experience necessary; all levels welcome. Pre-registration required.

Aug 31-Oct 26, Thu, 12:00-2:00pm

Main Campus, Napa

Valerio, Rm 601B

\$240



Unlock the Power of Reiki Healing

Join us for a unique opportunity to learn Reiki Level 1, an ancient Japanese healing practice that can help you improve your physical, emotional, and mental well-being. These Reiki classes are designed for beginners and will teach you everything you need to know to become a certified Reiki practitioner. Research has shown Reiki reduces stress and anxiety • Promotes relaxation and better sleep • Boosts immune system and natural healing processes • Increases intuition and spiritual connection • Enhances overall health and well-being. Introduction to Reiki principles and history • Learning to channel and work with energy • Techniques for self-healing and healing others • Practice sessions and personalized guidance • Certification upon completion of the class. Our classes are taught by certified Reiki practitioners who have years of experience in healing and teaching. Come to a supportive and welcoming environment for all students, regardless of their level of experience. Pre-registration required.

Aug 11 & 12, Fri/Sat, 10:00am-2:00pm
Main Campus, Napa
Thompson, Rm 1637
\$388

Nov 10 & 11, Fri/Sat, 10:00am-2:00pm
Main Campus, Napa
Thompson, Rm 1637
\$388

Longevity Qigong

In this class you will practice various sets of qigong and explore meditations that relax and restore on a deep level. Learn proper structure, healthy breathing techniques, strengthen your balance and connect to your Qi! No experience necessary; all levels welcome. Pre-registration required.

Aug 31-Oct 26, Thu, 9:30-11:00am
UVC, St. Helena
Valerio, Rm 8
\$160

LIFE PLANNING

Understanding Reverse Mortgages

Reverse mortgages are available for homeowners who are age 62 + who would like to utilize a portion of their home equity to increase their income and cash flow without having to make a required monthly repayment. They are modernized HUD/FHA government insured loans with numerous consumer safeguards in place. You will learn the best way to maximize their benefits, the pros and cons, eligibility, options for receiving the funds and how a reverse mortgage may help to boost and secure finances while living on a fixed income. Pre-registration is required.

Aug 15, Tue, 12:30-3:30pm
UVC, St. Helena
Schwartz, Rm 8
\$15

Information Security: The Future of Your Identity Online

Information Security is a process, a stance, and a system of behaviors that protect your data and privacy. In this class you will learn how your personal data - in fact, your very identity - is endangered and how to protect yourself. Learn how to assess your exposure and risks, and secure your information in this informative and entertaining class. Go beyond "virus" detection and discover how to prevent your actions from increasing your vulnerability.

Pre-registration is required.

Sep 12-26, Oct 4, Tue, 12:00-1:30pm
Online
Ribner
\$45



Four Pillars of a Successful Retirement

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and focuses on issues that are important to people at or near retirement. This course will cover 4 Main Topics of Retirement:

How to potentially enhance retirement income, including Social Security, Which types of investments are appropriate to generate retirement income, How to make appropriate health-care decisions, including paying for potential long-term care, and How to help manage taxes in retirement. We will also explore some options that enable you to transfer assets to other generations of your family. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. The fee includes a hardcopy of the course workbook. To participate in this class, after registration PLEASE send an email to marta@jacobsonwealth.com. Your instructor will send you information on how to access the class. Pre-registration required.

Sep 12-21, Tue/Thu, 6:00-7:30pm

Online

Amaton

\$60

Oct 16-19, Mon-Thu, 6:00-7:30pm

Online

Amaton

\$60

PROFESSIONAL DEVELOPMENT

Make Money with a Virtual Assistant/Word Processing Business (Online)

If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend “How to Start Any Home Business + 250 Home Business Ideas!” for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 4, Wed, 6-7:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

How to Start Any Home Business + Explore 250 Home Business Ideas (Online)

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!). Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 4, Wed, 4:00-6:00pm

Online

Krusemark

\$50



Earn Extra Money Mystery Shopping (Online)

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend “How to Start Any Home Business + 250 Home Business Ideas!” for a clear understanding of this endeavor.) You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid pitfalls and scams, create a required mystery shopping resume and profile, and how to file your mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 4, Wed, 3:00-4:00pm

Online

Krusemark

\$30

\$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing (Online)

Earn a passive monthly income from selling other people’s products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won’t offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You’ll also learn SEO secrets to increase your site’s ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 5, Thu, 3:00-4:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

Save \$Money\$ with Extreme Couponing!

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: where to find all different types of coupons, even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Oct 2, Mon, 3:00-4:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)



Become a Notary Public Livestream-Secretary of State Approved (Online)

Take a livestream class and the official notary exam in-person! Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. Successful Notaries are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. This livestream seminar is designed specifically for virtual learning, and responds to the current demand in the field. You will be ready to take the official notary exam and practice as a safe and effective notary. Note: Must be at least 18 years of age. A serious conviction may disqualify an applicant. The Official Notary Exam will take place at our St. Helena campus. Completion of this class entitles students to take the Official Notary Public Exam for up to 2 years after class completion, & repeat the class free of charge for one year. A Proof of Completion for educational requirements will be issued in class. Register for the official notary exam 15 days in advance. Use this link to view schedule and register: https://www.cpsnr.us/notary/exam_registration.php. To participate in this class, after registration send an email to uvc_sthelenanapavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required. Class fee includes materials fee.

Sep 5-7, Tue/Wed/Thu, 6:00-8:15pm
Staff, Online
\$119 (Class fee includes materials fee)

Oct 10-12, Tue/Wed/Thu, 6:00-8:15pm
Staff, Online
\$119 (Class fee includes materials fee)

Nov 7-9, Tue/Wed/Thu, 6:00-8:15pm
Staff, Online
\$119 (Class fee includes materials fee)

Dec 12-14, Tue/Wed/Thu, 6:00-8:15pm
Staff, Online
\$119 (Class fee includes materials fee)

Renewing Notaries (Online)

Take a livestream class and the official notary exam in-person. This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. You will be ready to take the official notary exam and practice as a safe and effective notary. Notaries with a current commission are eligible for a three-hour class. Renewing Notary must take the exam prior to their commission expiration date or they will need a six-hour seminar to qualify. Renewing notaries are welcome to join us for all 3 sessions but will only receive a Proof of Completion reflecting the class in which they are registered! Register for the official notary exam 15 days in advance. Use this link to view schedule and register: https://www.cpsnr.us/notary/exam_registration.php To access this class, after registration send an email to uvc_sthelenanapavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

Sep 5-6, Tue/Wed 6:00-7:00pm
Staff, Online
\$75(Class fee includes materials fee)

Oct 10-11, Tue/Wed, 6:00-7:00pm
Staff, Online
\$75 (Class fee includes materials fee)

Nov 7-8, Tue/Wed/Thu, 6:00-7:00pm
Staff, Online
\$75(Class fee includes materials fee)

Dec 12-13, Tue/Wed, 6:00-7:00pm
Staff, Online
\$75 (Class fee includes materials fee)

Become a Loan Signing Agent (Online)

Make the most out of your notary commission by becoming a certified Loan Signing Agent. Our livestream seminar will teach you how to notarize loan documents and give you a simple strategy to launch your new business. Learn the information and tools you need to succeed as a Signing Agent. Our expert teachers are seasoned in the business; they'll teach you the process of completing a signing, best practices in the industry, and how to get loan signing assignments. All you need is your smartphone to join. A certificate is awarded upon completion of the course. Topics include: Notarize a loan package from any bank successfully every time, The dos and don'ts of the profession, What to discuss with your clients, How to develop your own business, Getting signed up with busy signing agencies, Prerequisite: You must be a Notary or have completed 'Become a Notary Public' seminar. To access this class, after registration send an email to uvc_sthelen@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

Sep 19-21, Tue/Wed/Thu, 6:00-8:00pm
Staff, Online
\$139 (Class fee includes materials fee)

Oct 24-26, Tue/Wed/Thu, 6:00-8:00pm
Staff, Online
\$139 (Class fee includes materials fee)

Nov 28-30, Tue/Wed/Thu, 6:00-8:00pm
Staff, Online
\$139 (Class fee includes materials fee)

Notary and Notary Renewal Information

All students: Must be at least 18 years of age, Must provide proper ID after seminar to receive, Proof of Completion (required):

State-issued Driver's license or ID card

Canadian or Mexican Driver's license

U.S. passport or a passport issued by a foreign government

U.S. military ID card

Payment of exam fee (paid separate from class fee):

New applicants and reappointments: \$40.00

Applicants who have previously taken the exam and failed: \$20.00

Remember to bring a #2 pencil

HOW TO REGISTER



**Open your phone's camera
 and click the link that
 appears on the scanner**

eventbrite



tinyurl.com/NVCEventbrite



NAPA VALLEY COLLEGE
TRIPS & TOURS
 EDUCATIONAL TRAVEL

Napa Valley College has provided thousands of participants with the opportunity to enjoy enriching and life-changing journeys for 40 years. The college does the planning and execution of details so participants can comfortably and safely be escorted to destinations of interest.

There's no need to hesitate: Our trips offer an included unique cancellation waiver that allows you to cancel at ANY time, for ANY reason until the day before departure with a full refund.

Trip price includes: Round-trip airfare and airport transportation; air taxes and any fee surcharges; hotel transfers; first-class 4-star hotel accommodations; many meals; motor coach transportation throughout; admission to all attractions mentioned as "included"; portage of your suitcase; professional tour director; trip cancellation; and medical insurance. Reservations made after the specified due date are based upon availability.



Join us for our Trips & Tours Travel Show!
November 9, 2023 10:30 am - 12:30 pm
NVC Main Campus, Community Room
No Parking Permit Needed



TRIPS AND TOURS

Islands of New England

December 27 - January 06, 2024

The Atlantic coast is calling. Explore New England's majestic seaboards, from Rhode Island to Cape Cod. Visit Providence and the Gilded Age mansions of Newport. Experience the beautiful islands of Martha's Vineyard and Nantucket. Complete your local experience as you indulge in a traditional seafood and lobster feast. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Italian Vistas

March 10 — March 22, 2025

From the ancient ruins of Pompeii to the chic charm of the Sorrento Coast, embark on a spectacular Italian getaway. Enjoy multiple-night stays in Rome, the charming coastal town of Sorrento, Florence, Venice, and Stresa in the Lake District. Discover the treasures of Classical Rome, including the Colosseum. Walk in the footsteps of the ancient Romans in Pompeii and much more!

The Azores Jewels of Portugal

May 17 — May 30, 2024

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal. Explore the rim of the Sete Cidades Caldera. Indulge in a traditional cozido das furnas meal, cooked by the heat of the volcanic earth. Descend into Algar do Carvao, the "Cavern of Coal" lava tube, with an expert guide. Enjoy a home-hosted meal during your stay in Sao Miguel Island. Spend 3 nights in a lava stone house. From thermal pools and lush craters to local farms and volcanic cuisine, delve into the culture of Portuguese island life



Switzerland, Austria & Bavaria

August 21 — August 30, 2024

Discover spectacular Switzerland, Austria and Bavaria on a tour featuring 4-night stays in two cities. Your journey begins in Bern, the capital of Switzerland. This UNESCO World Heritage site rests in the Swiss countryside. The cobbled Old Town section is so well preserved that residents who lived here 500 years ago would still find it familiar today!





Exploring Greece and Its Islands

September 29 — October 14, 2024

Discover the beauty and timeless wonder found only in Greece. This fascinating tour of Greece begins in the capital city of Athens. Visit glorious monuments, such as the Temple of Zeus, the Parliament, and the Olympic Stadium before descending to the Acropolis. This tour is sure to fill anyone's hunger for Greek history and iconic landmarks.



Discover Australia's Outback

October 02 — October 21, 2024

The Atlantic coast is calling. Explore New England's majestic seaboards, from Rhode Island to Cape Cod. Visit Providence and the Gilded Age mansions of Newport. Experience the beautiful islands of Martha's Vineyard and Nantucket. Complete your local experience as you indulge in a traditional seafood and lobster feast. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Tropical Costa Rica

January 25 — February 02, 2025

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.

TRIPS AND TOURS

Visit our webpage to view trip details and pricing, sign up for our mailing list, and watch digital presentations! Scan the code below! or type the link into your web browser.

tinyurl.com/tripsandtours2023



Open your phone's camera and click the link that appears on the scanner to view the trips from your mobile device.

Questions?

Contact us at: (707) 387-1923

Or email: enterprise.services@napavalley.edu

tinyurl.com/tripsandtours2023





YOU DON'T HAVE TO BE A HEALTHCARE PROFESSIONAL TO LEARN CPR!

Everyone is capable of learning life-saving skills. At Napa CPR our expert instructors will guide you through the steps so you can be ready to act when it matters most. Our courses are designed to empower you to make a difference in your community.

VISIT: [HTTP://WWW.NAPACPR.COM/](http://www.napacpr.com/)



CONTACT US AT: (707) 481-5646

Napa CPR

Napa Valley College is a certified American Heart Association (AHA) Training Center serving Northern California. Napa CPR provides the following to meet your learning and scheduling needs:

- Instructor-led course (in-person) training conducted in a classroom setting featuring group interaction and hands-on coaching and feedback from an AHA Instructor
- Blended learning course training, which includes an online portion along with a scheduled hands-on skills session with an AHA Instructor

Basic Life Support (BLS)

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Classes are offered to the public on Tuesday afternoons and evenings

Napa Valley College, room 803

Class Price: \$85.00

Heartsaver® First Aid CPR AED Training

The AHA's Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Classes are offered to the public on Saturday from 8:30 AM to 3:30 PM

Napa Valley College, room 1011

Class Price: \$95.00

SCAN THE CODE TO REGISTER!

or visit, <http://www.napacpr.com/>





GENERAL INFORMATION

Changes/Cancellations: The Community Education Office reserves the right to cancel, postpone or combine classes, and to change instructors should there be a need. When a class is canceled or changed, every reasonable effort will be made to notify enrollees by phone or e-mail.

Disabled Student Programs and Services (DSPS): To ensure that all students have an equal opportunity to develop their potential at NVC, the DSPS office provides assistance to students who have verified disabilities, including physical limitations or learning disabilities. Off-campus non-credit classes for personal enrichment are available, as are on-campus credit classes in basic English, math, and adaptive physical education. The college campus is physically accessible, and the technical and occupational labs are designed and equipped to accommodate students with special needs. For more information, please make an appointment with the DSPS Counselor, (707)-256-7345, located in the McCarthy Library Building 1700, 2nd floor, room 1766.

Drug-Free Campus: It is an objective of The Napa Valley Community College District to achieve a drug-free educational environment. Any student or employee will be expected to behave in accordance with this objective because the use of illegal drugs is inconsistent with the policies of the District and the law of the state. Smoking is allowed in designated smoking areas only.

Fee-Based Classes: Classes which are ineligible for State support must be self-supporting through registration fees. Self-supporting classes are subject to enrollment minimums but are not subject to the noncredit attendance policies. Please see Refund Policy.

Mission: Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Noncredit State-Funded Classes: Courses eligible for support from the state are free to California residents. Some state-funded non-credit courses have optional materials fees, which are noted in the individual course entries. These optional fees are payable in class to the instructor, in most cases. If you do not want supplies you do not need to pay the fee. Material fees are not refundable. Classes fewer than 15 persons enrolled and IN ATTENDANCE at the first class meeting may be canceled. Once begun, minimum attendance of 10 must be maintained for the class to continue.

Open Classes: It is the policy of the Napa Valley Community College District that, unless specifically exempted by statute, every course, course section or class, the average daily attendance of which is to be reported for state aid, whenever offered and maintained by the district, shall be fully open to enrollment and participation by any person who has been admitted to the college. (Title V, Sec. 51006)

Parking Fees: Parking permits are required on all vehicles which park on the Main Napa Campus of Napa Valley College during the following hours:

- Monday through Thursday, 6 a.m. to 10 p.m.
- Friday, 6 a.m. to 5 p.m.

No permit is required on Saturdays, Sundays and college-recognized holidays. Semester parking permits can only be purchased via the internet at www.nvcpd.org. Look for the parking permit link. To order your permit you will need to know your vehicle license number, make, model, color, and year of your vehicle. Daily parking permits can be purchased from the parking machines located throughout the college's parking lots. Cars without parking permits or daily passes will be ticketed.

No permit is required at the Upper Valley Campus in St. Helena.

Prohibition of Unlawful Discrimination: The College is committed to providing an educational environment free from discrimination and harassment. To that end, Board Policy D1130, Equal Employment and Educational Opportunities and Unlawful Discrimination, states that no person shall be unlawfully denied full and equal access to, the benefits of, or be unlawfully subjected to discrimination, in whole or in part, on the basis of ethnic group identification, national origin, religion, age, sex, gender, race, color, ancestry, sexual orientation, or physical or mental disability, or on the basis of these perceived characteristics or based on association with a person or group with one or more of these actual or perceived characteristics, in any program or activity offered by the Napa Valley Community College District.



Board Policy D1130 applies to application for and treatment in college employment, as well as admission, access, and treatment in college programs and activities, including but not limited to: academic admission, financial aid, educational services, and athletics.

To file a complaint of unlawful discrimination, individuals should contact Charo Albarran, Executive Director of Human Resources, Rm 1544B, phone 707-256-7105. Non-employment complaints must be filed within one year of the date of the alleged unlawful discrimination or within one year of the date on which the complainant knew or should have known the facts underlying the allegation of unlawful discrimination.

Publication Errors: Although we make every effort to avoid mistakes, this schedule of classes is not a contract. The college does not assume liability for errors, typographical or otherwise.

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A \$5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.

Registration Information: The best way to secure your place in our classes is to pre-register. Options include:

- **Napa Valley College Community Education online registration. Online registration can be done anytime, day or night, and is the best option for high-demand classes. You may pre-register at**

<https://tinyurl.com/napacomed>

- **US postal mail using the registration form on page 28**

Special Assistance: If you are interested in taking a Community Education course but have a disability that you feel might interfere with your classroom performance, contact Disabled Students Programs and Services (DSPS) at (707)-256-7345 to find out about reasonable accommodations available.

Values: Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:

- adaptability
- creativity
- health and wellness
- honesty
- inclusivity
- integrity
- openness to new ideas
- respect for others
- responsibility and
- student success

Visitors, Auditors, Children and Pets: Visitors or auditors are not allowed in any class. Except for designated parent education classes targeted to parents and children or classes designed for kids, children under the age of 18 are not allowed to attend Community Education classes unless special approval has been granted by the Community Education Dean. No pets are allowed on the grounds or in classes except for certified dogs assisting the disabled.

Waiting Lists: If an enrollment is received for an activity which has been filled, the check will be returned and your name will be placed on a waiting list. If you are waitlisted, please do not go to the class unless contacted by our office. If space becomes available, you will be contacted.

To register for Community education courses, please visit our EVENTBRITE PAGE at tinyurl.com/NVCeventbrite



NVC



PROMISE

No college degree?

GET TWO YEARS FREE

Eligible students will receive the following benefits:

- **Enrollment fees waived!**
- **Reduced cost parking permits**
- **Pay-to-Stay exemption**

The NVC Promise Scholarship is a program available to eligible full-time NVC students who submit a FAFSA or CADAA application.

**Financial Aid Office
Building 100, Room 1132
(707) 256-7301
napavalley.edu/promise**



Please note: The NVC Promise Scholarship does not apply to the Community Education courses listed in this catalog. Please visit our website for details, eligibility requirements, and the application.



2277 Napa-Vallejo Highway
Napa, CA 94558

Discover the future of
winemaking at
Napa Valley College!
Purchase student produced
wines or enroll in our
viticulture program!
tinyurl.com/NVCWinery



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Napa, CA
Permit No. 81

COMMUNITY EDUCATION
REGISTER FOR COURSES ON eventbrite

tinyurl.com/NVCeventbrite