

# PVCE

## Powell Valley Community Education

PCSD#1/NWC Board of Cooperative Educational Services (BOCES) Since 1993  
Community Enrichment Class Catalog - Spring 2014

- NEW Excursions
- Arts & Crafts
- Local History
- Personal Enrichment
- Online Classes
- ...and more!



*Shoot for knowledge;  
try something different!*



*And now for something completely different...*

## Welcome!

This is no ordinary magazine! Rifle through the pages of this edition and set your sights on an expansive selection of high caliber lifelong learning opportunities. Put some kick into Year 2014. Target your favorites and enroll today online at [www.MoreLearningFun.net](http://www.MoreLearningFun.net) or call us at 307-754-6469.



Our covergirl is Ashlee Lundvall, of Cody, WY who is Ms. Wheelchair USA! Come and hear her story in a public program at NWC on April 8 or join her and the rest of the community at the annual Health & Safety Fair Event on April 12. Details are in this catalog.

Thanks for a great cover, Ashlee! You do us proud!

*Ingrid Eickstedt*, BOCES Executive Director CPP

## Who's Who at PVCE?– Let me introduce you to our staff:

**Vicki Olson** is PVCE's program specialist and excursion coordinator for our Education on Wheels programs. Being no stranger to both travel and education industries, she spirits participants in PVCE's van in every direction. They enjoy educational adventures and camaraderie. Please select from the ever-expanding selection of excursions she contributes here and posts online at [MoreLearningFun.net](http://MoreLearningFun.net). Vicki is also offering a couple of other interesting programs, too.

**Christine (Clifton) Bekes**, program coordinator, has returned to her childhood home sporting a keen enthusiasm for community service. She recently passed the Certified Program Planner (CPP) exam from LERN,

our nation's foremost association for continuing education professionals. (It's a big deal!) You may hear her cheerful voice on our phone or meet her at many of our programs. Don't forget to congratulate her on her new certification! Watch for her comments on our Facebook page!

As for me, Executive Director **Ingrid Eickstedt**, it's difficult to believe this will be my 15th year of steering the ship that is Powell Valley Community Education. No wonder my cat misses me!

**We all agree that it is a pleasure to serve you!**

**Thank you!**



### **Ashlee Lundvall** **Ms. Wheelchair USA**

Ashlee Lundvall, 30, is a wife (Russ) and mother (Addison) from Cody, WY. She completed her Bachelor of Science in Public Affairs in 2005 from IUPUI, and earned her Master of Arts in Biblical Counseling from Maranatha Baptist Bible College in 2007. Ashlee is a stay-at-home Mom, and she also teaches computer classes through Northwest College.

After a paralyzing ranching accident in 1999, Ashlee has been passionate about her platform, which involves encouraging, educating, and enabling women with disabilities to experience accessible outdoor adventures. She will spend the next year promoting her platform on her Crown & Camo Tour.

Ashlee is a founding member and current board member of Wyoming Disabled Hunters. She has served as Secretary and as the organization's Facebook page administrator, and participated as a hunter in the 2009 and 2012 deer hunts, as well as the 2013 elk hunt.

She also enjoys reading, cooking, design, teaching, hunting, and many other outdoor activities.

*Ms. Lundvall's photos were taken by Layna Hendrich of PhotographyLayn.*

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= Excursions     = Online Class



## EDUCATION ON WHEELS EXCURSIONS

For greater detail and breaking news about available excursions, go to [MoreLearningFun.net](http://MoreLearningFun.net) or call 307-754-6469. Always confirm dates and times as changes can occur. Unless otherwise noted, excursions will meet and end at the NWC parking lot at 6th & Division.

### Alberta Bair: “Ballroom with a Twist” / Women’s History Museum

*Vicki Olson*

Enamored by “Dancing with the Stars”? Then this is the musical for you! Come along for an afternoon visit to the Women’s History Museum in Billings, dinner (on your own) in a fun new locale with the group and then an evening of entertaining theater. Tickets/admission included.

T Jan 28 12:30-11:30p \$110 (\$99 if registered/paid by Jan 21)



### Alberta Bair’s “Hello, Dolly!” / Western Heritage Center Museum

*Vicki Olson*

Follow an informative visit to the Western Heritage Center with dinner (on your own) at a new and fun Billings restaurant. Then, experience the classic musical, “Hello, Dolly!” at the Alberta Bair Theater, Billings, from main floor seats. Transportation and admission fees included.

W Feb 5 12:30-11:30p \$110 (\$99 if registered/paid by Jan 29)

### Red Lodge: Smith Mine/ Museum/Yellowstone Wildlife Sanctuary

Experience local history, culture, wildlife and great food! We’ll



stop at the Bearcreek Cemetery on our way to Red Lodge for a bit of tragic history about the Smith Mine Disaster of 1943. A scrumptious brunch at Cafe Regis in Red Lodge precedes our tour of the Carbon County Historical Society Museum’s fascinating local exhibits, then off to the Yellowstone Wildlife Sanctuary. A hot cup of award winning clam chowder awaits at Bridge Creek Restaurant where wine tasting is available on your own.

Sat Apr 5 9a - 4p \$99

(includes brunch and all admissions)

### Petroglyph Canyon

*Chris Finley, Archaeologist*

Petroglyphs are prehistoric rock carvings made by pecking directly on the rock’s surface using a stone chisel. Petroglyph Canyon archeological site near Cowley has some fine examples! This is your chance to join renowned archaeologist, Chris Finley on a 2-hour hike to visit and speculate about prehistoric sites. BYO water, hiking boots and daypack. Participants should be able to comfortably hike up and down trails and dress for the weather.

Sat May 31 9:30a-2p \$39 (includes lunch)

### Jackson/Dubois: Elk Refuge & Bighorn Sheep Center

*Vicki Olson*

Join us for a trip to the National Elk Refuge near Jackson! Leave Powell in the early morning for a comfortable ride to Dubois and the National Bighorn Sheep Center. We’ll stay in Jackson and take the 2-hour interpretive nature tour at the Elk Refuge Visitor’s Center in the morning. The National Museum of Wildlife Art is also on the docket for a relaxing afternoon with fine art.



Your evening is free to choose your own dining tastes from the myriad of great restaurants in Jackson. Sunday breakfast at the Bunnery is followed by a sleigh ride through the elk refuge. Dress warm! We’ll head home that afternoon, stopping for nourishment along the way. Expect a late evening return. Pick up is available for those along our route. Includes 2 nights hotel, all admissions, sleigh ride, and escort. Meals are on your own. Call for details.

\$299 per person

F-Sun Feb 28-Mar 2







## Custer's Last Stand Reenactment

This is the year to see this popular historic reenactment! Let PVCE do the driving. We'll spirit you away to the reenactment site depicting the days of the Indian wars and one of the most infamous battles of that era, the Battle of the Little Big Horn where Custer met his demise. An early departure gets us to Hardin in time to enjoy the many festivities in town: quilt show, model train exhibition, arts and crafts fair, historic book fair, and special museum exhibits. A hearty sack lunch is provided so the group can get out to the site to secure seating for the reenactment. Dinner will be on your own in Billings on our way back home.

F Jun 27 6:30a-9p \$129 (includes transportation, lunch & tickets)

## Fort Phil Kearny & Fetterman Battlefield

History buffs will enjoy the trip over the Big Horn Mountains to the site of Fort Phil Kearny, one of 3 U.S. Army forts established along the Bozeman Trail in 1866 to protect travelers from Indian attack. The location of the fort was in the middle of Lakota Sioux sacred hunting grounds which fueled war with the tribes led by Chief Red Cloud. Ultimately Captain Fetterman's entire command of 80 men was wiped out on Dec. 21, 1866, the worst defeat suffered by the U.S. Army before Custer's at the Battle of the Little Big Horn 10 years later. Our tour will be conducted by the retired superintendent of the site and will include a detailed weapon's presentation. After our tours and picnic lunch, there will be free time in Story to browse the shops and galleries. We will also stop on the route home for a quick dinner (on your own).

Sat Jun 7 7a-8p \$119/person

## Thermop Area: Hides, Wool & Whiskey Business

Vicki Olson

Back by popular demand, the excursion will visit Lucy's Sheep Camp where Billie Jo Norsworthy will show us various types of sheep she raises and how she processes the wool. She'll have a special felting project for us to do in her beautiful shop. We'll stop at Butch's Place, known for its fabulous burgers, for lunch on your own and then off to tour the Wyoming Whiskey distillery. Yes, there will be samples. Merlin's Hideout, in Thermopolis, will show us how they tan buffalo hides and invite us to browse in their gorgeous shop filled with crafted leather goods. Sign up with a friend for twice the fun.

T Mar 4 7:30a-6p \$79

(includes project supplies)

“  
Very informative!  
So great to see WY products  
from start to finish.  
—Rebecca Pack about the Hides,  
Wool & Whiskey excursion”

## Lovell Highlights: Sugar, Honey & the Hyart

Back by popular demand! Sweet treats await in neighboring Lovell! Our first stop is the Western Sugar factory for a guided walking tour. Participants must be able to climb 3 flights of stairs. Wear good walking shoes, long pants and a long-sleeved shirt! Next is lunch at the Switchback Grill (included). Once fortified, we head to the 1950's Hyart Theater, listed on the National Register of Historic Places, for a personalized backstage tour. Across the street is the Queen Bee Gardens candy factory for our final tour of the day and a chance to taste and buy delicious gourmet treats to take home as souvenirs of a great day!

Th Jan 30 9:30a-4:30p \$39

## Mark Your Calendars!

Sheridan: Kendrick Mansion & Big West Arts Festival ..... Aug 2 \$79  
Sheridan: Bradford Brinton Museum & Polo Match ..... Aug 10 \$79  
Lovell: Bee Keeping, Honey Extraction, Bentonite Plant ..... Sep 3 \$39

## Chief Joseph/Beartooth Pass Loop/Excursion

Vicki Olson

Rise early for a family-friendly scenic drive over the Chief Joseph Hwy through Crandall and across the Beartooth Pass. Stop for a picnic lunch when the time is right and make as many photo and snowball fight stops as the group desires. After a stop at the Top of the World, the van will head to Red Lodge, visit the Yellowstone Wildlife Sanctuary and wander at will before dinner at the Red Lodge Pizza Company. We'll stop at the Bear Creek Saloon to take in the famous pig races, too! What a day! (Meals, transportation, & escort included.)

Sat Jun 21 8a-9p \$79/adult  
\$69/child <13 yrs

## Cody Area: Y-Tex, Caleco Foundry & Mountain Valley Artistry Taxidermy

Tour a few of our local area treasures and business success stories! This excursion begins with a tour of Caleco Foundry run by the Hall family where many sculptors send their work to be bronzed. Depending on our timing, we may get to see a pouring! Afterwards Y-Tex hosts the group for a tour of their manufacturing facility. Lunch at Pat O'Hara Brewing Company (on your own) follows and then a visit to Jim Marsico's taxidermy, Mountain Valley Artistry.

T Jun 17 8a-3p \$39

## Heart Mountain Interpretive Center



This mini-excursion provides each participant with a great introductory visit to the Heart Mountain Interpretive Center built to commemorate the internment of many Japanese-American citizens during WW II. A group tour and 2 short videos are included in the visit. Perhaps you grew up in this area and have experiences of your own to share. If you are new to the area, this is an important part of the history of our country. Come join us!  
W Mar 26 9:30a-12:30p \$15 (Museum admission, tour, video presentations and transportation included).



## COOKING & EATING!

### Sweets for Your Sweetheart: Desserts to Melt Hearts

Andy Fulton

Have you ever wondered why the center of your cheesecakes fall or how a mousse can be THAT fluffy? Join Chef Andy Fulton on Valentine's Eve as he teaches you all of his secrets (okay, maybe not all) to a few of his signature desserts: white chocolate mousse in a dark chocolate cup, swirl cheese cake, salted caramel, and creme brulee. He will also be giving out his recipe for an Italian specialty, Tiramisu, and a decadent apple fromage en croute. Can it really be that easy?

Th Feb 13 6:30-9p

\$69 (\$20 supply fee included)

PCSD#1 Cottage

(328 E 3rd St, Powell)



### A Taste of Vietnam

Miley Nguyen

Eating Vietnamese food is like having a party of fresh flavors for your taste-buds! Learn how to make delicious, healthy dishes from one of our own international Northwest College students, Miley Nguyen. Miley will be walking you through the steps to prepare Nem cuốn (fresh spring rolls), ba'nh xe'o (a sizzling pancake or crepe), and sup ga (chicken soup). These recipes can be easily adapted to be gluten free! Please bring a cutting board, knife, bowl and a container for your food to take home. Your participation and a portion of your fees help support the NWC Multicultural Club.

Sat Apr 26 9-12

\$49 (\$20 ingredients included)

PCSD#1 Cottage

(328 E 3rd St, Powell)

### Southeast Asian Appetizer Delight: Indonesian Spring Rolls

Yarti Horner

Tired of cheese and crackers for your parties? Offer your friends authentic homemade Indonesian spring rolls instead! Yarti offers instruction about the preparation and filling of wraps while you make yours to take home to share! These delicious veggie-filled delights can also be easily frozen for later use. BYO vegetable cutting knife and cutting board. Everything else will be supplied. Want more? Yarti's noodle class immediately follows.

Sat Feb 22 10-11a

\$25 (\$10 ingredients included)

PCSD#1 Cottage

(328 E 3rd St, Powell)



### Indonesian Fried Noodles

Yarti Horner

Learn the "right" way to prepare one of Indonesia's most popular dishes, Lomai (or fried noodles to us Wyoming folk). If you couldn't join us for the spring rolls earlier in the morning, come for the fried noodles! Yarti will be supplying us with the ingredients, cabbage, green onions, celery, egg noodles, eggs, oil and seasonings. You just need to bring your knife and cutting board and some ready-to-be-tantalized, taste buds. This is a great, meatless-alternative main dish, or side dish for your family and friends.

Sat Feb 22 11a-12:30p

\$25 (\$10 supply fee included)

PCSD#1 Cottage

(328 E 3rd St, Powell)

**Avoid Class Cancellations:**

**Register Early!**

**754-6469**

**MoreLearningFun.net**

### Who? Me? Gluten Free!!!

Theresa Karter

Gluten free diets are not just a trend. They may be the answer to your medically unresolved physical issues. Gluten appears in more products than most realize. Get answers to your gluten questions: What is Gluten? Why and when does it cause physical problems? How can you "go gluten free" successfully? Learn from Theresa Carter, RN, MBA, MSN and Certified Family Nurse Practitioner, how to buy foods and read labels. Find out if trying a gluten free diet could help you or your family member feel better.

T Feb 11 6:30-8:30p \$10

NWC Fagerberg 65

## PCSD #1 PROGRAMS

...for the very young

### PCSD#1 Little Tots & Preschool

Holly Howell, Pre-Kindergarten Transition Liaison

PCSD#1 Cottage, 328 E 3rd St, Powell

*IMPORTANT: These are not drop off programs. The adult learns right along with the child. There is no charge, but advance registration is required. Call 307-764-6182.*

#### "Little Tots" - Wednesdays

Either 8:45-9:45a or

10-11a

For infants through 2 years and their caregivers.

Sing songs, read books, paint, explore technology, and socialize with other toddlers. Parent/adult will see how their child interacts with others. Receive take-home lessons and a monthly calendar with an everyday activity to do with your little one.

#### Preschool - Tuesdays & Thursdays

8:45-10:15a or 10:45a-12:15p

For children ages 3-5 and their caregivers. Share books, sing songs, explore technology and use creativity through art projects. PCSD#1's language and math curriculums are utilized.





# HISTORY

## WYOMING HUMANITIES COUNCIL PROGRAM: Brother, Can You Spare a Dime?

*William Rossiter*

Returning by popular demand, "Bill" Rossiter has another educational, yet entertaining music program about the Great Depression. He explores the Great Depression through story and song from the back porches and kitchen tables, not the music halls. They are the "laughing to keep from crying" songs of the day, strummed and plucked on the guitars of the common folk. He invites audience members to share memories and family tales of the depression. Bill plays his own instruments (guitar, banjo, harmonica, to name a few) while keeping his audiences' attention with non-stop songs and tales. Bring the entire family!

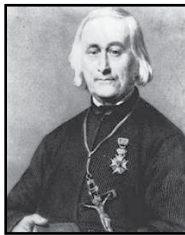


Th Jan 30 7-8:15p FREE  
NWC Hinckley Library Amphitheater

## The Spiritual Lives of Wyoming's Founding Fathers & Mothers

*Warren Murphy*

How did our founders' religious beliefs shape the past, present and future in Wyoming? Author Warren Murphy, discusses his research on the spiritual leaning of persons of note such as Jim Bridger, Nellie Tayloe Ross, Chief Washakie, Butch Cassidy, Father DeSmet, Buffalo Bill, Brigham Young, J.C. Penny, Bishop Ethelbert Talbot and others. In particular, Warren will focus on how their faith and tradition influenced their lives and who they were. Copies of his book, "On Sacred Ground: A Religious and Spiritual History of Wyoming," will be on site for those wishing to purchase it.



T Feb 25 7-8:30p FREE  
NWC Fagerberg Bldg Rm 70

## Maude and the Fraud

*Glenda Bell*

In 1941, Jean Hickok McCormick announced in Billings, Montana, that she was the daughter of Wild Bill Hickok and Calamity Jane. She had evidence: Calamity's diary, her letters and her Episcopal Book of Prayer. McCormick seemed to know a great deal about Calamity, enough that it created some validity to her claim. However, it was common knowledge that Calamity couldn't read or write. Besides, Hickok and Calamity only knew each other two months, so it was possible, but not probable. Glenda Bell has been researching Calamity Jane since 1987. One cannot research Calamity without coming across McCormick. Calamity did have a daughter, but not this woman. McCormick was a fraud but, who was she really?

Th Mar 6 7-8:30p FREE  
NWC Fagerberg 70

## The Country School Trick

*Glenda Bell*

It's 1948. Envision a standard one-room school house, two outhouses and a flagpole on the northern edge of the Missouri Ozarks; a benign, motley crew of sixteen farm kids, set on living spontaneously; a young widowed teacher set on implanting civilized manners, cleanliness, good posture, patriotism and the three R's. Enter a vagabond 3rd grade girl who had already attended three California schools, roamed the streets and knew a thing or two about the adult world. The battle was on: bring order out of disorder. This humorous personal recollection of events will warm your heart. The teacher won in the end and produced a professional storyteller in the process. Shared 66 years later...so mostly true.

T Apr 1 7-8:30p FREE  
NWC Fagerberg 70



## Write Your Life Story

*Rhonda Schulte*

Personal historian Rhonda Schulte will guide you through life writing exercises and memory sparking discussions so you can record your personal memories to pass on to your children, grandchildren and great grandchildren. She will help you compile a life writing notebook that will keep you motivated to write long after the class. Bring some notepaper and a pen/pencil or your laptop/tablet for writing. You don't have to be a good writer to enjoy this class! All ages are welcome. Rhonda is an experienced instructor having taught this class in several other communities, so don't miss this opportunity!



T Jan 28, Feb 4, 11, 18, 25; Mar 4 (6x)  
7-8:30p \$49 (includes \$10 supply fee)  
Fagerberg Bldg Rm 71



## The Battle of Shiloh

*Shawn Williams*

Learn about one of the bloodiest battles of the American Civil War. This battle almost saw the destruction of the Union Army on the first day, and nearly ruined General U.S. Grant's career. The Union Army was surprised by the Confederates, almost losing territory that it had gained in previous battles. The Battle of Shiloh solidified Union control of Western Tennessee. Shawn Williams is a member of the Civil War Trust and formerly worked for the Vicksburg National Military Park.

Th Apr 10 7-8:30p FREE  
NWC Fagerberg Bldg Rm 70



### Take a Hike with the Blevins Brothers

Ron Blevins

Ron Blevins will take you on a virtual 1992 backpacking trip into the Beartooth Mountains with three Blevins brothers and a dog named Bo. Follow along with Ron's map and photos to take the dirt road past the Fisher Creek mining area and Jeep trail north of Cooke City, MT, to Star Lake. With packs, cross the boundary into the Beartooth Wilderness and make your way north on the trail past Big and Little Goose Lakes to Grasshopper Glacier at the head waters of West Rose Bud Creek and, with no trail, you're on your own to follow the drainage to another Star Lake until you hook up with the trail past Silver Lake to Island Lake and to Mystic Lake. No sweat! Breathtaking!

M Mar 3 7-8p FREE  
NWC Fagerberg Bldg Rm 70

### Weather Spotting Training

Chris Jones



Become an integral part of the National Weather Service's warning program by becoming a trained volunteer severe weather spotter! Learn about severe weather and how to identify cloud elements indicative of impending severe weather conditions. As a trained weather spotter, students can provide critical decision-making observations that help meteorologists fulfill the NWS mission to protect lives and property. Training is provided by professionals from the National Oceanic and Atmospheric Administration. An exciting multimedia presentation helps students gain spotter skills that help them identify conditions that lead to severe weather like tornadoes and flash floods. Please pre-register so the minimum required participation level can be met. No obligation to join. Impressive videos!

T Apr 22 6:30-8:30p FREE  
NWC Fagerberg Bldg Rm 70

### The Good, Bad and Ugly: Lessons of Sustainability at Bighorn Canyon NRA

Rick Lasko, National Park Service

This program covers the National Park Service response to the failed solar-powered system at the visitor center in Lovell, including recent retrofit design alternatives from Montana State University's Graduate School of Architecture and CTA Architect and Engineers of Billings. Lasko will also share other aspects of sustainability at Bighorn Canyon National Recreation Area, including lessons learned, funding issues and new efforts to make the park's landscape and facilities more sustainable. Bighorn Canyon NRA includes 66,000-acres with National Park Service Headquarters in Ft. Smith, Montana.

Th Mar 27 7-8:30p FREE  
NWC Fagerberg Bldg Rm 70

### A Photographic Expedition into the Bighorn Basin

Dr. Charles Preston

Join Dr. Charles Preston for an exciting photographic and video expedition into Wyoming's Bighorn Basin, exploring the realm of the sage-grouse, pronghorn, golden eagle, and much more. Learn how this fascinating landscape was formed, how it changes, and how its inhabitants relate to one another and to their physical environment. The Bighorn Basin supports vast tracts of sagebrush grassland - a unique and iconic landscape that is rapidly disappearing through much of the American West. Trained as a wildlife biologist and ecologist, Dr. Charles Preston, is Senior and Founding Curator-in-Charge of the Draper Natural History Museum at the Buffalo Bill Center of the West. He was a biology professor at the University of Arkansas, and Curator and Chairman of the Department of Zoology at Denver's Museum of Nature & Science.

Th Apr 24 7-8:30p FREE  
NWC Fagerberg Bldg Rm 70

### Year 2 -- Watch Our Community Garden Grow!

Sandra Frost

Are you following the happenings surrounding Powell's Community Garden? Are you interested in getting involved, being a better gardener or introducing gardening to children? Sandra Frost will reveal the garden's plans for 2014 in this free program. She will inform participants about various gardening programs offered including Master Gardener, Youth and Childrens' planning. Find something that is right for you! Whether or not you have a plot of your own, you will gain some valuable knowledge about your local resources.

Th Mar 20 6:30-8:30 FREE  
NWC Fagerberg Bldg Rm 70

### How to Raise Higher Quality Food in Your Garden or on Your Farm

Stanley Jones

Did you know that you could actually add too much manure and have soil that does not support a good crop for 10 years? And yet, keeping the build-up of organic matter is of utmost importance for a garden or farm to yield a fruit of higher nutritional content. Stanley Jones knows that higher quality foods can help battle autoimmune disease and give our children a better foundation for learning. He also knows how to improve your soil and keep it rich. Are you interested in selling your nutrient rich fruits and vegetables? Find out how to get them to the best market for your produce. Stan is an experienced organic farmer who walks the talk. Each student will receive the book "Autoimmune: The Cause and The Cure", by Annesse Brockley and Kristin Urdiales, a \$9.99 value.



T Mar 25 6:30-8p  
\$15 (includes book)  
NWC Fagerberg Bldg Rm 65

## Weeds and Ways to Whip 'em

Mary McKinney

Prepare to meet some of these devious devils in person! Weeds can spoil our beautiful gardens and yards, especially in the wild west. Learn how to identify and eliminate them from your life. Depending on the species, you may not even need herbicides. If weather allows, our instructor, Mary McKinney from Park County Weed and Pest Control, will take us outside so we can practice on the living!

T Apr 15 6-7:30p FREE

NWC Fagerberg 71

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## PERSONAL ENRICHMENT

### Overcoming Obstacles and Challenges

Ashlee Lundvall, Ms. Wheelchair USA

Have you ever had a challenging time in your life that made peace and happiness feel out of reach? Come to hear how a ranching accident in 1999 turned the life of a young teenager upside down and how she learned to move forward. Ashlee Lundvall of Cody was crowned Ms. Wheelchair USA in July of 2013. She also just got her first elk in the 2013 hunting season! Her story of not just overcoming obstacles, but conquering them, will inspire you. Additionally, Ashlee will take you on her journey as a pageant contestant and tell us about how she prepared for such a major event. Ashlee is a wife, mother and also a teacher, a frequent instructor for Northwest College Center for Training and Development.

T Apr 8 7-8:30 FREE

NWC Fagerberg Bldg Rm 70

### ARTbundance™: A Creative and Artistic Approach to Your Wellness

Suzanne Armstrong

Access your creativity through unique art exercises to see your personal issues in a new light. Maybe it's a story or a word collage that opens your door to more joy, prosperity and meaning in life, or closes the door to frustration or anger. Suzanne Armstrong, ARTbundance™ Coach and Practitioner, will introduce you to this alternative approach to self improvement. If traditional methods have left you frustrated and no further ahead than you were before, let Suzanne teach you how to use some of your own gifts in a different way and take home your own creative work of wellness.

W Apr 2 7-8:30p \$10

NWC Fagerberg Bldg Rm 20



### Africa: Put Passion & Adventure into Your Travels

Vicki Olson

Take the mystery out of exotic travel and learn how rewarding a trip to Africa can be! World traveler, Vicki Olson, will give you a photo presentation of Africa's geography, wildlife and people from her recent 3-week adventure in Uganda, Kenya and South Africa. She will also tell you how you, too, can travel there and what you need, i.e., shots, costs, and local transportation. Vicki will describe various opportunities to make your trip to Africa both a personal adventure and a humanitarian project with opportunities in agriculture, schools and healthcare. Come prepared to leave with dreams of your next vacation and the knowledge to make it happen. Part of the proceeds go to an African charity.

M Apr 7 7-8:30 \$10

NWC Fagerberg Bldg, Rm 70



### Leading with Excellence: Tools for Effective Boards

Tara Kuipers, MS

Do you serve on a board of directors and feel you and your board could be more effective? Are you thinking of serving on a board, but you're not sure what is involved? This 4-part workshop series will give current and prospective board members, as well as key staff of board-governed

organizations, the knowledge and practical tools needed for leadership excellence. Tara Kuipers with the University of Wyoming Extension will offer best practices and proven strategies for effective board service. If you have never taken a class with Tara before, prepare yourself for an amazing



learning experience! Join us to become a better board member AND serve on a better board!

T Mar 18, 25; Apr 1, 8 (4x) 6-9p \$49

NWC Center for Training and Development Classroom (West Campus)





## ARTS & CRAFTS

### Zentangle: Creative Patterned Drawing for Everyone

*Donna Mann, Vicki Olson*

Zentangle is a type of drawing involving intricate, creative patterns. (We used one as a background here and on the inside back cover of this catalog!) It is easy to do at any age and can be fun and relaxing. The first class will focus on exposing students to the method and infinite possibilities of its use. Everyone will practice with different creative patterns and then begin work on a choice of projects. The second class will be for sharing works created during the week and ideas for finishing them to hang or present as gifts. Supplies are included, but students may bring their own favorite fine tipped art or gel pens. Why not register with a child (age 12 & older) for a memorable activity together?

M Mar 17, 24 (2x) 6:30-8:30 \$25 (includes \$10 supply fee)  
NWC Fagerberg Bldg Rm 61

### Scarf Magic

*Connie King*

Add a fashionable twist to your wardrobe at little or no cost. Did you know that scarves come in various shapes and sizes, and there are dozens of stylish ways to tie them? Learn at least 10 of them from silk scarf designer Connie King! Connie will show you cowboy western, European, and funky universal techniques, even encourage you to add your own creative signature twists suitable for casual, business, fun or formal wear! Get tips on smart ways to rejuvenate scarves you already own. Register by yourself or enroll with a friend or family member to boost the fun! This is your chance to share your creative scarf moves! As a bonus, each student will take home a FREE 100% silk scarf! Learn more about Connie's silk scarves at [coveyofquail.com](http://coveyofquail.com).

T Mar 25 6:30-8p \$20  
NWC Fagerberg Bldg Rm 20

### African Paper Beads

*Vicki Olson*

Make beautiful necklaces and bracelets using recycled paper and seed beads like they do in Africa. Vicki will bring authentic examples to show you from her recent trip to Africa. She will show you how to make your own piece of jewelry and also how to make it last. This is an easy craft for anyone and Vicki welcomes children 8 years old and up. Vicki will supply the seed beads, paper, glue and beading thread/wire. Please bring a pair of scissors with you. \$5 supply fee is included.  
Sat Apr 5 10a-12p \$15 per adult, \$10 per child (8-16 yrs old)  
NWC Fagerberg Bldg Rm 61



“*Anna's patience and expertise allowed me to create a beautiful piece of art. I would highly recommend any of her classes.*

*Thank you, Anna!*

— Alice Bird

### Scrapbooking: Beyond the Basics

*Sandy Gray*

Take your scrapbooking to another level! Join Sandy Gray, owner of Treasured Memories in Cody, as she gives a hands-on demonstration of various Distressing and Enhancing Techniques. The first class will show how to use ink, sandpaper and paper tear to enrich your craft projects. Come back for a second class (or take them each independently) that will show you how to incorporate twine, decorative tape and glitter glues. Many examples will be on display and all students will receive a goodie bag and samples. Class tuition also includes a \$15 supply fee.  
Class One: Th Feb 20 6-8 p \$29  
Class Two: Th Mar 13 6-8p \$29  
PCSD#1 Cottage (328 E 3rd St)

### Jeans Reincarnated; Quilting with Denim!

*Katherine Hooper*

Learn from an expert how to transform recycled jeans into beautiful lap quilts that can either be kept or donated to charity. Instruction for quilting for keeps costs \$30, but only \$10 if donating your quilt to charity. Enjoy social sewing with other creative and generous folks. First timers and repeat quilters alike are welcome. Bring just scissors the first day. Thereafter, also bring your basic sewing supplies, sewing machine, and extension cord. Denim supplied or bring your own.  
M Jan 27; Feb 3, 10, 24; Mar 3 (5x) 6-9p  
NWC Fagerberg Building, Room 61

### Keeping You in Stitches: An Exploration of Needlepoint Stitchery

*Anna Sapp*

Push the limits of your artistic side with the ever changing form of needlepoint. From the basics to more advanced, needlepoint is applied geometry and an exploration of light. Let Anna show you how even the artistic can be scientific! Build a sampler collage of needlepoint stitches which can then be turned into a unique hand-crafted purse. All you need to bring is a pair of scissors and a desire to learn. Anyone over the age of 12 is welcome to participate.

Th Mar 20, 27; Apr 3 (3x) 6:30-8:30p \$49 (\$25 supply kit included)  
NWC Fagerberg Bldg Rm 61



## HEALTH & WELLNESS

### The Food Connection

Stanley Jones

How can higher quality foods help you treat, minimize effects or avoid autoimmune diseases? And where does one find these foods? Enjoy a robust discussion with Stanley Jones, owner of Dorsey Creek Organics, about how nutrient dense foods can improve your health and help you fight disease. Stanley will discuss the benefits of rich foods like raw sauerkraut or kefir and help us know what to look for when we shop — hopefully locally. He will touch on the importance of the soils our foods are grown in, but will cover much of this in his next class on local food. Each student will receive the book *"Autoimmune: The Cause and The Cure"*, by Annesse Brockley and Kristin Urdiales, a \$9.99 value.

T Mar 18 6:30-8p \$15

(book included)

NWC Fagerberg Bldg Rm 65

### Lengthen & Strengthen

Lynn Evertz, RN, LMT

If you have tight muscles, or just don't move like you used to, this could be your class! Wear clothes that stretch with you. This class will help you relax and feel better. Combined with relaxed breathing, the slow and gentle movements will allow the muscles and tissues to soften, relax and get longer. This class is designed to fit everyone's abilities. If students have any particular physical limitations, they will be assisted in altering a position to their best advantage.

Th Feb 6, 13, 27; Mar 6, 13 (5x)

6:30-7:30p \$39

The Yoga Center (163 N Clark St)



### Meditation 101: Finding Peace in a Busy World

Brenda Nelson

Meditation is not just for Buddhist Monks! There are many different types of meditation and this class will explore some styles that you can incorporate into your busy life. Meditation can help relieve stress & anxiety, create wellness, lower blood pressure and increase happiness. Brenda Nelson will teach techniques for a hectic schedule, from a 5 minute music meditation to an even shorter meditation you can do in your car. Can't sit still? Well, you will also learn how to do a daily walking meditation. Be prepared to practice in class while sitting in your chair. Wear comfortable clothing. Brenda has been a Mind and Body Wellness Practitioner since 2011 and recently became a Reconnective Healing Practitioner.

M Mar 17, 24, 31; Apr 7 \$39

NWC Fagerberg Bldg Rm 71

### Infant Massage

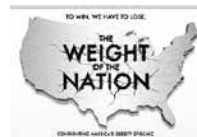
Lynn Evertz, RN, LMT

Learn massage techniques that will not only soothe and comfort your baby, but may also help with discomfort from colic, teething and elimination. Massage has been shown to improve our overall well being, and this translates to babies as well. It can stimulate digestive systems, help with muscular development and body awareness. Additionally, massage is a bonding experience for babies with the adults in their lives, helping to develop trust and confidence. This class is open to all parents and caregivers. Please bring your baby, ages 3 wks to 9 mths or a doll.

Th Mar 27; Apr 3, 10 (3x)

11:30a-12:30p \$39

The Yoga Center (163 N Clark St)



### Weight of the Nation Film Series and Discussion

Wendy Morris and Val Walsh-Haines

Did you know you have to walk between 2 and 3 hours just to burn off a serving of french fries? Or swim for an hour and a half? Come for an interactive discussion and viewing of HBO's *The Weight of the Nation*. This four-part documentary series, *Consequences*, *Choices*, *Children in Crisis* and *Challenges*, features case studies and interviews with leading experts and with individuals and families struggling with obesity. Come for all four films, or just one. Each viewing will be followed up by an interactive discussion by our facilitators. These screenings are brought to you by the Wyoming Cancer Resource Services and the Park County Health Coalition.

Th Feb 6, 13, 20, 27 7-8:30p (4x) FREE

NWC Fagerberg Bldg Rm 70

### 5 Vibrant Paths to Health

Suzanne Armstrong

I've tried many different approaches to my health issues and I'm still having problems! If this is you, maybe it is time to learn how healing can come from the inside through the 5 Vibrant Paths. Step into these paths that honor your health and healing abilities and then color your life vibrant. These are the paths to reclaim ownership of your innate healing abilities. Explore what is blocking you from your healthiest self. Discover another approach to health and wellness, with Suzanne Armstrong, Naturopath, Herbalist, Wellness and ARTbundance™ Coach and Practitioner.

W Mar 5 7-8:30p \$10

NWC Fagerberg Bldg Rm 20

### Understanding the Community Health Center

William Baker, Director PHCC

Yes, your thoughts and opinions matter! Come hear about YOUR Community Health Center (CHC) that by law YOU, the community, govern. Join the Powell Health Care Coalition and guests as they share the mission of the Bighorn Basin's Community Health Center, the steps to establishing it, the integration

of services and the importance of community governance. Nationwide, there are approximately 1,200 CHC's providing care to more than 21 million patients regardless of their ability to pay. Learn about the health and economic benefits for you, your family and your businesses. The 4 different classes will

discuss the 4 different phases of the CHC. You can attend one session individually or attend all 4 for the complete view. T Jan 28; M Feb 24; W Mar 26; T Apr 29 7-8:30p  
NWC Fagerberg Bldg Rm 70



## Computers for Cavemen: Moving beyond the Start Button

Vicki Olson

Entering the Age of Computers as an adult can be a daunting task. Now is the time to step forward and learn the basics so you can become confident emailing, searching the internet, writing and printing letters, downloading programs and more. This relaxed beginner class will be taught in a computer lab, but you may bring your laptop if that is the computer you don't know how to use! We will start from the very beginning and move at a pace that suits the class. Pot luck refreshments welcome. M Feb 3, 10 (2x) 6:30-8:30p \$19  
NWC West Campus CTD Computer Classroom (1397 Fort Drum Drive)



## Facebook for Beginners

Lisa Smith

Learn about Facebook from the beginning with a great teacher: signing up for an account, security settings to use, downloading pictures and creating albums, deleting posts, blocking users, friending contacts, adding a business or group page, messaging and more. Class will be held in an NWC computer lab, but all that is created can be pulled up on your own computer at home later.  
Sat Feb 8 10-11:30a \$29  
NWC Fagerberg Bldg Room 26

## iPad Classes

Lisa Smith

Three levels of instruction will be taught Saturday, Feb 1, in NWC Fagerberg Bldg Room 20. Bring your fully charged iPad and Apple ID.

- **iPad Pre-Basics:** For anyone with no experience with the iPad and those who do not have the I.O.S. 7 operating system loaded or an Apple ID. If you got one for Christmas, this class is for you. 9-10a \$10
- **iPad Basics:** For those with basic knowledge, a current Apple ID and IOS 7. 10-11:30a \$29
- **iPad Intermediates:** For those who are ready to leap ahead to more advanced skills. 12:30-2p \$29  
NWC Fagerberg Bldg Room 20



*Lisa was very informative!  
Excellent!*

—Dawn Gilbert on the iPad classes



## Gerbils or Gremlins? — Disect a Computer

Jory Yates

Ever wondered what's inside a desktop computer tower? Bring your Phillips screwdriver and take a peek at the gerbils inside a CPU! This hands-on learning experience will help you understand what goes on inside that magic box and how it works. Each

student will be given his/her own retired CPU to dissect boldly under the watchful direction of your instructor who has years of experience handling hundreds of computers. He is a staff member of Northwest College's Computer Services. To donate an old CPU to this educational cause, remove all personal information before taking it to the Re-Store for recycling. Sign up with a friend or family member to double the fun!

Sat Mar 22 9-11:30a \$19

NWC Fagerberg Bldg Rm 71

## PC Troubleshooting

Don't spend your hard-earned cash on expensive PC repairs! The vast majority of the problems people experience with their computers do not need an expert to repair! Learn about typical hardware and operating system problems, troubleshooting techniques to decipher problems, and skills you need to solve them. After learning the basics, the course launches into some more advanced and nasty problems that can crop up. You can learn how to diagnose and fix those problems as well! Maintenance and optimization of a Windows PC also covered. *This is a 6-week online course which starts anew monthly: 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17. Two lessons provided weekly. To register, call 754-6062 or go to [ed2go.com/nwcfasttrack/](http://ed2go.com/nwcfasttrack/) Fee: \$95*

## 13th Anniversary of Geocaching: Get Out There!

On May 2, 2000, a switch was flipped and 24 satellites from around the globe gave GPS users an instant upgrade. On May 3rd, as a test of this newly-upgraded access, a navigational target was hidden in the woods, establishing the first Geocache. The rules were simple "Take some stuff, leave some stuff." Did you know that some of our local parks have multiple Geocache locations? Join Torie Dickson, expe-

rienced geocaching enthusiast, for a classroom how-to session and then accompany her into the field. You will improve your navigational skills, discover interesting new places and learn new things about familiar spots. You will also learn how to create your very own geocache.

**INTRO CLASS:** Th May 1 7-8:30p \$10 (Bring your handheld device or GPS), NWC Fagerberg Bldg Rm 26

Victoria "Torie" Dickson

**FIELD TRIP:** Sat May 3 10a-2p \$10/person or \$15 for Parent/Child (additional children \$5 each) BYO lunch and GPS handheld device or Smartphone and join Torie for a hands-on, high-tech treasure hunt. Children (11+) must be accompanied by a parent. Prerequisite: Intro Class on May 1, or teacher's permission. Meet at the NWC parking lot 7th & Bernard St





## DRIVER EDUCATION

### Alive at 25: Driver Awareness

Brian Bragonier

This driver awareness program directly addresses the most common causes of crashes involving young drivers: speeding, impaired driving, lack of awareness of the consequences of risk-taking behavior, inexperience with the complexities of driving, distractions and pressure from peers in the vehicle. Instruction provided by a Wyoming Highway Patrol Trooper occurs in a classroom setting and students do not need to have a driver's permit or license to participate. The highly interactive 4.5-hour class is offered to participants between the ages of 15 and 25. Pre-registration encouraged. Certificates of completion for this program can be applied toward PVCE's summer driver education program requirements. Free pizza lunch for participants!

Sat Feb 22 or Sat June 21 10a-2:30p  
FREE

NWC Fagerberg Bldg Rm 70



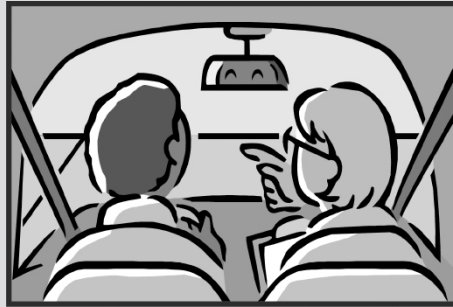
### AARP Mature Driver Safety

Barbara Gast

The AARP Driver Safety course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive today's roads safely. Ask your insurance agent if taking this course makes you eligible for a discount. Contact Powell Senior Center for more information and to register, 307-754-4223. Cost is \$15 for AARP members and \$20 for non-members.

Th Apr 17 8:30a-3:30p (1-hour lunch break at 11:30a)

Powell Senior Center 248 N Gilbert St



### Traditional Summer Driver Education Course

Fee: \$240 (includes textbook and gasoline supply costs)

Register now. Space is limited to first 30 paid enrollees. At the time of printing, specifics of this June program have not yet been determined, however updates will be posted online as they occur. Our approved driver education course consists of at least 30 hours of classroom instruction, and a minimum of 6 hours behind the wheel and 6 hours of driving observation. Priority enrollment is given for pre-paid students residing within PCSD#1. All students must own a valid Wyoming Learner Permit, or Driver License secured before May 1, 2014. This class typically takes a commitment of the entire month of June, so schedule accordingly. Tip: Get a jump start on the summer class requirements by taking taking Alive at 25 on Feb. 22. Stay tuned at our website for breaking driver education news, [MoreLearningFun.net](http://MoreLearningFun.net) or call 307-754-6469.

Jun 4-28 (tentative)

**NEW! Payment plan available for early enrollees!**

“ I think every 15-25 year old should attend this class.

—Kyle Church, Alive at 25 student”



## KA-CHING

### Econo-Misers' Brown Bag Lunch

PVCE Staff & Friends

Benjamin Franklin said, “A penny saved, is a penny earned.” Don't eat lunch alone! BYO brown bag lunch and join other like-minded working folk on their noon lunch hour. Gather around the PCSD#1 Cottage's kitchen table once a week. As we eat, we will share tips on how to stretch the dollar, purchase wisely, live frugally and truly enjoy saving. Come and go as you please during the noon hour. You will be asked to bring a money-saving tip each week. Together, we can benefit from awareness of current bargains and opportunities. Drop-ins welcome.

Bring a friend.

T Feb 4, 11, 18, 25

(4x) 12-1p FREE

PCSD#1's Cottage

(328 E 3rd St,

Powell)



### Credit & Interest: Two of the Most Important Words in Your Financial and Personal Life

David Saucedo

Your credit rating affects your life in ways you need to know. If you have co-signed a loan for your children, be aware of the implications that has on your own credit rating should they default. How does your use of credit cards affect you? David Saucedo will explain how the three credit reporting companies, Equifax, Experian and Trans Union, compile your credit report and formulate your credit rating. Additionally, you will learn how interest rates are set based on your credit rating. David will share some great tips to save you from preventable credit pitfalls.

M Mar 24 7-8:30p

\$10/individual or \$10/household

NWC Fagerberg Bldg Rm 20



## 'Til Death Do Us Part: Life Insurance Made Easy

David Gilliatt

If anyone can explain the nuances of life insurance and make it fun at the same time, it is David Gilliatt. Life insurance can be a delicate subject and we are bombarded daily with ads telling us it's affordable and we need it. Find out the questions you need to ask yourself to determine what kind of life insurance and how much is right for you. Also understand the importance of choosing a reputable company. In addition David will review key terminology, choosing your beneficiaries and the distribution of proceeds. We insure everything including our cell phones, shouldn't you insure your family too?  
T Mar 4 7-8:30p \$10/household  
NWC Fagerberg Bldg Rm 20

“Best class ever! Loved it!!! Look forward to taking more of his classes.”

—Sandy McGee, about David Gilliat's previous insurance class

## You Can't Take It With You: Wills, Estates and the Probate Process

David Saucedo

Does the average person need a trust? David Saucedo will discuss trusts and give students an overall understanding of how a deceased person's assets can be distributed and what assets are subject to the probate process. He will review Wyoming State Statutes Title 2 - Wills, Decedent's Estates and Probate Code. While it is always better to use an attorney, informing yourself is an important step. David will also comment on the national pseudo legal advisors such as Legal Zoom and the problems with using these services. David is a graduate of Marquette University Law School.  
Th Feb 27 7-8:30p \$10/household  
NWC Fagerberg Bldg Rm 65

## Parenting the Love and Logic Way

Roena Halbur and Lorraine Steppe

Imagine a world where the trash is taken out without bribery or the laundry is folded AND put away neatly without nagging. Make this dream your family's reality by learning to parent with both love and logic. Raise your kids to be family members. Put an end to arguing and back talk. Avoid power struggles and arguments and begin to empower your kids to own and solve their problems. Roena Halbur and Lorraine Steppe will guide you through this learning process to become the parents and family you thought were only a dream.  
T Jan 28; Feb 4, 11, 18, 25; Mar 4 (6x)  
6-8p \$29/person or \$39/couple  
Powell Valley Healthcare, Sun Room

## Self Defense for Women and Girls

Chris Ivanoff & Vickie Prante

Don't be a victim! Take the necessary steps and precautions to protect yourself. This two hour class will discuss being more aware of your surroundings and using your intuition to act quickly to escape from an attacker. You will learn simple, easy-to-remember skills and techniques that will effectively work, even against an attacker who is larger and heavier. We strongly encourage mothers and daughters to take this class together, but it applies to women and girls of all ages. Girls under 12 must be accompanied by an adult female participant. Instructors, Chris and Vickie, have a combined 40 years of teaching experience in self-defense.  
T Apr 15 6-8 \$10  
NWC Nelson Performing Arts Rm 29

## Stranger Danger

Chris Ivanoff & Vickie Prante

Mom and Dad can observe this class, but this class is for kids! Unfortunately the world can be a scary place and there are people out there who prey on children. This class will emphasize the importance of recognizing a good stranger from a bad stranger. Instructors, Chris & Vickie, will give the children easy-to-learn and

remember tools that will enable them to sense danger quickly and react accordingly. The kids will also develop self-confidence through learning simple physical techniques that will assist in escaping a dangerous situation. The target age is 5-10 years old. This is a serious topic, yet a fun class.

Sat Apr 5 9-11a \$10

NWC Nelson Performing Arts Rm 29

## Growing Up Workshop for Girls

Christi Greaham & Michelle Gutierrez

Technology zooms along, but the 'birds and the bees' is still a necessary conversation, maybe more now than ever. Come with your daughter for facilitated discussions regarding puberty education. Topics will involve physical, mental and emotional changes associated with puberty and good hygiene. Fun activities will be a part of the workshop to promote improved mother/daughter communications. Brochures and helpful resources will be available. Instructors Christi and Michelle from Northwest Wyoming Family Planning will make your difficult conversations fun! Refreshments will be provided during breaks.  
Th Mar 6 6:30-8:30p \$19 mother/daughter pair, \$10 per extra daughter  
NWC Library Taggart Lounge

## Happy & Healthy Pregnancy

Denise Hopkins

Having a baby and looking for quality and current resources? Enjoy an instructor-led course at your convenience online! Participants in this course will learn about the physical, emotional, and social changes associated with pregnancy so they can prepare to welcome a new baby. They'll examine the latest nutrition, diet, and exercise information; how a new baby impacts the family; how to choose a healthcare provider; options for where to give birth; and more.  
*This is a 6-week online course which starts anew monthly: 1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17. Two lessons provided weekly. To register, call 754-6062 or go to [ed2go.com/nwcfasttrack/](http://ed2go.com/nwcfasttrack/) Fee: \$95*

# PVCE CLASS START DATES

Subject to change. Always call ahead to confirm dates, details or to sign up.

= Excursions

## JANUARY

Jeans Reincarnated; Quilting with Denim!.....	Jan 27
Parenting the Love and Logic Way .....	Jan 28
Understanding the Community Health Center (FREE)....	Jan 28
Write Your Life Story.....	Jan 28
“Ballroom with a Twist” (Alberta Bair) & Women’s History Museum .....	Jan 28
Lovell: Sugar, Honey and the Hyart.....	Jan 30
Brother, Can You Spare a Dime? (FREE).....	Jan 30

## FEBRUARY

iPad Extravaganza .....	Feb 1
Computers for Cavemen: Moving beyond Start Button.....	Feb 3
Econo-Misers’ Brown Bag Lunch (FREE) .....	Feb 4
“Hello Dolly!” (Alberta Bair)& Western Heritage Ctr.....	Feb 5
Weight of the Nation Film Series and Discussion (FREE) ...	Feb 6
Lengthen & Strengthen .....	Feb 6
Facebook for Beginners .....	Feb 8
Who? Me? Gluten Free!!! .....	Feb 11
Sweets for Your Sweetheart: Desserts to Melt Hearts.....	Feb 13
Scrapbooking: Beyond the Basics Part 1 .....	Feb 20
Southeast Asian Appetizer Delight.....	Feb 22
Indonesian Fried Noodles.....	Feb 22
Alive at 25: Driver Awareness (FREE).....	Feb 22
Spiritual Lives of Wyoming’s Fathers & Mothers (FREE)	Feb 25
Wills, Estates and the Probate Process .....	Feb 27
Nat’l Elk Refuge & Nat’l Bighorn Sheep Interp. Ctr .....	Feb 28

## MARCH

Take a Hike with the Blevins Brothers (FREE) .....	Mar 3
Til Death Do Us Part: Life Insurance Made Easy .....	Mar 4
Thermopolis: Hides, Wool & Whisky Business .....	Mar 4
5 Vibrant Paths to Health .....	Mar 5
Maude and the Fraud (FREE) .....	Mar 6
Growing Up Workshop for Girls .....	Mar 6
Scrapbooking: Beyond the Basics Part 2 .....	Mar 13
Meditation 101: Finding Peace in a Busy World .....	Mar 17
Zentangle: Creative Patterned Drawing for Everyone .....	Mar 17
Leading with Excellence: Tools for Effective Boards.....	Mar 18
The Food Connection.....	Mar 18
Watch Our Community Garden Grow! (FREE) .....	Mar 20

An Exploration of Needlepoint Stitchery .....	Mar 20
Gerbils or Gremlins: Disect a Computer .....	Mar 22
Credit & Interest: Your Financial and Personal Life.....	Mar 24
Scarf Magic .....	Mar 25
How to Raise Higher Quality Food .....	Mar 25
Heart Mountain Interpretive Center .....	Mar 26
Infant Massage .....	Mar 27
Lessons of Sustainability at Bighorn Canyon (FREE) .....	Mar 27

## APRIL

The Country School Trick (FREE).....	Apr 1
A Creative and Artistic Approach to Your Wellness .....	Apr 2
Stranger Danger .....	Apr 5
African Paper Beads .....	Apr 5
Red Lodge: YWS, Smith Mine, Museum, Restaurants ....	Apr 5
Africa: Put Passion & Adventure into Your Travels .....	Apr 7
Overcoming Obstacles and Challenges.....	Apr 8
The Battle of Shiloh (FREE).....	Apr 10
Self Defense for Women & Girls .....	Apr 15
Weeds and Ways to Whip ‘em .....	Apr 15
AARP Mature Driver Safety .....	Apr 17
Weather Spotting Training (FREE) .....	Apr 22
A Photographic Expedition into Bighorn Basin (FREE) ....	Apr 24
A Taste of Vietnam .....	Apr 26

## MAY

Geocaching Intro Class .....	May 1
Geocaching—Get Out There! (field trip).....	May 3
Petroglyph Canyon near Cowley .....	May 31

## SUMMER

Traditional Summer Driver Education Course.....	Jun 4
Fort Phil Kearny and the Fetterman Battlefield .....	Jun 7
Y-Tex, Caleco Foundry & Mountain Valley Taxidermy .	Jun 17
Red Lodge Nature and Beartooth Pass Adventure .....	Jun 21
Custer’s Last Stand Reenactment.....	Jun 27
Sheridan: Kendrick Mansion & Big West Art Festival.....	Aug 2
Bradford Brinton Museum and Polo Matches .....	Aug 10
Lovell: Honey and Bentonite Plant Tour .....	Sep 3

*Photo Credits: Back cover depicts excursions -- McCulloughs (FOAL), Kendrick Mansion, Western Sugar, Cafe Reges, Merlin’s Hideout, and Debbie Cottonware’s photo of her driver education students.*

# PVCE POLICIES

**Payment** - Please register and pay as soon as possible to reduce the class cancellations due to insufficient enrollment. We accept cash, check, MasterCard and Visa. Online payment is available.

**Waiver/Liability Forms** – Certain classes may require advance completion of special waivers or parental consent forms.

**Refunds** – We provide a full refund or credit toward future classes, if notified up to three business days in advance of the first class meeting. Some exceptions need to apply in circumstances of advance purchase of perishable supplies or required advance reservations. Please notify us if you would prefer to send someone else in your stead. Driver education requires its own deadlines and policies.

**Cancellation** – Occasionally cancellations may occur due to low enrollment, weather conditions, instructor cancellations or other unforeseen circumstances. If you have expressed your intent to participate and have

given us your phone number or e-mail address, we will attempt to notify you prior to scheduled start. Pertinent information will be posted on our Facebook page whenever appropriate.

**Instructors** – We believe there is a place for everyone in the classrooms of life. Advanced degrees are welcome, but not required of our instructors. Experience, passion and knowledge of one’s topic accompanied by acceptable communication skills are required. Pick up an application at PVCE or online.

**Photographs** – Occasionally, we photograph programs in session. We may use them for informative and promotional purposes using our website, social media, accompanying news releases, or printed on promotional materials.

**Program Ideas** – We always welcome program proposals and instructor recommendations.



# PVCE

## Powell Valley Community Education

**GIFT CERTIFICATES AVAILABLE!**



*Beautiful flowers,  
as seen on the  
Bradford Brinton Museum  
excursion!*

PVCE Board of Cooperative Education Services (BOCES)

Drop off 24/7: 1397 Fort Drum Drive

Mail: 231 W Sixth Street Powell, WY 82435 **307-754-6469**

Online Registration: [MoreLearningFun.net](http://MoreLearningFun.net) or [northwestcollege.edu/pvce](http://northwestcollege.edu/pvce)

Legal Name ▶ \_\_\_\_\_ Date of Birth ▶ \_\_\_\_\_

Mailing Address ▶ \_\_\_\_\_

Phone ▶ \_\_\_\_\_ E-mail ▶ \_\_\_\_\_

Gender ▶

M F



Course Titles	Day/Date/Time	Fees
Total \$		

Please write checks to PVCE

Total \$

I give PVCE permission to quote me and use my photo for promotional purposes in print and online.

Signature ▶ \_\_\_\_\_ Date ▶ \_\_\_\_\_



*"I do enjoy these trips with the people and seeing places I otherwise would not visit. Thanks for all your wonderful programs."—Dorothy Sue Phillips, About PVCE Education on Wheels Programs*

### Sign Up Today:



**Register Online:**  
[MoreLearningFun.net](http://MoreLearningFun.net)



**Phone:**  
**307-754-6469**  
Message 24/7



**Mail:**  
231 W 6th St  
Powell, WY 82435



**In Person:**  
NWC West Trapper Village  
1397 Fort Drum Dr  
9a-4p M-F or by appt



309 East 6th Street • Powell, WY • 307-754-9399



### Health Fair info Mark your calendars!

PVCE is accepting Health & Safety Fair booth applications starting January.

#### Wyoming Health Fair Blood Screenings:

**Tues-Sat, March 25-29**

6:30-10:30 AM

Powell Valley Healthcare at 777 Ave. H (cafeteria area)

Go to [wyominghealthfairs.com](http://wyominghealthfairs.com) for test descriptions.



#### Health & Safety Fair Event!

**Sat, April 12**

9:00 AM-1:00 PM

NWC Cabre Building

Our fair typically attracts more than 1,000 people to 60+ educational booths, activities, demonstrations and a lot of free giveaways. There's something for everyone.

Get a Booth    Be a Volunteer    Show Up & Bring a Friend

For breaking news and updates visit [MoreLearningFun.net](http://MoreLearningFun.net) or contact PVCE at **307-754-6469** or [pvce@northwestcollege.edu](mailto:pvce@northwestcollege.edu)

[pvce@northwestcolledge.edu](mailto:pvce@northwestcolledge.edu)

**307-754-6469**



## Enrichment Starts Today!

*"I've learned more about the community by attending PVCE classes than a lot of people who have resided here for years."*

—George Carlson



*"Thanks again for a fun evening. Laughter is good."*

—Newt & Jane Pawley,  
Glenda Bell's Presentation



[www.northwestcollege.edu/pvce](http://www.northwestcollege.edu/pvce)  
[www.MoreLearningFun.net](http://www.MoreLearningFun.net)

We are just a click away!

