



CONTINUING EDUCATION

FLATHEAD VALLEY COMMUNITY COLLEGE



SPRING 2025

Discover a new hobby, master a new skill and explore your passions with over 200 classes and professional development programs



FVCC Spring 2025 Non-Credit Course Catalog

Register for classes today at
fvcc.edu/ContinuingEducation



Have questions about courses or how to register online?
Call **406.756.3832**

All classes are held in-person at FVCC unless otherwise noted. Select classes are held at off-campus partner locations or online via Zoom.

Registration & Policy Information

Non-Credit Registration

Registration for non-credit classes is ongoing throughout the semester.

- Register online at fvcc.edu/ContinuingEducation.
- Early registration is encouraged, as class size is limited.
- Payment is due at the time of registration.

General Information

- With instructor's permission, students under age 16 may register for adult non-credit classes.
- Continuing Education classes do not qualify for financial aid.
- All classes are held at FVCC unless noted.

Class Cancellations

- Classes that do not receive a minimum number of student enrollment may be cancelled.
- If a class cancels, you will be notified and a full refund will be processed.

Withdraw

If you are unable to attend a Continuing Education class or workshop for which you have registered, please call Continuing Education immediately to officially withdraw.

Refunds

- Cancellations received 14 calendar days prior to the start of a class or workshop will receive a full refund. Students must contact Continuing Education at 406.756.3832 or ceinfo@fvcc.edu to cancel and request the full refund.
- No refund is issued for cancellations received less than 14 calendar days prior to the start of the class or workshop.

Transfer

Requests to transfer from one class to another, made less than 14 calendar days prior to the start of the first class, may be subject to an additional fee.

General Interest & Professional Development



Explore a variety of hands-on classes designed to enhance your knowledge of gardening, landscaping and sustainable land management. From beekeeping and mushroom cultivation to pollinator garden design, these courses offer practical skills for creating thriving, sustainable outdoor spaces.

Landscape Fundamentals

Discover fundamental landscape principles including basic design concepts, proper planting techniques of trees, shrubs and groundcovers, basic sprinkler design, scheduling and maintenance, and practical pruning of trees and shrubs. Learn how to use these techniques and budget to make your landscape successful.

Dudley Marburger 6 sessions
Wed Feb 5-Mar 12 5:30-7:30pm \$99

Beginning Beekeeping

Explore the amazing world of honey beekeeping. Class covers basic biology, equipment, acquiring bees, bee health, easy honey harvesting and winterizing. Answer all your buzzing questions and learn many amazing facts and skills about honey beekeeping.

Angela Tollerson 3 sessions
Sat Feb 8-22 12:30-3:30pm \$79

Advanced Beekeeping

Learn advance techniques about beekeeping like splitting, queen rearing, honey extraction and much more. An apiary visit on the second class requires protective personal equipment/apiary veil. Prerequisite: Beginning Beekeeping or at least one year of beekeeping.

Angela Tollerson 2 sessions
Sat May 10-17 11:30am-3:30pm \$79

Pollinator Gardens: Designing a NEW

Garden for Bees, Butterflies and More
Create a garden that not only looks beautiful but also supports local pollinators. Learn the best flower varieties to attract bees, butterflies and birds.

Crystal Allison 1 session
Wed Feb 19 6-8pm \$29

Growing Vegetables 101

Learn about growing food sustainably in Montana. This foundational course covers what to grow based on the season, how and where to buy seed, planning and organizing as well as soil health and fertility.

Dane Regan 1 session
Sat Feb 15 1-3pm \$29

Seed Starting: Growing for Your Garden

Get an early start to your outdoor garden. Learn to sprout, sow and grow your fruit and vegetable plants indoors to accommodate Northwest Montana's short summer growing season. Lots of tips and tricks for frugal, common sense and efficient gardening.

Kathy Prim 1 session
Sat Feb 22 10am-12:30pm \$34
Sat Mar 29 10am-12:30pm \$34

Multifunctional Hedgerows & Their Ecological Benefits NEW

Explore the design, implementation and ecological benefits of multifunctional hedgerows in agriculture and natural landscapes. Hedgerows are dense plantings of trees, shrubs, grasses and other plant species along the edge of fields or gardens. Learn about the role of hedgerows in biodiversity conservation, soil health and pest management as well as their potential to enhance ecosystem services.

Giovanni Bevacqua 1 session
Wed Mar 5 6-8pm \$29

Seasonal Flowers: Growing Blooms for Bouquets NEW

Master the art of growing flowers across all seasons for beautiful bouquets and arrangements. Learn the best varieties and techniques to keep your garden blooming throughout the year, ensuring a plentiful harvest of cut flowers for every season.

Crystal Allison 1 session
Wed March 19 6-8pm \$29

Square Foot Gardening

Learn to save time, effort, tools, space and water with the square foot gardening method. It is estimated to cost 50% less, uses 20% less space, 10% of the water, and only 2% of the work compared to single row gardening. There's virtually no weeds, no digging or rototilling, and no heavy tools necessary.

Kathy Prim 1 session
Sat Mar 22 10am-12:30pm \$34
Sat Apr 12 10am-12:30pm \$34
Sat May 10 10am-12:30pm \$34

Land Stewardship Series NEW

Join local natural resource experts to learn techniques for managing your land. Topics include soil and pasture health, noxious weeds, landowner fire preparedness, forest health (insects, disease and wildfire), living by water, and living with wildlife.

Instructor Panel 6 sessions
Thu Apr 3-May 8 6-8pm \$60

Greenhouse Seed Starting & Transplanting

Take an in-depth look at understanding when to start seeds in a greenhouse, how to properly care for them, and what to do when it's time to transplant them to the garden.

Dane Regan 1 session
Sat Apr 5 1-4pm \$44

Season Extension & Pest Control for Your Garden NEW

Learn practical techniques for extending your growing season in a cold climate. Discover organic methods for managing pests, weeds and diseases, ensuring a healthy sustainable garden.

Dane Regan 1 session
Sat May 10 1-3pm \$29

Wine Cap Mushroom Cultivation NEW

Explore the art of cultivating Wine Cap mushrooms in this hands-on class, learning the best techniques for growing these flavorful fungi in your own backyard. Delve into the ecological benefits of Wine Cap mushrooms and discover how they enhance soil health while providing a sustainable food source.

Giovanni Bevacqua 1 session
Sat May 17 1-4pm \$39



Visit farm.fvcc.edu to learn more about the FVCC Campus Farm, sign up for our summer CSA and join our mailing list.

ACCOUNTING & FINANCE

The Basics of Stock Market Investing

Explore how portfolios are developed and how to make changes to suit your goals and objectives. Learn about stocks and bonds, mutual funds versus ETFs, risk and reward, how to assemble a portfolio, tax-free or tax deferred investment strategies, fund expenses and advisor fees, and measuring results. Bring your own laptop if you have one (not required).

Ben Reppond 2 sessions
Mon/Wed Feb 3-5 6:30-8:30pm \$49

Maximizing Your Social Security Benefits

Learn everything you need to know to maximize Social Security benefits for the primary worker and spouse. Understand the options available and learn about the optimal age to start taking Social Security, how divorce, widowhood, pension income or Medicare affect your benefits, how benefits are taxed, strategies for minimizing taxes and the required documents to claim benefits.

Ben Reppond 3 sessions
Mon/Wed Mar 3-10 6:30-8:30pm \$64

Unlocking Financial Statements

As a decision-maker for your organization, you have powerful tools in your balance sheet, income statement and cash flow. Refine your understanding about generally accepted accounting principles and how to scan any financial report to quickly notice pertinent numbers.

Brien Kreps 1 session
Tue Apr 22 6-9pm \$54

Cash Flow Management

Would you like to know how to increase the balance in your business checking account? Learn how the decisions you make daily affect your cash flow and what decisions you can make to improve your cash flow.

Brien Kreps 1 session
Tue Apr 29 6-8pm \$40

Accounting Fundamentals (Online Course)

Learn the basics of double-entry bookkeeping and how to analyze and record financial transactions. Get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes and various common banking activities.

6 weeks instructor-led or 3 months self-paced
\$129 - Register at ed2go.com/fvccce

QuickBooks Online Series (Online Course)

The introduction course focuses on key features of QuickBooks Online like creating invoices, receipts, and statements; tracking payables, inventory, and receivables; generating reports; and more. The intermediate course shows how to set up accounts for different types of businesses, enter budgets, and how to track situations in which the owner uses or invests company funds.

48 hours instructor-moderated - \$250
Register at ed2go.com/fvccce

ANIMALS

K-9 Wilderness Emergency Care

Specifically designed for the Montana outdoor enthusiast who likes to share their outdoor adventures with their dog where access to veterinary care is delayed or communication is limited. Learn the necessary emergency first aid treatments for injuries and illnesses common in the Montana outdoors and how to make appropriate evacuation decisions.

Racheal Vargas 1 session
Thu Feb 13 9am-5:30pm \$144

All About Chickens & Eggs

This one-day class gives facts about chickens and eggs "gathered" from a lifetime of raising chickens. Find out the benefits and commitment of raising chickens. Learn about the aspects of economics, housing, feeding and equipment needed to start your own flock.

Emy Amy 1 session
Sat Feb 15 10am-1pm \$34



Photo credit-Racheal Vargas

Pet First Aid, CPR & Disaster Response

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how best to handle disaster and response.

Racheal Vargas 1 session
Wed Mar 5 10am-2pm \$74

Horse Packing & Wildland Camping Learn horse packing and backcountry camping skills using traditional manties and modern equipment in this hands-on class. Individual equipment is supplied for use in practicing, and a diagram booklet is included. The Back Country Horsemen of the Flathead are offering \$50 scholarships for those who enroll and attend ALL classes. Class attendance is important as skills and information builds on each class. Meets off campus.

Greg Schatz 2 sessions
Sat/Sun Apr 26-27 9am-4pm \$149

Why Does My Dog Do That?

Learn from latest discoveries in applied ethology (animal behavior), neuroscience and advances in medical imaging technology to explore why our beloved pets do what they do. Bring your own perplexing pet behavior stories to share and practice identifying the underlying motives and mechanisms of canine behavior as well as evidence-based resources for lower stress, positive-reinforcement behavioral adjustment.

Elise Poston 2 sessions
Tue May 13-20 6-7:30pm \$34



Senior Institute is for anyone age 65 and up looking to enrich their lives, learn new skills and expand their social network.

Fridays, February 14-March 21

Lunch Program: 12-12:50pm Class: 1-3:05 pm

Choose from 14, one-credit classes about art, history, technology and more.

Space is limited - register today!

Full details at fvcc.edu/senior-institute, or email seniorinstitute@fvcc.edu or call 406.756.3838.

ARTS

Watercolor Magic

Learn the basic techniques of watercolor painting and create a painting every week. Explore a variety of methods to enhance your paintings and let your creativity flow. The last class is devoted to creating a final painting encompassing the techniques learned in previous weeks.

Dana Fraley 7 sessions
Tue Feb 4-Mar 18 6-8pm \$139

Botanical Watercolor Basics NEW

Join master naturalist and international award-winning botanical watercolor artist Hillary Parker to learn the basics about plants and flowers and then how to observe, draw and paint them. Discover how to draw with accuracy before applying beautiful translucent watercolors. No previous experience necessary and all art supplies provided.

Hillary Parker 7 sessions
Tue Feb 4-Mar 18 10am-12:30pm \$189

Basic Drawing NEW

Join art educator and international award-winning artist Hillary Parker and discover how to effectively communicate with line, form, light and shading in graphite and pen. Learn to engage your senses to develop keen observation and to accurately draw what you see. All supplies provided.

Hillary Parker 7 sessions
Wed Feb 5-Mar 19 12:30-3pm \$169

**Beginning Portrait & Head Drawing**

Create beautiful portraits of men, women and children using basic tools. Explore different styles from modern representational art to photo realism using both live models and photos as references. Work on your own subjects during the week and discover the satisfaction of capturing human emotions through your artwork.

Steve Miller 6 sessions
Thu Feb 6-Mar 13 6-9pm \$189

Nature Journaling NEW

Connect to the great outdoors while expressing your artistic side with master naturalist and international award-winning watercolor artist Hillary Parker. Reflect and record your thoughts, feelings and observations through writing, sketching, painting and collage. No previous experience necessary and all art supplies provided. No class 5/6.

Hillary Parker 7 sessions
Tue Apr 1-May 20 10am-12:30pm \$189

Introduction to Stained Glass NEW

Create your own stained glass sun catcher in this hands-on class. Learn basic stained glass skills like choosing and cutting glass and soldering your final product. All supplies and equipment provided, including sun catcher designs.

Emily Goodrich 2 sessions
Mon Feb 3-10 5:30-8:30pm \$149
Mon Mar 3-10 5:30-8:30pm \$149
Mon Apr 7-14 5:30-8:30pm \$149
Mon May 5-12 5:30-8:30pm \$149

Pricing & Marketing Your Art & Handmade Products - see page 4.

AVIATION

Fixed-Wing Private Pilot Ground Course

Learn the skills required to become a safe, proficient pilot in this ground course designed to help you earn your Private Pilot license (certificate). Geared toward fixed-wing but can also be done in pursuit of a helicopter license. Course includes the required books, tools and a 30-minute introductory flight at Red Eagle Aviation. There is an additional fee required to take the FAA Knowledge Test for Private Pilot Certification. The cost of the FAA Knowledge Test and required flight hours and in-flight instruction (with any training organization) are not included. No class 3/25.

Red Eagle Aviation 10 sessions
Tue Feb 4-Apr 15 6:30-8:30pm \$499

Fixed-Wing Instrument Ground Course

Learn the skills required to become a safe, proficient pilot in this ground course designed to prepare you for the Instrument Knowledge Exam. Review basic instrument flying and flight instruments, IFR regulations, procedures, navigation charts, and flight planning necessary for flying under IFR conditions. Course includes required books, tools, and a one-hour instrument flight at Red Eagle Aviation. The cost of the knowledge exam, as well as the required flight hours and in-flight instruction (with any training organization) are not included in this course. No class 3/27.

Red Eagle Aviation 10 sessions
Thu Feb 6-Apr 17 6:30-8:30pm \$499

BRIDGE, CREATIVE CRAFTS & HOBBIES

Beginning Bridge I

If you know the basic rules of bridge and want to improve your bidding and playing skills, this class is for you.

Cathy Barbouletos 10 sessions
Tue/Thu Jan 28-Feb 27 5-7pm \$129

Beginning Bridge II

Do you want to improve your bidding, playing and defensive skills? Learn to play bridge with confidence.

Cathy Barbouletos 10 sessions
Tue/Thu Mar 4-Apr 3 5-7pm \$129

Beginning Bridge III

You've learned all the basics, now learn a few of the conventions to complete a successful game. This class meets at the Flathead Valley Bridge Center.

Cathy Barbouletos 10 sessions
Sat Jan 25-Mar 29 10am-12pm \$129

Two Over One "2/1" Bridge

When you have mastered Standard American Bridge (Beginning Bridge I, II, III) then move to a more precise bidding system. This class meets at the Flathead Valley Bridge Center.

Cathy Barbouletos 10 sessions
Wed Feb 26-Apr 30 10am-12pm \$129

Heart Table Runner NEW

Learn to make a heart table runner. Class includes basic quilting, applique' and decorative stitching to create your masterpiece. Quilters of all levels welcome.

Karen Strong 3 sessions
Thu Jan 30-Feb 13 5:30-7:30pm \$79

**T-Shirt Quilts**

Have old t-shirts that you don't wear but can't bring yourself to part with? Come join us for sewing basics as you turn your beloved shirts into your new favorite quilt. Additional shirts provided.

Katie Eberhardy 3 sessions
Sat Feb 8-22 9:30am-3pm \$119

Ukrainian Egg Decorating

Explore the art, symbolism and joy of creating traditional Ukrainian Easter eggs. Pysanky eggs are decorated using a method of batik/wax resist dyeing. With a little patience, some beeswax, a special stylus and dyes, create your own collection of beautiful eggs.

Kathy Martin 6 sessions
Wed Feb 12-Mar 19 6-8pm \$89

3D Printing: Basics

Learn the basics of 3D printing including how to navigate software (Ultimaker Cura), edit and slice your file and prepare the project for printing. Discuss hardware maintenance, best practices for printing and more! All supplies provided.

Katie Eberhardy 2 sessions
Fri Feb 21-28 3-5pm \$49

Cricut® Basics

Learn the basics of using a Cricut® by creating customized designs to add to items like tote bags, hats, shirts and mugs. Discover the difference between two kinds of stickers you can produce with a Cricut machine. All supplies provided.

Katie Eberhardy 3 sessions
Mon Feb 24-Mar 10 4-5:30pm \$59

Tunisian Crochet NEW

Tunisian crochet is a wonderful form of fiber crafting that is halfway between knitting and crocheting, but creates a beautiful fabric in less time. Come learn the basic stitches and construction. All levels welcome and all materials provided but you may bring your own worsted weight (size 4) yarn.

Sheena Istre 2 sessions
Sat Mar 1-8 9am-3:30pm \$89

Beginning Crochet

This class covers yarn, needles, pattern reading and the basic stitches and techniques to create simple to intermediate projects. Bring one skein of worsted weight yarn in a light or bright color, small scissors, a ruler and crochet hook sizes F, G, H, I and J. All other supplies and yarn provided. Feel free to bring a pattern you like or choose from patterns provided.

Jan Shanahan 1 session
Sat Mar 8 10am-3pm \$69

Handmade Journal

Create your own 6x9" handmade journal with pages that open flat for two-page spreads using ink, watercolors, pencils, markers or mixed media. This journal is wonderful for encouraging your creativity: sketches, painting ideas, science journaling, doodling or calligraphy.

Susan Wagner 1 session
Sat Mar 15 9am-3pm \$69

Basics & Beyond of Crazy Quilting

For beginning and next-level fabric crafters who want to learn about the eclectic form and technique of handwork and quilt projects. Materials and stitch book provided to help guide you through developing your own design. Learn 10-15 crazy quilt stitches, how to add embellishments, and how to meticulously plan your design for a stylish, haphazard look.

Jan Shanahan 1 session
Sat Mar 15 10am-3pm \$69

Hand Embroidery

Learn the basics of hand embroidery as well as 10-15 stitches. Bring small scissors, a 6-8" embroidery hoop and a pattern of your choice if you have one. All other supplies provided including needles, thread, fabric, patterns and stitch guide.

Jan Shanahan 1 session
Sat Mar 22 10am-3pm \$69

Introduction to Soap Making NEW

Discover how to create natural and beautiful soaps from scratch using the cold process method. Class covers recipes, design ideas, all natural/fragrance-free soaps, fragrances and essential oils, how to handle lye safely, tips, troubleshooting, and how to cut and cure. Leave with some of the soap we create in class.

Holley Petrick 5 sessions
Tue Apr 1-29 6:30-8pm \$89

Seasonal Mini Quilts NEW

Choose a season and follow your creativity to finish a mini quilt in one session. Class covers basic quilting, applique', stippling and sewing on decorative buttons. Quilters of all levels welcome.

Karen Strong 1 session
Sat Apr 5 10am-2pm \$69

Introduction to Amigurumi Crochet NEW

Join us for an introduction to the Japanese craft of Amigurumi, crocheting stuffed yarn creatures/characters. Learning the basics of both creating and constructing our own custom figures, completing at least one by the end of the class. All levels welcome and all materials provided but may bring your own non-stretchy yarn (worsted weight, size #4, 100% cotton).

Sheena Istre 2 sessions
Sat Apr 5-12 9am-3:30pm \$89



Photo credit-Susan Wagner

Pine Needle Basketry

With a few basic supplies and some guidance, learn this traditional art and a variety of techniques to create one or two lovely pine needle baskets. Learn how to prepare the pine needles and create the pine needle coils to stitch together to form a basket. Repeat students welcome: expand your expertise by bringing a started basket and learn something new such as adding handles, beads, creating a lid, advanced stitches, etc.

Susan Wagner 2 sessions
Sat Apr 26-May 3 9:30am-2:30pm \$94

The Basics of Mending & Altering Clothes

Learn the basics and different methods of mending and altering clothing. All supplies provided, but bring any clothing that needs to be mended or altered.

Katie Eberhardy 2 sessions
Mon Apr 7-14 3:30-5:30pm \$49

Resin Basics

Learn the basics of mixing and pouring resin into various molds to create your resin design. All supplies provided.

Katie Eberhardy 1 session
Mon Apr 28 4-5:30pm \$34

BUSINESS DEVELOPMENT**Pricing & Marketing Your Art & Handmade Products**

Learn to develop a pricing formula unique to your business. Calculate costs by product type and determine profit margins and competitive pricing. Learn how to identify your audience and develop your brand to reach your target customer. Understand a typical marketing cycle to draw attention to your products and increase sales. Create specific marketing messages and learn how and when to use them.

Jan Shanahan 1 session
Sat Feb 22 10am-2pm \$70

Register online today!

fvcc.edu/ContinuingEducation



Do Business in Montana Seminar Series

Monthly, January-May, Thu 1-2pm FREE
In-person at Montana West Economic Development, 44 2nd Ave W, Kalispell, MT 59901

Learn from local experts in Montana West's free monthly seminar series for businesses. Whether you are an entrepreneur in the startup phase, looking to expand your existing operations, or considering selling the business you've spent a lifetime building, come for the resources and information you need.

Register at dobusinessinmontana.com/seminars

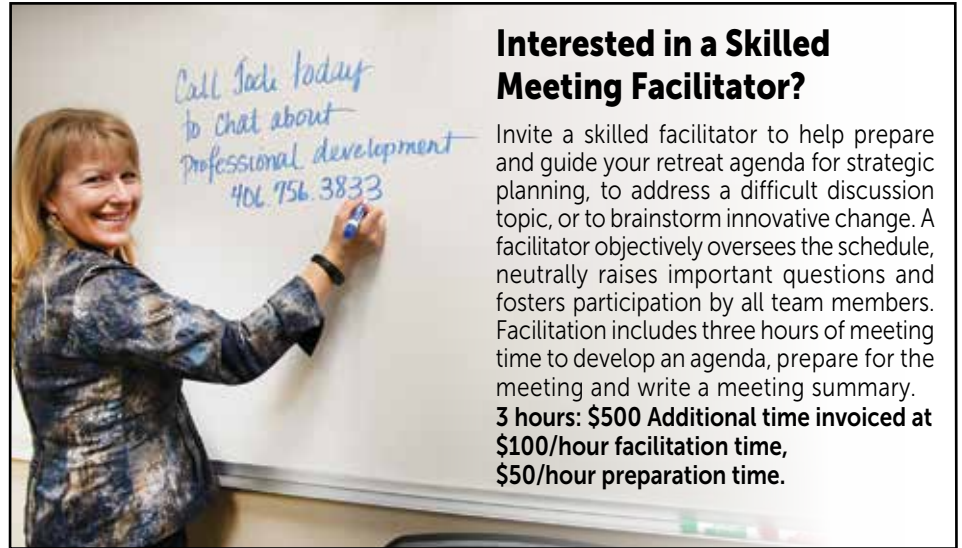
Small Business Development Center

Business counseling, marketing, financial projections, startup assistance and more—free of charge.

- Start a New Business—Turn your business idea into reality.
- Business Finance Assistance—Understand your finances and increase your profits.
- Business Plans—Get help writing your business plan.

Schedule an appointment online at sbdc.mt.gov/kalispell or contact Rob Driscoll, Kalispell SBDC Director, at 406.609.9496 or rdriscoll@fvcc.edu.

The Montana SBDC Network offers a wide variety of trainings and workshops for small businesses in all phases of business development from start-ups to those looking at growth and expansion. SBA's online learning programs are designed to empower and educate small business.



Interested in a Skilled Meeting Facilitator?

Invite a skilled facilitator to help prepare and guide your retreat agenda for strategic planning, to address a difficult discussion topic, or to brainstorm innovative change. A facilitator objectively oversees the schedule, neutrally raises important questions and fosters participation by all team members. Facilitation includes three hours of meeting time to develop an agenda, prepare for the meeting and write a meeting summary.

3 hours: \$500 Additional time invoiced at \$100/hour facilitation time, \$50/hour preparation time.

Success Sabotage & Success Avoidance

Being successful means continually striving for greater achievements and rewards. Though exciting and fulfilling, it is not unusual for most people to engage in "success avoidance" or "success sabotage," also called "fear of success." Explore success avoidance, outline its dynamics, and learn how to manage it.

Gerri King **1 session**
Tue Feb 25 **9am-12pm** **\$54**

Facilitating the Multi-Generational Environment

With as many as five generations currently in the workplace, a new kind of tension has emerged. Learn masterful communication skills to connect with people from various generations by adapting, collaborating and negotiating common ground to capitalize on each others strengths and assets.

Gerri King **1 session**
Tue Feb 25 **1-4pm** **\$54**

Stress Management: Handling Interruptions and Unexpected Expectations

Stress is not the result of hard work, but of working hard and not accomplishing what you want to accomplish. Learn about the toll stress takes on professionals, the complicated dynamics of overwhelming expectations, and practical tools for handling interruptions and managing stress and burnout.

Gerri King **1 session**
Wed Feb 26 **9am-12pm** **\$54**

Assertiveness Skills That Work

Communicate decisively, confidently and authentically to share your ideas while respecting the interests of others. Practice assertive behaviors through verbal, vocal and visual techniques and acquire confidence in taking a courageous stand on conversation topics.

Phil Quigley **1 session**
Thu Feb 20 **9-11am** **\$40**

Master the Art of Critical Conversations

We live our lives one conversation at a time. Summon the courage to openly express your ideas and opinions—even the risky, controversial ones—crisply and confidently. Learn how to speak up and win support for your ideas, enlist honest feedback, and honor the perspectives of others in productive, respectful conversations.

Phil Quigley **1 session**
Tue Apr 15 **\$40**
9-11am

The Art of Persuasion

Learn the secrets of some of the world's most inspiring and successful influencers. Master a suite of best practices for influencing colleagues, executives, customers and other decision makers. Win others over with empathy, compassion and understanding, and by learning and applying three game changing persuasion tools.

Phil Quigley **1 session**
Tue Apr 29 **9-11am** **\$40**

Certified Interpretive Guide Course & Certificate

Earn your National Association for Interpretation (NAI) certification while learning strategies to craft powerful messages, engage audiences, create memorable experiences and deliver presentations with confidence. This course is ideal for educators, docents, naturalists, cultural history interpreters, rangers and tour guides. Sign up with your instructor by May 2: christiane.hinterman@hotmail.com to receive registration instructions.

Christiane Hinterman,
Certified Interpretive Trainer **4 sessions**
Mon-Thu May 19-22 8:30am-4:30pm **\$525**

Personal Enrichment Classes - see page 15.

COMMUNICATION

Managing Change

Change can be stressful, and stress is a main factor contributing to miscommunication, increased conflict, poor concentration and low productivity. While change is an inevitable part of life, organizations and individuals can remain effective and healthy by learning techniques for managing it. Learn skills required to help people process change with excitement, not threat.

Gerri King **1 session**
Mon Feb 24 **9am-12pm** **\$54**



COMPUTERS, MEDIA & TECHNOLOGY

Windows 10 Features

Learn the basics of the Windows 10 operating system including the Edge browser, task view and Snap Assist for windows management. Customize your workspace, manage user accounts, and familiarize yourself with the Windows voice controlled assistant, Cortana.

Shannon Hanson 1 session
Tue Feb 25 1-4pm \$69

Google Suite

Google Suite contains numerous applications to help us function in our high tech world. Learn about Gmail, Sheets (spreadsheets), Docs (word documents), Slides (slide presentation), and Meet (video conferencing). Create each one while learning the ins and outs of using Google.

Shannon Hanson 2 sessions
Thu Feb 13-20 1-5pm \$155

Becoming Tech Savvy

Learn at a relaxed pace with a compatible group of beginning computer users. Gain a fundamental understanding of how computers operate, creating and managing computer files, writing letters and emails, using the internet, and navigating Windows 10 and Office 365.

Amelia Ward 5 sessions
Mon/Wed Apr 7-21 5:30-7:30pm \$139



**Register
online
today!**

MICROSOFT EXCEL

Learn to produce functional and professional documents and spreadsheets with guidance from an industry expert. Classes taught on Office 365. Classroom or Zoom seats available.

Instructed by Allison McCarthy
1-4pm \$69 each session

Excel Level I

Explore the basics of spreadsheet functions. Learn shortcuts to assist in data entry, how to create formulas, and basic formatting. Prerequisite: experience with basic Windows functions.

Tue Mar 4 (Zoom Option)
Tue Mar 18 (Zoom Option)

Excel Level II

Learn to manage an Excel workbook including data organization, cross-sheet formulas and working with multi-sheet books. Walk away with tips and tricks to speed up your layout, linking, formatting and printing. Prerequisite: Excel Level I or some knowledge of Excel.

Thu Mar 6 (Zoom Option)
Thu Mar 20 (Zoom Option)

Excel Level III

Learn to create and format line, column and pie charts. Build complex formulas, use the sorting and filtering functions in list management and learn about trend lines. Prerequisite: Excel Level I and Excel Level II.

Tue Apr 1 (Zoom Option)

Excel Level IV

Learn to use advanced filtering to build accurate, duplicate-free lists that you can then send to a separate file for emailing. Combine the power of pivot tables with accurate lists to create summary level reports. Prerequisite: Excel Level III.

Thu Apr 3 (Zoom Option)

Microsoft Word: A Powerful Tool with Hidden Features (Zoom Option)

Reduce your time, effort and energy by leveraging the most popular word processing program in the world. Learn your way around the normal template, keyboard techniques, formatting, the clipboard, indentations, lists and inserting photos. Save time with shortcuts and custom settings. Taught on Office 365.

Allison McCarthy 2 sessions
Tue/Thu Mar 11-13 1-4pm \$129

QuickBooks Online (Online Course)

The introduction course focuses on key features of QuickBooks Online like creating invoices, receipts and statements; tracking payables, inventory and receivables; generating reports; and more. The intermediate course shows how to set up accounts for different types of businesses, enter budgets and how to track situations in which the owner uses or invests company funds.

24 or 48 hours / 6 or 12 weeks - \$139 each or \$250 for both. Register at ed2go.com/fvccce

Start & Grow Your YouTube Channel

Learn the essentials to be successful with your own YouTube channel - realities, niche, channel name, camera and sound options, editing, dashboard and analytics. Walk away with tips for growing your channel.

Chris Tempel 3 sessions
Wed Apr 2-16 6-8pm \$84

Introduction to Video Editing

Editing is an art form and the most important part of the video creation process. Learn how to take raw footage, stills and music, and then make a finished video to share with peers, family and friends.

Chris Tempel 3 sessions
Wed Apr 23-May 7 6-8pm \$84

WordPress: Easy Website Design

Learn how to set up an entire website with WordPress. No programming skills needed. Recommended prerequisite: Resizing Images for Print & Web - see page 8.

Shannon Hanson 3 sessions
Wed Apr 23-May 7 1-5pm \$159

Advanced WordPress Web Design

Designed for those responsible for the administration of a WordPress website or who just want a deeper understanding of how it works-learn about themes, plugins, installation and registration as well as backing up your site and moving to a new host.

Shannon Hanson 3 sessions
Wed May 14-28 1-5pm \$159

CUSTOMER SERVICE & HOSPITALITY

Next Level Customer Service Toolkit

Take your customer service to the next level, confront conflict with confidence and help your team stay motivated in tough times. Learn powerful customer service techniques including: 7 things never to say to customers, 4 ways to apologize, 5 secrets to move a customer out of their hardball mentality, and methods on how to handle 4 common difficult customer types.

Lisa Jones 4 sessions
Tue/Thu May 6-15 2:30-4:30pm \$125

Managing Customer Service (Online Course)

Learn how to correctly anticipate and meet your customers' needs. Discover some effective methods to bring out your best and do the same for the other people you work with while serving as an ambassador for your company.

6 weeks instructor-led or 3 months self-paced
\$135 - Register at ed2go.com/fvccce

DANCE, FITNESS & HEALTHY LIVING

Beginning Zumba

Get your heart pumping and your face smiling as you dance your way to fitness. This is a fun interval workout with cardio and Latin inspired dance and a combination of fast and slow rhythms.

Caitlin Amy 7 sessions
Sat Feb 1-Mar 15 10-11am \$69

SHiNE Dance Fitness™

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet and is the perfect balance of cardio and toning to ensure you receive a full-body workout.

Donna Bryant 7 or 8 sessions
Thu Jan 30-Mar 20 5:30-6:30pm \$74
Wed Feb 5-Mar 19 6:15-7:15pm \$69
Thu Apr 3-May 15 5:30-6:30pm \$69

Oula One

Oula One is a heart-based, musically-inspired yoga dance fusion class. Each session is done barefoot on the mat, with no jumping or impact. Journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Join us to rejuvenate mind, body and soul. No class 2/17.

Donna Bryant 6 or 7 sessions
Mon Feb 3-Mar 17 5:30-6:30pm \$64
Mon Mar 31-May 12 5:30-6:30pm \$69

UPLIFT™

UPLIFT™ is a full-body workout that combines traditional strength moves with iconic music and some booty-shaking fun to create a unique fitness experience. Classes feature engaging playlists, high energy and measurable results using a combination of free weights, bands, balance and mat work to build muscular strength and endurance.

Donna Bryant 7 sessions
Tue Feb 4-Mar 18 5:30-6:30pm \$69
Tue Apr 1-May 13 5:30-6:30pm \$69



Self Defense for Women

Learn basic self-defense techniques to help you stay safe. Class features guest instructor representing the Kalispell Police Department. Wear comfortable clothing and be prepared for hands-on exercises.

Dudley Marburger & Bonnie Bushman 6 sessions
Tue Feb 4-Mar 11 5:30-7pm \$79

Chair Yoga

Gentle chair yoga class for seniors or people with mobility challenges. Includes safe strengthening, safe flexibility techniques, and breathing to increase endurance and focus. Standing poses with use of a chair for stability offered for those looking to increase or improve balance.

Linda Miller 6 sessions
Tue Feb 4-Mar 11 10-11am \$64

Every Body Yoga

Learn yoga fundamentals with this 10-week Hatha yoga new spring series course. Begin with a core sequence of poses, each one taught progressively to maximize the individuality of every student. In the following weeks, add more challenging poses to the base sequence. Perfect for students of all ages and levels to feel the difference in your strength, flexibility, balance and focus by the end of the course.

Sheena Istre 10 sessions
Thu Feb 20-Apr 24 7:30-8:30am \$94

Focused Yoga: Back & Shoulders

Relieve tension and improve flexibility in your back and shoulders with this specialized yoga class designed for those who spend extended periods of time seated at a desk. Through gentle stretches and mindful movements, counteract the effects of prolonged sitting, alleviate muscle tightness and enhance your overall range of motion.

Sheena Istre 10 sessions
Fri Feb 21-Apr 25 8-9am \$94

Jitterbug (Single Step Swing)

The jitterbug, an upbeat form of swing dancing, is associated with various dances such as the Lindy Hop, jive and East Coast Swing. Danced to all types of music and in all dance venues and bars, the Jitterbug is a must-have in your dance repertoire.

Tom Reynolds 5 sessions
Mon/Wed Feb 24-Mar 10 6-7:30pm \$55
Mon/Wed Mar 31-Apr 14 6-7:30pm \$55

American Waltz

Considered by some as the "mother of present day dances" of the ballroom, the waltz is the basis for many dances. Learn the steps of this smooth dance that is all about gliding in a lively manner, characterized by its rise and fall action.

Tom Reynolds 5 sessions
Mon/Wed Feb 24-Mar 10 7:35-9:05pm \$55

Nightclub Two Step

Learn the versatile nightclub two step, a partner dance originally developed for dancing to slower music. Enthusiastic instructors teach how to move in the "box" and move smoothly so you can dance confidently to most songs in any venue.

Tom Reynolds 5 sessions
Mon/Wed Mar 31-Apr 14 7:35-9:05pm \$55

Basic Massage

Learn the science and art of basic massage from a professional massage therapist with 50 years of experience. Course enables you to give and receive relaxing massages to the head, neck, arms, hands, feet, legs and back. Class attendance is important as skills and information build on each session. No class 3/26.

Bill Hunger 7 sessions
Wed Feb 26-Apr 16 7-9pm \$109

Sean-nós: Improvised Irish Dance NEW

Sean-nos is a fun, impromptu, rhythmic style of solo Irish dance. No prior dance experience necessary and all ages welcome. Learn steps you can share with friends and family. Most shoes are allowed but no tap shoes.

Crystal MacInnes 1 session
Sat Apr 5 10am-12pm \$29

Introduction to Contemporary Dance NEW

Learn basic movement skills and techniques while connecting to rhythm, space and dynamics. Through creative exercises, develop your dance vocabulary and gain a deeper appreciation for how movement relates to self-expression in dance, music, sports and theater.

Katherine Averill 8 sessions
Wed Mar 5-Apr 30 4:45-6pm \$74

Yoga for Health: Introduction to Yoga Therapeutics

Expand your understanding and experience of yoga while improving balance, building strength and developing ease of movement. Each class provides a core sequence of simple, yet powerful tools to promote good health. Open to anyone familiar with yoga interested in exploring and deepening their practice.

Joan Schmidt 6 sessions
Tue Apr 8-May 13 10-11:30am \$74

Freeing Your Feet

This three-hour workshop explains why healthy feet matter in your life. Learn the anatomy of healthy feet, discuss ways to improve your foot, knee and hip health, and enjoy an hour-long foot-focused yoga practice.

Leigh Clausen 1 session
Sat Apr 19 1-4pm \$34
Sat May 17 9am-12pm \$34

Introduction to Forest Bathing (shinrin-yoku)

Forest bathing, also known as shinrin-yoku and forest therapy, offers a new way to experience nature for health and well-being with positive physiological and psychological benefits. Learn how to slow down and focus your senses on the natural world to help address daily stresses. Discover this easy, simple and fun practice you can do anytime and anywhere.

Ellen Horowitz 1 session
Wed May 7 6-8:30pm \$34
Thu May 22 6-8:30pm \$34

EDUCATION**Biotech Bootcamp for Teachers**

Learn everything you need to implement new lab activities in your classroom in this 2-session workshop exploring E. coli and pGLO and investigating genes that influence learning in a model organism, *Caenorhabditis elegans*. Designed for secondary science educators who may earn hours for PIR or OPI renewal units. Hosted by FVCC and funded by the Bio-Rad Explorers Community.

Ruth Wrightsman 2 sessions
Fri May 2 4-6pm
Sat May 3 9am-2pm \$20

FILM & PHOTOGRAPHY**Digital Cameras: Get Off Auto**

Understand what your different camera settings do and when to use them. Bring your own digital camera with your instruction CD or manual, charged battery and memory card.

Marita Combs 1 session
Thu Feb 20 1-5pm \$65
Thu Apr 24 1-5pm \$65
Sat Apr 5 in Eureka 1-5pm \$65

**Resizing Images for Print & Web**

Learn how to print high-quality pieces, optimize images for the web, and a few technical basics to save time and get the best result. Recommended prerequisite for WordPress - Easy Website Design.

Marita Combs 1 session
Thu Feb 20 6-7:30pm \$39

Introduction to Outdoor & Nature Photography

Improve your photography skills in this six-week comprehensive course taught by award-winning wildlife photographer Nick Fucci. Learn basic camera functions, understanding exposure and depth of field, compositional elements and vision, photography ethics in the modern world and much more. Six Wednesday classroom sessions and one field session on May 3.

Triple D Wildlife 7 sessions
Wed Apr 2-May 7 6:30-8:30pm \$450

Ireland Thru Film

In recent decades, filmmakers have delved deeply in Irish history and culture to create beautiful stories and make unique contributions to global cinema. Join us as we view and discuss a variety of Irish films: drama, comedy, history, myth and legend.

Jon Hatch 3 sessions
Tue Feb 18-Mar 4 2-4:30pm \$39



**Register
online
today!**

Adobe Photoshop Elements

Photoshop Elements is a great tool for users on a budget or professionals who don't have complex editing demands. Learn basic tools to enhance and manipulate photos. Course is taught on the Creative Cloud (CC) subscription-based online version, but content is applicable with versions 12-14. Campus computer and images provided.

Marita Combs 1 session
Fri Mar 28 1-5pm \$65

Adobe LightRoom

Learn how to import pictures into Adobe Lightroom and Adobe Lightroom Classic, and how these products help you organize, edit, print, post and share your photos. Basic knowledge of a camera including how to export your photos is required. Please bring some of your photos on a USB drive or SD card, or bring your camera and a USB cable.

Shannon Hanson 2 sessions
Thu May 22-29 6-8pm \$65

FOOD & WINE**Mayku® Chocolates**

Learn the basics of using a Mayku® Mold Maker by creating a customized chocolate mold and creating your own chocolates. All supplies provided.

Katie Eberhardy 1 session
Wed Feb 12 3:30-5pm \$29

Soups, Stews & Chowders

Warm up the cold weather seasons with everyone's favorite one-pot comfort food. Learn to make a variety of healthy and economical soups perfect for dinners of any size. Bring an apron and your appetite to this fun, hands-on class.

Emily Amy 1 session
Sat Feb 22 10am-1:30pm \$64

Comfort Food Cooking

Say goodbye to last-minute runs to the grocery store. Make delicious comfort foods from common items found in your kitchen. Whether it's a main dish, side, soup, salad or dessert, you will be amazed at what you can make from everyday items found in your pantry.

Emily Amy 1 session
Sat Mar 1 10am-1:30pm \$64

Sausage Making

Appreciate the satisfaction that comes from making homemade sausages. In this hands-on class, learn to make a breakfast-style sausage and a brat-style sausage, and then take home samples.

Emily Amy 1 session
Sat Mar 8 10am-1:30pm \$79

Pies: Sweet & Savory

Making your own pies from scratch is both rewarding and delicious. In this hands-on class learn tips and tricks to make pie crust and filling; including savory pies.

Emy Amy 1 session
Sat Mar 15 10am-1:30pm \$64

Basic Bread Making

Any time is a great time to bake bread. Learn tips and techniques for making a variety of breads. Topics covered include dinner rolls, cinnamon rolls, biscuits and scones.

Emy Amy 1 session
Sat Mar 22 10am-1:30pm \$64

Simple Butter & Cheese

Learn to make creamy hand-churned butter and fresh mozzarella cheese. Become familiar with the history and equipment used as you step back in time to learn the old skills of the trade. With new twists to accommodate today's busy lifestyle, add these delicious homemade staples to your kitchen.

Emy Amy 1 session
Sat Mar 29 10am-1:30pm \$64

Basics of Home Canning

Stock your pantry with home-canned foods after you learn a practical hands-on method using the water bath method. Good for most fruits, jam, salsa and pickles. Learn tips and techniques for canning your garden tomatoes.

Emy Amy 1 session
Sat Apr 5 10am-2pm \$69

Preserving Jams & Jellies

Learn basic techniques to can and preserve jams and jellies. These jewel-toned beauties not only make wonderful homemade treats for your family, but also make tasty gifts. Basic canning knowledge is helpful.

Emy Amy 1 session
Sat Apr 12 10am-2pm \$69

Whole Foods Cooking NEW

Build confidence in the kitchen and learn the importance of whole foods, how to use them and how to create meals everyone will love. All recipes are vegetarian or vegan, but include ideas on how to meet your dietary needs.

Rosalie Harris 3 sessions
Mon Mar 3-17 5:30-7:30pm \$69

Whole Foods Baking NEW

Learn to create delicious and good-for-you baked goods. All recipes are vegetarian or vegan and made with natural sugar substitutes and whole grains instead of refined flour.

Rosalie Harris 3 sessions
Mon Mar 31-Apr 14 5:30-7:30pm \$69

A Different Approach to Sugar Cravings NEW

Unwanted sugar cravings are not your fault, but thought to be an imbalance in metabolic pathways from eating added sugar and ultra processed foods. Learn how to eat foods to balance and increase your gut microbiome to help eliminate those cravings. Last session is a cooking demo.

Miriam Katz & Rosalie Harris 3 sessions
Tue Apr 22-May 6 6-8pm \$74

Japanese Traditional Cuisine: Gyoza (Potstickers) & Suratan Soup

Learn to make one of Japan's most popular, crowd-pleasing appetizers and a spicy soy dipping sauce. Key ingredients include ground pork, minced cabbage, green onion and garlic placed in a flour wrapper. Also learn to make suratan soup to enjoy with gyoza.

Yoshimi Yamamoto-Derks 1 session
Thu Mar 6 5:30-8:30pm \$69

**Ramen & Chashu**

Learn to make delicious ramen, a Japanese staple, consisting of a meaty broth, noodles (Chuka-men) and several toppings. Also make ramen's most popular topping, "Chashu," a pork belly braised in a sweet and savory soy sauce base and ramen eggs.

Yoshimi Yamamoto-Derks 1 session
Thu Apr 24 5:30-8:30pm \$69

Sushi Roll & Miso Soup

Make a complete Japanese meal in this hands-on culinary class. Learn to make vinegared sushi rice and use a bamboo mat and nori (seaweed) to make futomaki, a traditional thick sushi roll without raw fish filling. Whip up some homemade miso soup and tamagoyaki (Japanese rolled omelet) to round out this savory Japanese meal.

Yoshimi Yamamoto-Derks 1 session
Thu May 1 5:30-8:30pm \$69

Advanced Sushi Roll & Miso Soup

Take your sushi-making skills to the next level as you learn two different sushi roll techniques: traditional makizushi (rice rolled inside of the seaweed) and uramaki (rice rolled on the outside of the seaweed). Japanese rolled omelet, homemade miso soup and sushi rice completes this meal and gives you a new menu to impress your friends and neighbors.

Yoshimi Yamamoto-Derks 1 session
Thu May 8 5:30-8:30pm \$69

**Wine Workshops**

All wine workshops are presented by Raymond Dickinson, owner of Brix Bottleshop. Must be 21 or older to attend.

All workshops are 1 session and meet at FVCC on Wednesdays from 6-8pm.

	Feb 5	Exploration of Syrah/ Shiraz	\$79
NEW	Feb 12	California Cabernet Sauvignon vs. Washington Cabernet Sauvignon	\$84
NEW	Feb 26	Exploration of Tempranillo	\$74
NEW	March 12	Wines of Sta. Rita Hills, CA	\$79
NEW	April 2	Exploration of Malbec	\$74
	April 9	Exploration of Pinot Noir	\$79
NEW	April 23	Exploration of Grenache	\$74
NEW	May 7	Modern Wine Movement of Australia	\$74
NEW	May 14	Exploration of Chablis	\$84

HEALTHCARE

Basic Wilderness First Aid for Women

Learn to understand and avoid wilderness hazards and provide emergency care in the wilderness. Students wishing certification from NASAR can make arrangements at the end of the program. Additional \$30 fee required for certification.

Racheal Vargas 1 session
Sat Feb 1 9am-5:30pm \$94

Basic Life Support for Healthcare Providers

The American Heart Association's Basic Life Support course reflects new science from the 2020 AHA Guidelines Update for CPR and Emergency Cardiovascular Care. This video based, instructor-led course teaches single rescuer and team basic life support skills for application in both in-facility and pre-hospital settings.

Racheal Vargas 1 session
Wed Feb 5 9am-12:30pm \$64
Thu Mar 13 9am-12:30pm \$64

Family & Friends® CPR

Learn to perform CPR and save lives. This class is designed for family members, grandparents or anyone wishing to learn the basics of CPR and choking hazard/danger/skills or have a quick refresher. Taught by Certified American Heart Association instructor.

Racheal Vargas 1 session
Wed Feb 5 1:30-4:30pm \$39
Mon Apr 7 9am-12pm \$39

Heartsaver® Total (CPR, AED & First Aid)

This course from the American Heart Association is designed for anyone with little or no medical training and wants to prepare to act in an emergency at work or home. Learn CPR skills for adults, children and infants. Receive a completion card after finishing the first aid and/or CPR training.

Racheal Vargas 1 session
Tue Mar 4 9am-2pm \$79
Mon Apr 7 1-6pm \$79
Wed May 7 9am-2pm \$79

Stop the Bleed®

Learn how to Stop the Bleed, apply a basic wound dressing, pack a deep laceration, apply a chest seal, apply a tourniquet and a basic injury assessment. Stop the Bleed encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Includes certification.

Racheal Vargas 1 session
Tue Mar 4 2:30-3:45pm \$34
Wed May 7 3-4:15pm \$34

HISTORY, LANGUAGE & GLOBAL AFFAIRS

China: The Decade of Concern

Explore the critical "Decade of Concern" for China as it faces increasing resistance from the U.S. and its allies. Class examines China's strategic goals, including surpassing the U.S. economically and technologically, as well as its ambitions regarding Taiwan. Analyze how both countries are navigating this pivotal period and what it means for global power dynamics.

Peter Strasser 1 session
Thu Feb 6 4-6pm \$29

The History & Culture of Ireland

A lot of things about Ireland are small (its population is less than that of New York City). Yet no other small nation has influenced world history as much as Ireland. Combining stories, poetry, music, Irish language, literature and film, this course delves into Ireland's rich history and culture to show why this small nation is so special.

Jon Hatch 6 sessions
Tue Mar 11-Apr 15 6:30-8:30pm \$79



American Sign Language

Explore the world of speaking with your hands in this introduction to American Sign Language. The course includes receptive and expressive fingerspelling, sign vocabulary, ASL structure, conversational behavior and various aspects of the Deaf culture. A textbook is required (by the second class), Talking With Your Hands, Listening With Your Eyes, by Gabriel Grayson. OPI Renewal Units available. No class on 3/25.

Katie Halling 12 sessions
Tue Feb 11-May 6 6:30-8:30pm \$159

Montana's Vigilantes History

Montana began in a battle over gold. When there was no law, ruffians ruled and murder was tolerated except by a group of men who became known as the Vigilantes of Montana. They brought peace to the fledgling territory but were reviled in their own time and remain controversial to this day. Learn their story and if they really were the good guys or the bad guys. No class 3/27

Carol Buchanan 8 sessions
Thu Mar 6-May 1 7-8:30 pm \$94

Japanese Language & Culture

Learn the Japanese alphabets, practical words and phrases for communicating in Japanese. Gain an understanding of the culture, customs and etiquette, and helpful phrases for communicating while traveling in Japan. Enjoy Japanese food and create Japanese traditional arts. No class 3/26. Last class meets 6-8:30pm.

Yoshimi Yamamoto-Derks 6 sessions
Wed Mar 5-Apr 16 6-8pm \$114

Japanese Language & Culture Advanced Beginner II

Become more fluent with Japanese vocabulary and expressions through writing, reading, listening and speaking exercises. Explore Japanese culture, customs and situations and sample Japanese food. Last class includes creating traditional art and cuisine. Recommended book, "Nihongo Fun & Easy 2nd Edition," available on Amazon. Prerequisite: some previous studies or the ability to read the Japanese Alphabet Hiragana and Katakana. No class 3/24. Last class meet 6-8:30pm.

Yoshimi Yamamoto-Derks 6 sessions
Mon Mar 10-Apr 21 6-8pm \$114

Education is the Key: Israel Then & Now

Explore Israel's history and rise as a tech leader, highlighting the vital role of higher education. With guest speakers from top Israeli institutions as well as an Israeli international speaker/writer and Holocaust family member, learn about Israel's growth and the power of education in fostering global understanding.

Dawn Olin 3 sessions
Thu Mar 13-27 6-8pm \$49

INDUSTRIAL ARTS & TRADES

Basic Chainsaw Maintenance

Learn the basics of how to maintain a chainsaw. Explore the main components of a chainsaw, compare different size classes, battery vs. gasoline, and how to keep it running in good condition.

Nick Merriman 1 session
Sat Feb 22 8:30am-12:30pm \$59

Survival Solar: DIY Off-Grid Ammo Can Power System

Harness the power of the sun to create a portable and versatile solar-powered battery system. Learn the basics of photovoltaics, wiring and safety as you assemble the components including solar panels, charge controller and batteries. Leave with your own power system enclosed in an ammo can, ready to charge your devices and power lights wherever you go. All materials provided.

Will Richards 3 sessions
Wed Mar 5-19 6-8:30pm \$229

INDUSTRY TRAINING & CERTIFICATIONS

Certified Clinical Medical Assistant (CCMA) Noncredit Program

If you are currently employed in health care, advance your clinical skills and knowledge to prepare for the Certified Clinical Medical Assistant (CCMA) exam through the National Healthcareer Association (NHA). The self-paced online curriculum includes up to 20 hours of live remote coaching and support. Participants have a maximum of 36 weeks to complete the program, although motivated individuals may finish earlier. All hands-on training and simulations required to be provided by the employer. **Contact Hannah Kimmel, Program Director at 406.756.4582 or hkimmel@fvcc.edu for more info.**

ServSafe® Food Safety for Managers Training & Certification Program

Learn what you need to know to pass the ServSafe Food Protection Manager Certification. The exam is part of the session.

Flathead City-County Health Dept Staff

1 session

Tue Jan 23	8:30am-5pm	\$95
Tue Feb 25	8:30am-5pm	\$95
Tue Apr 1	8:30am-5pm	\$95
Thu May 1	8:30am-5pm	\$95
Tue Jun 17	8:30am-5pm	\$95

Thank you to McDonald's and the Flathead City-County Health Department for their sponsorship to keep the cost of this course low.



ServSafe® Food Safety Exam Proctoring

Visit fvcc.edu/testingcenter to schedule an appointment to take the exam. Questions? Email proctor@fvcc.edu.

Certified Interpretive Guide Course & Certificate - see page 5.

Basic Life Support for Healthcare Providers - see page 10.



Accelerated CNC Essentials NEW

This hands-on, intensive course offers a comprehensive introduction to Computer Numerical Control (CNC) machining, perfect for those seeking entry-level positions in manufacturing and machining. Gain foundational knowledge and practical experience in operating CNC machines, interpreting technical drawings and performing basic CNC programming and setups. Upon successful completion, you'll receive a Career Credential to showcase your skills to potential employers.

Dave Sturgis & Lloyd Haugen 8 sessions
Mon-Thu Feb 3-13 8am-5pm \$15

Thanks to a generous grant from the Haas Foundation, all student expenses related to instruction, course materials and learning resources will be covered at a value of \$1,155.

How to Apply:

- **Meet Eligibility Criteria:** You must be 16 years of age or older.
- **Register for the Course:** Pay the \$15 registration fee to FVCC Continuing Education by **Wednesday, January 29.**
- **Share Your Story:** Email workforcetraining@fvcc.edu and tell us why you're excited about this course and how it supports your goals. Once you complete these steps, you will be notified of your scholarship confirmation.

Introduction to Construction Trades NEW

Start your journey toward a rewarding career in the building industry with this hands-on short course. Explore key construction trades—carpentry, electrical, plumbing, HVAC and fabrication—and develop the skills needed for your chosen career path. Through a mix of in-person and online instruction, learn from industry-standard curriculum, OSHA safety credentials and NCCER hands-on proficiency training. By the end of the course, you'll receive a worksite-ready certificate to share with employers. A 40-hour self-paced online module must be completed by April 30 to receive your certificate. Includes a free starter toolkit valued at \$200.



Arthur Morken 5 sessions
Mon-Fri Mar 24-28 7am-4pm \$500

Register online today!

fvcc.edu/ContinuingEducation

LEADERSHIP

JUMP START for Supervisors and Managers

"A leader's job is not to do the work for others; it's to help others figure out how to do it themselves, to get things done and to succeed beyond what they thought possible." - Simon Sinek

Tuesdays & Thursdays, Mar 4-Apr 8 | 10am-12pm | \$299 (No class 3/25 & 3/27)
Instructor: Allison McCarthy

Transition to Supervising (Tue Mar 4)

Lay the groundwork for supervisory success by exploring different management styles, setting appropriate expectations and learning four habits that make a great boss.

Communication Tools (Thu Mar 6)

Learn how processing styles impact communication, practice listening and asking questions effectively, and understand the keys to talking like a performance coach.

Keys to Conflict Management (Tue Mar 11)

Discuss key elements of conflict resolution and consider multiple techniques for guiding contentious situations to positive outcomes.

A Culture of Accountability (Thu Mar 13)

Lead with accountability to clarify goals, establish expectations, build confidence and achieve your desired results.

Performance Coaching (Tue Mar 18)

Provide faster and more positive feedback to enhance employee skills and help them meet performance goals while finding their work rewarding.

Time Management (Thu Mar 20)

Focus on strategies to maximize your work time to feel productive and reduce stress including the art of delegation and recognizing time drains.

Taking Charge of Change (Tue Apr 1)

By understanding typical human reactions to change, reduce misunderstandings and anxiety, help employees accept changes more quickly and minimize decreased productivity.

Creating Strong Teams (Thu Apr 3)

Focus on steps that help the members of your team connect with each other and work more productively together.

Developing a Leadership Mindset (Tue Apr 8)

Broaden your perspective on how to create strategy, keep yourself sharp and visualize a profitable future for your organization.

Allison McCarthy brings a powerful combination of high energy and practical tools with overwhelmingly rave reviews both through her business and as an instructor for the FVCC Continuing Education Center. Allison began her career working for several large corporations in a variety of leadership positions. Since 1995, she has been running her own management and computer training business, having effectively instructed thousands of people on technical computer, interpersonal and management skills.

Create a High Functioning Mentoring Environment NEW

Mentors offer valuable knowledge and insights to employees, who can then learn from their mentors' mistakes and successes. Learn how to foster mentorship in your organization and create a safe environment that encourages learning through trial and error.

Gerri King **1 session**
Wed Feb 26 **1-4pm** **\$54**

Humor in the Workplace— This is No Joke! NEW

It is possible to get things done and have fun at work with a little humor! Research shows leaders with a sense of humor are 27% more motivating and admired. Learn to incorporate humor and humanity in the workplace, boosting well-being, team performance and your organization's success.

Phil Quigley **1 session**
Tue Feb 11 **9-11am** **\$40**

Courageous Leadership: Be the Leader You're Meant to Be

Discover the experiences and attributes of our most transformative leaders, trailblazers and game changers like Patagonia CEO Yvon Chouinard, Southwest Airlines Herb Kelleher and Justice Ruth Bader Ginsberg. Learn how to turn the principles of courageous leadership into practice with actionable tools, tips and tactics to help you inspire others, overcome setbacks and build high performing teams.

Phil Quigley **1 session**
Tue Apr 22 **9-11am** **\$40**

What Were They Thinking? NEW

When Smart Leaders Do Foolish Things

Why do smart, hard working leaders sometimes make disastrous mistakes? Analyze famous blunders like Harley Davidson Cologne, New Coke and Boeing's 737 Max 8 to understand how companies can avoid such pitfalls. Learn how fostering open dialogue and encouraging healthy dissent can help leaders make better decisions and achieve stronger results.

Phil Quigley **1 session**
Tue May 6 **9-11am** **\$40**

MUSIC

History of Rock & Roll

Explore the history of rock music and prominent musicians of each era in conjunction with sociological, economic and cultural factors that shaped the different styles of rock music.

Misty Koyuncu **8 sessions**
Tue Feb 4-Mar 25 **6-8pm** **\$114**



Beginning Ukulele: Chords

Learn to play fun songs using chords, strums and music theory. Bring your own soprano, concert or tenor ukulele. For ages 16 and up. No class 2/17.

Dee Fleming **6 sessions**
Mon Feb 10-Mar 24 **6:30-8pm** **\$84**

Beginning Ukulele: Note Reading

During this course learn simple note reading and playing; simple chords and strums on the ukulele, using fun songs. Bring your own soprano, concert or tenor ukulele. Learning materials provided.

Dee Fleming 6 sessions
Mon Apr 7-May 12 6:30-8pm \$84

Intermediate Ukulele

Learn advanced chords and strums, music theory and fun songs on ukulele. Prerequisite: Beginning Ukulele or must be able to play at least 11 chords. Bring your soprano, concert or tenor ukulele and a tuner to class. No class 3/27.

Dee Fleming 6 sessions
Thu Feb 20-Apr 3 6:30-8pm \$84

**Beginning Guitar: Basic Chords**

Learn basic chords, various types of strums, music theory and proper playing position on the guitar using fun, familiar melodies. Bring your own guitar.

Dee Fleming 6 sessions
Tue Feb 11-Mar 18 6:30-8pm \$84

Beginning Guitar: Basic Note Reading

During this class learn simple note reading and playing in addition to chords and strums. Bring your own guitar.

Dee Fleming 6 sessions
Tue Apr 1-May 6 6:30-8pm \$84

Beginning Guitar II: Chords

Learn more advanced chords, various types of strums and music theory. You must be able to play nine chords to attend this class. Bring your own guitar.

Dee Fleming 6 sessions
Wed Apr 2-May 7 6:30-8pm \$84

Intermediate Guitar

Learn intermediate chords, strums, finger picking techniques, scales and music theory. Bring your own guitar.

Dee Fleming 6 sessions
Thu Apr 10-May 15 6:30-8pm \$84

Private Music Instruction

Learn from professional instructors as you build your skills and confidence to prepare for college-level music programs, ensembles and orchestras. Musicians of all ages and levels develop their technique and talent in violin, fiddle, cello and piano during individual arranged music instruction. Thirty-minutes or sixty-minutes of private instruction for 14 weeks (Jan 21-May 2); dates and times arranged with the instructor. Call 406.756.3832 or visit fvcc.edu/ContinuingEducation to learn more.

Youth String Ensemble/Orchestra -

See page 17.

NONPROFIT DEVELOPMENT**Nonprofit Board Leadership**

Go beyond the essentials and learn to recognize and shape board culture; best practices for board governance; supporting board engagement; thoughtful board recruitment; and effective meetings, delegation and accountability. Recommended prerequisite: "Guarding the Mission: Duties Every Nonprofit Board Must Uphold," hosted by Whitefish Community Foundation, Thu Jan 16, 12-1pm free of charge.

Ned Cooney 1 session
Tue Mar 11 5:30-8:30pm \$54

I'm Expected to Fundraise—Help!

Board members are often expected to fundraise, yet asking for donations may be outside their comfort zone. This course outlines the role of Board members in fund development and effective Board governance and gives practical ways to help your 501(c)(3) nonprofit succeed and raise more funds.

Chany Ockert, Certified Fundraising Exec (CFRE) 2 sessions
Tue Apr 8 & 15 5:30-7:30pm \$70

Marketing Your Nonprofit (Online Course)

Further the ideals and goals of your nonprofit by learning to compete more effectively for members, media attention, donors, clients and volunteers.

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Learn to prepare grant proposals to get solid results for your favorite organization or charity.

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Advanced Grant Proposal Writing (Online Course)

Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

6 weeks instructor-led or 3 months self-paced
\$135 - Register at ed2go.com/fvccce

OUTDOOR ADVENTURES**Wilderness First Responder** NEW

For anyone working in a leadership position in an outdoor setting or individuals 16 and up who want a high level of wilderness medical training for extended personal backcountry expeditions. Class covers response and assessment; musculoskeletal injuries; environmental emergencies and survival skills; soft tissue injuries; and medical emergencies. Additional topics like CPR are also included. Includes three-year certification after passing evaluation of practical skills and written test. (WFR-72 hours)

Tony Meiklejohn 9 sessions
Check for dates in spring

**Wilderness EMT Transition**

For anyone who has completed an EMT course (NREMT exam not required) or holds an EMT or higher certification. Class focuses on extended care in austere environments including spinal assessment, improvised splinting, altitude illnesses, environmental emergencies, and litter construction. Apply core concepts learned in EMS and to a backcountry setting where the tools of the ambulance are no longer available. Learn to assess, treat and stabilize a patient for 24-48 hours. (40 CEUs for current EMTs | WEMT-40 hours)

Tony Meiklejohn 6 sessions
Check for dates in spring



Photo credit-Austin Seback for Flathead Avalanche Center

AVALANCHE SAFETY

The following classes are offered by the Flathead Avalanche Center. Classroom instruction occurs at FVCC and field instruction is held at off-campus locations. More details available online.

Introduction to Avalanches

Gain familiarity with essential concepts and practices for travel in avalanche-prone terrain. With an evening classroom session and eight-hour field day, this course offers 11 hours of instruction including avalanche terminology; identifying avalanche hazards and terrain; snowpack and weather factors; trip planning and preparation; simple decision-making tools; backcountry travel protocols; and companion rescue techniques including the use of avalanche transceivers, shovels and probes.

Required gear: fully operational modern avalanche transceiver (457kHz), an avalanche shovel (no plastic blades), an avalanche probe, and downhill (or backcountry) skis or snowboard with appropriate bindings. Climbing skins not needed.

Human Powered classes are for skiers and snowboarders.

Thursdays 6-9pm and Saturdays 8am-4pm

Human Powered
Thu/Sat Jan 9-11 \$120

Motorized Travelers
Thu/Sat Jan 23-25 \$120

Human Powered for Ladies
Thu/Sat Jan 30-Feb 1 \$120

Human Powered
Thu/Sat Feb 20-22 \$120

Partner Rescue

Be confident in your ability to rescue your backcountry partners in the event of an avalanche. These skills are perishable and important to practice every winter, as well as throughout the season. Expect outside lectures, combined with hands-on training. During the morning, rotate between stations for three key pieces of rescue gear: beacon, shovel and probe. In the afternoon, put your skills to the test with a mock companion rescue.

Motorized Partner Rescue
Sat Jan 4 8am-4pm \$75

Human Powered Refresher
Sat Jan 25 8am-4pm \$75

Human Powered Partner Rescue
Sat Feb 8 8am-4pm \$75

Avalanche Fundamentals - Motorized Level 1

Specifically designed for snowmobilers and snow bikers of all ability levels who intentionally want to travel in or through avalanche terrain and want to learn how to work with a group to manage their avalanche risk. Learn about unique elements of motorized backcountry travel, focusing on snowmobilers' unique use of terrain; speed of travel; group communication; avalanche rescue technique and equipment; preparation, planning and execution of a backcountry ride based on avalanche conditions; how to track the season's snowpack and interpret an avalanche bulletin; avalanche terrain identification, hazard mitigation and safe travel techniques; and weather, snowpack and stability analysis. Required gear: fully operational modern avalanche transceiver (457kHz), an avalanche shovel (no plastic blades), an avalanche probe, and a registered snowmobile/snowbike in good working condition.

4 sessions
Tue/Wed Feb 11-12 (Zoom) 6-9pm
Sat/Sun Feb 15-16 8am-4pm (Field) \$450

NORDIC SKIING

The following classes are offered in partnership with Glacier Nordic Center. Classes meet at Glacier Nordic Center located at Whitefish Golf Course. Class fee includes a day pass and rentals for the lesson. Ski rental packages (skis, boots and poles) are available and can be reserved from the Glacier Nordic Shop at 406.862.9498. 1 session each.

Cross-Country Skiing: Beginner Classic

Learn the basics of classic skiing on the groomed trails of the Glacier Nordic Center.

Glacier Nordic Club 1 session
Sun Feb 9 10am-12:30pm \$60

Cross Country Skiing: Beginner Skate

Build on fundamentals and fitness gained from classic skiing, ice skating or alpine skiing to get started in skate skiing.

Glacier Nordic Club 1 session
Sun Feb 16 10am-12:30pm \$60

Winter Twig Identification ^{NEW}

Learn to identify deciduous trees and shrubs in winter by their twigs and buds. Challenge your power of observation as you gain an awareness of subtle but definitive characteristics. Class includes an illustrated lecture followed by a walk in the woods to collect twig specimens, and then classroom time to practice using an identification guide.

Ellen Horowitz 1 session
Wed Feb 5 10am-2:30pm \$29

The Wonder of Birds: Beginning to Intermediate Bird Identification

Learn about the behavior, form, function, value and conservation of birds including an in-depth look at several species native to Northwest Montana. Explore the identification of over 136 common birds by both sight and sound. Practice your skills on field trips and during a live birds of prey presentation. Field trips: 4/5, 5/17 and 5/31. No class on 5/7.

Denny Olson 11 sessions
Wed Apr 2-May 28 6:30-8:30pm \$249

Tree Identification Made Easy

Knowing the native trees growing on mountain slopes, along rivers and in your own backyard adds a lot to any outdoor experience, and learning to recognize them is easy. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace on uneven surfaces with a total distance of less than two miles. A field guide to Rocky Mountain trees, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed Apr 16 9am-2:30pm \$59
Thu Apr 24 9am-2:30pm \$59

Horse Packing & Wildland Camping

Learn horse packing and backcountry camping skills using traditional manties and modern equipment in this hands-on class. Individual equipment is supplied for use in practicing, and a diagram booklet is included. The Back Country Horsemen of the Flathead are offering \$50 scholarships for those who enroll and attend ALL classes. Class attendance is important as skills and information builds on each class. Meets off campus.

Greg Schatz 2 sessions
Sat/Sun Apr 26-27 9am-4pm \$149

RIVER SAFETY

The following classes are offered by Great Northern River Guides under a U.S. Forest Service permit. Meet at Great Northern Whitewater Rafting and Resort in West Glacier.

River Rafting: Oar Guiding Basics

Learn river running skills in oar-guided rafts and the fundamentals of safe boat handling. Discover the dynamics of moving water, how to read the river, choosing a route and maneuvering the boat around obstacles.

2 sessions
Sat/Sun Apr 26-27 9am-5pm \$345



Photo courtesy of Great Northern Whitewater Raft & Resort

River Rescue: Swiftwater Safety

Learn and practice accident prevention and rescue techniques. Develop skills for river emergencies. This course is designed for private boaters as well as professional river guides.

2 sessions
Sat/Sun May 3-4 9am-5pm \$345

River Rescue: Swiftwater Safety for Women

Learn self-rescue techniques, recognition and avoidance of common river hazards, and rescue techniques for paddlers in distress. Discuss personal safety, commonly used skills, and fundamental to advanced techniques for dealing with entrapments, strainers, rescue vest applications and boat pins.

3 sessions
Sat-Mon May 24-26 9am-5pm \$425

**Fly Casting Techniques**

Explore the fine points of basic casting from a Fly Fishing Federation-certified instructor. The grip, wrist stop and loop control are included.

Jerry Smalley 1 session
Wed Apr 30 6:30-8:30pm \$29
Tue May 6 6:30-8:30pm \$29

Wildflower Identification Basics

Learn the non-technical approach to flower identification for a fun and efficient way to begin learning about plants. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace with a total distance of about two miles. A field guide to Rocky Mountain wildflowers, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed May 21 9am-12:30pm \$49

PERSONAL ENRICHMENT**The Art and Power of Storytelling** NEW

Explore the power of storytelling as a key to identity, culture and learning across all subjects. Discover how stories shape our understanding of the world, connect us to our communities, and enhance skills in reading, writing, math and more. Through storytelling practice, develop your ability to share personal experiences, promote emotional health, and build stronger relationships within your circles.

Denny Olson 8 sessions
Tue/Thu Feb 4-Feb 27 6:30-8:30pm \$119

Embracing Change

Human brains prefer routines and consistency, so change can be hard. Learn about the basics of neuroplasticity and how to set yourself up for success in making the change you've been considering. By understanding values, accountability, self compassion and the stages of change, learn to set realistic and achievable goals. No class on 2/18.

Kim Crawford 5 sessions
Tue Feb 4-Mar 11 6:30-8pm \$59

Harmony Within: Mindfulness & Meditation for Inner Peace NEW

Discover the power of mindfulness, creating a foundation for living with greater intention and peace in the present moment. Learn to develop skills to manage stress, enhance clarity of mind and promote overall well-being.

Silvi Winthrop 4 sessions
Tue Feb 25-Mar 18 5:45-7pm \$44

Comedy Improv for Beginners

Dive into the fundamentals of comedy improv! Through fun games and exercises, build confidence, sharpen your comedic timing and learn to stay present in the moment. This class is the perfect foundation for those interested in taking Comedy Improv Showmanship.

Jack Andenoro 4 sessions
Tue Feb 25-Mar 18 6:30-8:30pm \$59

Comedy Improv Showmanship NEW

Take your comedy improv skills to the next level. Through focused practice and performance exercises, build confidence and timing, preparing for a live performance on May 9. Recommended prerequisite: Comedy Improv for Beginners.

Jack Andenoro 4 sessions
Tue Apr 22-May 6 6:30-8:30pm \$59

Genealogy Tools & Resources For You NEW

Discover your family's background, stories and ethnicity through engaging activities, memories, games and personal research. Learn ways to preserve your treasured memories and helpful tools to assist with your personal research.

Diane Denney & Susie Hill 4 sessions
Tue Mar 4-25 6:30-8:30pm \$39

A Bear Hug or a Handshake? NEW

Discover how to connect with people from different backgrounds, starting with something as simple as greetings. Learn how to manage conflict, recognize personal triggers and use your strengths to navigate uncomfortable situations. By focusing on flexibility and adaptability, develop the skills to communicate effectively and build stronger relationships.

Sam Herbert 1 session
Sat Mar 22 9am-3:30pm \$79

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PROJECT MANAGEMENT

Project Management for Non-Project Managers (Zoom Only)

Join for an overview of the most important things for those who don't manage projects but would like to learn about project management or who are just getting started. Learn what a project manager's role is, how to adjust when projects go off track, and all the basics to initiate, plan and close your projects.

Ashleigh Clark 1 session
Thu Mar 6 9am-4pm \$200

Project Management Professional (PMP®) Certification

Essentials of Project Management (Zoom Only)

Improve your ability to lead your team and deliver projects. Learn to transform your work and life habits to accelerate your career and pass the Project Management Institute's PMP® or CAPM® Certification Exam.

Ashleigh Clark 2 sessions
Thu Mar 20 & 27 8:30am-4:30pm \$400

Advanced Project Management (Zoom Only)

Join for a combination of nuts-and-bolts theory and practical lessons, all packaged in a fast-paced, highly interactive session to get your organization on track to consistently deliver successful projects. Learn in-depth practices that go beyond surface-level information into real-life, complex situations.

Ashleigh Clark 2 sessions
Thu Apr 3 & 10 8:30am-4:30pm \$400

PMP Certification Exam Prep (Zoom Only)

This course guides you through the final steps before you take the PMP or CAPM certification exam. Gaining a project management credential can be an important milestone in the development of your career.

Ashleigh Clark 1 session
Thu Apr 17 8:30am-4:30pm \$200

Project Planning & Estimating

Learn the essentials of project planning, from defining scope to estimating duration and costs. Through real-world examples, explore creating a Work Breakdown Structure (WBS) and improving estimate accuracy. By the end, you'll understand the essential planning steps required to set your project up for success.

Ashleigh Clark 1 session
Wed Apr 23 8am-12pm \$125

Stakeholder Management NEW

Learn how to identify and engage key stakeholders to navigate project challenges and align with business objectives. Learn strategies for assessing influence, managing expectations, resolving conflicts, and maintaining positive relationships throughout the project lifecycle.

Ashleigh Clark 1 session
Wed May 7 1-3pm \$75

Conflict Resolution NEW

Join for practical strategies for managing and resolving conflicts. Learn to identify common sources of conflict, understand different conflict styles, and address complex issues. Explore the stages of conflict and psychological factors that contribute to misunderstandings, turning conflicts into opportunities for collaboration and growth.

Ashleigh Clark 1 session
Wed May 14 1-3pm \$75

SCIENCE & TECHNOLOGY

Survival Solar: DIY Off-Grid Ammo Can Power System

Harness the power of the sun to create a portable and versatile solar-powered battery system. Learn the basics of photovoltaics, wiring and safety as you assemble the components including solar panels, charge controller and batteries. Leave with your own power system enclosed in an ammo can, ready to charge your devices and power lights wherever you go. All materials provided.

Will Richards 3 sessions
Wed Mar 5-19 6-8:30pm \$229

Montana Skies

Take advantage of Montana's dark skies. This short class will provide star charts and resources to find and identify constellations, meteor showers, satellites and much more. An 8 inch reflecting telescope will be used on clear nights to observe our moon and planets. Events such as northern lights, eclipses and colorful sunsets will be explained.

Don Bumgarner 3 sessions
Tue Apr 1-15 7-9pm \$54

Crime Scene Investigation Myth vs Fact CSI (Zoom Only)

Learn about crimes and other forensic evidence from a 35 years' experienced forensic scientist and examiner from King County Sheriff's Office (Seattle, WA) as you work through several real crime scenes, including homicides and robberies. Class is interactive with hands-on evidence exercises. PLEASE NOTE: This class includes some graphic content. Participants must be at least 18 years old.

Lynne Dean 1 session
Sat Apr 5 9am-12pm \$34

VETERANS UPWARD BOUND



Veterans Upward Bound is a Department of Education program designed to help military veterans refresh their academic skills to successfully complete postsecondary education. Classes can also help veterans who seek to build personal skills. Services and classes are free to eligible veterans.

Intro to Computers

Gain a comprehensive understanding of the Windows 10 operating system and Microsoft Office 2019 including word processing, spreadsheets and presentation programs. Learn how to store data, manage files and folders and effectively use the internet. Build your keyboarding skills, increase your knowledge in formatting and learn how to set up simple reports.

Amelia Ward 6 sessions
Tue/Thu Apr 1-17 3-5pm Free

Intro to College Math & Algebra

Review basic math skills and receive an introduction to algebraic concepts. Learn mathematical symbols and vocabulary and how to use a graphing calculator. Using an online homework platform, apply these tools to functions and graphing concepts that are critical to success in college-level math classes.

Steve Phillips 8 sessions
Mon/Wed Mar 31-Apr 23 5-7pm Free

Intro to College Writing & Grammar Review

Learn the rules of English grammar, sentence structure and mechanics. Become familiar with the steps in the writing process and move through writing effective paragraphs. Learn citation techniques for research papers and begin a research paper process.

Instructor TBD 6 sessions
Mon/Wed Mar 31-Apr 16 3-5pm Free

For more information or to register, please contact the Center for Veterans Education and Training Services at 877.356.8387(VETS) or visit vubmt.com.

Free tuition scholarships for many additional non-credit classes are available for first time participants.

WRITING**Explore Creative Writing**

Have you ever wanted to write creatively but wondered what to write about and how to even begin? With fun and interesting prompts, supportive fellow writers, and the freedom to create, getting started is easier than you think.

Kathy Dunnehoff 6 sessions
Tue Jan 28-Mar 4 11am-1pm \$99

Creative Writing Workshop

For writers who have taken Explore Creative Writing or have had workshop experience, let's dig into your opening chapters. With feedback and revision guidance, take your writing to the next level. No class 3/25.

Kathy Dunnehoff 6 sessions
Tue Mar 11-Apr 22 11am-1pm \$99

The Artist's Way: A Short Course

Join this class for a guided walk through the highlights of Julia Cameron's "The Artist's Way" and recover or discover your creative self. The book, "The Artist's Way," is required.

Kathy Dunnehoff 5 sessions
Tue Apr 29-May 27 11am-1pm \$89

The Art of Personal Essay

Explore the art and craft of the personal essay. The essence of the personal essay is what you think about—on any topic from the ridiculous to the sublime—filtered through the lens of your personal experience. Learn techniques for crafting personal essays, imbued with your unique voice and observations.

Maggie Doherty 5 sessions
Tue Apr 1-29 12-2pm \$89

YOUTH**Safe Sitter® Essentials with CPR**

Learn the essentials required to be a safe and successful sitter. This one-day training workshop prepares students to safely watch younger siblings or babysit and covers a number of safety issues including how to handle emergencies, choking safety, first aid and CPR, as well as basic child development and behavior management. Bring a lunch for a short break. Grades 5-8

Racheal Vargas 1 session
Wed Mar 26 8:30am-3pm \$79

Youth String Ensemble/Orchestra

Experience pre-professional training with other young musicians through the performance of selected pieces. At least one year of experience and the ability to sight read is required. Violin, viola, cello, and bass players welcome. Bring your own instrument. No lesson 3/25.

Leo Chen 14 sessions
Tue Jan 21-Apr 29 4-4:45pm \$134

FREE COMMUNITY LECTURES**Historic Fires in Northwest Montana**

Join local fire expert Rick Trembath for an exploration of fire's role in Northwest Montana's forests, where it has shaped both the environment and our history. From Native American fire practices to the evolution of fire management, this talk covers historic wildfires, ecological impacts and the balance between fire suppression and current fire strategies.

Rick Trembath

Thu Feb 20

6-8pm

Arts & Technology 139

Burning Issues: Unpacking the Impact of Wildfires on Our Communities

Wildfires are overwhelming suppression efforts and causing significant damage to vital community infrastructure including utilities, health care and schools, leading to prolonged recovery periods. Explore how past fire exclusion policies, combined with climate change, have contributed to the current challenges. Discuss cutting-edge research on wildfire impacts to critical infrastructure and strategies for high-risk communities to adapt and mitigate fire-related risks.

Erica Fischer, PhD/PE, Oregon State University

Thu Feb 27

6-8pm

Arts & Technology 139

How to Prepare Yourself, Home & Property for Wildfire

Join local wildfire experts for an informative presentation and panel discussion on how to prepare your home, property and yourself for wildfire. Topics include evacuation procedures, home hardening, defensible landscaping, forest management and available grant funding for fire prevention.

FireSafe Flathead

Thu Mar 6

6-8pm

Arts & Technology 144

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by Tina Howe
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tickets coming
soon to
fvcc.edu/theatre



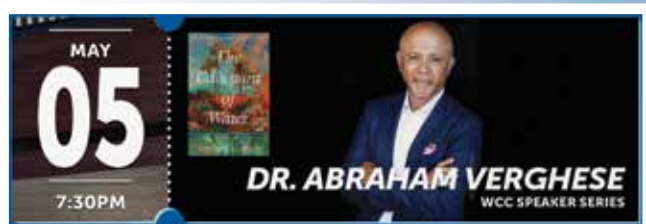
by Gilbert & Sullivan
April 24-26 &
May 1-3

Produced in partnership with the
FVCC Music Department



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