

Community and Professional Education

A CATALOG OF PROFESSIONAL DEVELOPMENT AND PERSONAL GROWTH CLASSES

explore
our
region

reach
your
goals

be
creative

learn!



Be bold. Be a Viking.

update
your
skills

make
friends

fitness
|
ε|
fun

share



find
a
career

have
fun!

Winter/Spring 2013

Last updated: 3/1/13

REGISTRATION BEGINS JAN. 15

Course schedules also may be found at www.hvcc.edu/communityed

*Whatever your goals in 2013,
let us help you reach them!*



Be bold. Be a Viking.

have
fun!

reach
your
goals

update
your
skills

Registration
begins Jan. 15

learn!

make
friends

Whether your goals are fitness, fun, financial, creative, professional or personal, we have a class to meet your needs. So grab a friend and join us at Hudson Valley Community College!

Winter/Spring 2013

ONLINE REGISTRATION

You can now register and pay for your classes online!

Go to www.hvcc.edu/communityed/register and select the appropriate online registration link.

We also have step-by-step directions on this web page to help you through the process. Select "Getting Started with Flexible Registration" to view the directions and get up and running.

You can view the complete course schedule, and online registration will begin Jan. 15.

New students can create an account and register on the first day of registration. Returning students will use their HVCC user name and password.

How do I know if I am a returning student?

If you have ever applied for admission, employment, taken a credit course, credit-free course, summer camp or College in the High School course, you may be considered a returning user.

You can contact our office at (518) 629-7339 or communityed@hvcc.edu and we can check for you and, if need be, resend your log in credentials to your permanent mailing address. Contact us now to check on your status so you can ensure you have your log in credentials in time.

Don't worry! You can still register via phone, mail or in person, as well. For more information about other ways to register for courses, see page 47.

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Contact us

THE OFFICE OF COMMUNITY
and PROFESSIONAL EDUCATION

Guenther Enrollment
Services Center,
Room 252

Phone: (518) 629-7339
Fax: (518) 629-8103



Be bold. Be a Viking.

For information,
call us at
(518) 629-7339

E-mail: communityed@hvcc.edu
Web: www.hvcc.edu/communityed

Registration form and information about: • Professional CEUs • Parking
• Refunds/Cancellations are available at the back of this course catalog.

REGISTER TODAY!

Arts & Crafts



Drawing With Color

Discover different ways of drawing with pastels and/or colored pencils. Learn basic techniques and color theory. Express your creativity with still life, interiors, portraits, nature study and landscape as inspiration. Please bring sketching materials to the first class – if interested in pastels: a newsprint pad, stick of charcoal (vine or compressed) and kneadable eraser. For those interested in colored pencil: white sketching or drawing paper, a pencil and an eraser. (Paper sizes, your preference.) Colored supplies will be discussed at that time. Everyone is welcome and no experience is needed. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60035

\$59

6 Sessions, DCC 135

Wed., 3/6 - 4/10, 2 - 4 p.m.

Carol Bollinger-Green, Instructor

Basic Watercolor

Explore the fun of pure color on wet paper. Discover your own approach to painting with transparent watercolors. Learn ways of using the materials, practice different techniques and apply color theory while observing still life and landscape. Everyone's welcome; no experience is necessary. Please bring any materials you may already have, or purchase the following supplies: a pan set of transparent watercolor paints OR individual tubes (such as: cadmium red, alizarin crimson, cadmium yellow, lemon yellow, pthalo blue, ultramarine blue, any brown, black) and palette (white, usually plastic, with small wells for holding paint and larger areas for mixing). Also a pointed, round watercolor brush (#8 or mid-sized), a 9 x 12 pad of 140# cold-pressed watercolor paper, sketching paper (small pad), a pencil, two pieces of cardboard (slightly larger than paper), masking tape, paper towels, and two water containers. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60034

\$59

6 Sessions, DCC B05

Wed., 3/6 - 4/10, 6:30 - 8:30 p.m.

Carol Bollinger-Green, Instructor

This class is full.

Collage - Color and Texture

This course will introduce you to a form of collage that is much different than the traditional magazine photo format. We will focus on the interweaving of between color and texture – a more abstract approach. Students will complete a beautiful piece constructed from a variety of materials they collect for class. No prior experience is necessary. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60091

\$65

6 Sessions, WIL 113

Wed., 3/20 - 4/24, 1 - 3 p.m.

Colleen Connolly, Instructor

NEW!

From Realistic to Abstract - Learning How to Paint in the Abstract Style

Abstract art is a unique style focusing on color and shape. Students will learn about the development of this style and will create an acrylic painting on canvas focusing on these elements. This form of art lends itself to fluidity and spontaneity of thought and the development of composition. This class is meant for beginning painters. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60092

\$79

8 Sessions, DCC B05

Thurs., 3/14 - 5/2, 6 - 8 p.m.

Colleen Connolly, Instructor

NEW!

Painting Through the Eyes of Monet

One of the most beloved styles of painting is Impressionism. Claude Monet was the leader of this movement. He and his fellow painters developed a style combining movement, short, quick brush strokes and layers of thick, illuminated color.

Students will learn to paint a landscape in acrylics on canvas utilizing the Impressionist techniques. This is a beginning painting class, though a basic knowledge of painting is helpful. Depending on your needs and preferences, you can expect to spend about \$65 on materials for this course. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60093

\$79

8 Sessions, WIL 113

Tues., 2/19 - 4/16, 6 - 8 p.m.

No class 4/2

Colleen Connolly, Instructor

NOTE: All information in this bulletin is subject to change without notice.

NEW!

Basket Weaving Workshops

Tall Market Basket

This tall, narrower version of the market basket is great as a tote basket or can be used next to your favorite chair for magazines. It is woven on a wooden "D" handle with natural reed and accented with dyed reed in an "X" overlay pattern. The finished basket measures 18" long by 10" high by 5" wide. Students should bring a pencil, tape measure, scissors, spring-type clothespins and an old towel with them to class. Course fee includes a \$26 materials fee.

60097

\$56

2 Sessions, DCC B05

Tues., 2/26 & 3/5, 6 - 9 p.m.

Joyce Flower, Instructor

This class is full! Call us now to be added to the waitlist.

Apple Harvest Basket

Create this sturdy and attractive basket and fill it your favorite spring fruits and vegetables. Weave a round basket starting with a 10" round wooden base. Using various sizes of dyed and natural reed, you will weave a plaid accent in the middle of your basket. This basket is finished off with shaker-style basket handles. Students should bring a pencil, tape measure, scissors, spring-type clothespins and an old towel with them to class. Course fee includes a \$29 materials fee.

60099

\$59

2 Sessions, DCC B05

Wed., 5/8 & 5/15, 6 - 9 p.m.

Joyce Flower, Instructor

This class is full! Call us now to be added to the waitlist.

Muffin Basket

Make a lovely basket to use as a decorative accent in your kitchen or give as a gift filled your home-made baked specialties. It's ideal for toting treats! Weave a 9" by 9" square basket with natural and dyed reed. This versatile basket has accent handles. Students should bring a pencil, tape measure, scissors, spring-type clothespins and an old towel with them to class. There will be a half hour break for lunch. Course fee includes a \$25 materials fee.

60098

\$50

1 Session, DCC B05

Sat., 4/20, 10 a.m. - 2:30 p.m.

Joyce Flower, Instructor

This class is full! Call us now to be added to the waitlist.



Paper Filigree Flowers

Welcome spring with fun and beautiful crafts! Quilling, or paper filigree, is the art of creating designs with narrow strips of paper. It is believed to have originated during the Renaissance, when French and Italian nuns used quilling to decorate religious items to simulate the iron filigree work of the time. The name quilling comes from the belief that bird quills were used to roll the paper coils. The shaped coils can be arranged to form flowers, leaves and almost anything imaginable!

You can then use the shapes to create cards and gifts tags, or to adorn picture frames, boxes, scrapbook pages and more. Prepare gift cards and tags for loved ones for the upcoming spring holidays! This class will focus on creating beautiful spring flowers to adorn your crafts. Please bring scissors, tweezers and a ruler with you to class. Course fee includes \$7 materials fee.

60088

\$19

1 Session, DCC B05

Tues., 3/12, 6 - 8 p.m.

60089

\$19

1 Session, CTR 150

Wed., 3/27, 6 - 8 p.m.

Laurie Hepler, Instructor

Introduction to Knitting

With two basic stitches of knitting, this class will create a sampler scarf and hat. Learn these two stitches - knit and purl - and the possibilities are endless! You will learn to "cast on" the beginning stitches, do the garter pattern (knit every row), do the stockinette stitch (knit one row, purl one row), and ribbing (knit three stitches, purl three stitches, knit three stitches, etc.), then how to "bind off" the end row of stitches. You will then have the ability to design your own scarves, hats, pillow covers and much, much more! Knitting needles and yarn will be provided at the first class. Class fee includes \$6 materials fee.

60078

\$46

4 Sessions, DCC 135

Wed., 3/6 - 3/27, 6:30 - 8:30 p.m.

60079

\$46

4 Sessions, DCC 135

Wed., 4/17 - 5/8, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Arts & Crafts

Learn to Tat

Do you remember your grandmother making strange movements with a small plastic shuttle and producing beautiful lace? Have you seen doilies or hankies with the delicate circles and picots of tatted lace and thought "I can do that!" This course will teach the joy of making the only lace which cannot be duplicated by machine. Learn the one secret to making the tatting knot and you are free to make anything your heart desires. Tatting is a very soothing craft which is done mostly by feel. Once you learn the 'secret' of transferring the knot from one string to another, you can create anything! The instructor will have patterns or you can bring some of your own. Thread in different sizes will be supplied for practice and your first projects. Bring your flexible fingers and a willingness to learn! Course fee includes a \$5 materials fee.

60055 \$65

4 Sessions, DCC 135 Mon.,

*3/11 - 4/1, 4 - 6 p.m.

No class 3/25

Sandra Johnson, Instructor

***Please Note:
Updated dates from
print edition**

Tatting 2

Learn new tatting techniques – split rings, lock joins, self-closing mock rings and cluny tatting are just a few of the possibilities! Bring that pattern you've been afraid to start or pick one from the instructor's advanced books. Take your tatting skills to the next level. Bring your flexible fingers, a tatting shuttle and scissors. Prerequisites: the ability to make rings, chains, picots, joins and read patterns.

60057 \$60

4 Sessions, DCC B05

Thurs., 5/9 - 5/30, 6 - 8 p.m.

Sandra Johnson, Instructor

Paint a Primitive Landscape

Join us for this class where you will paint a lovely primitive landscape while learning the basic techniques of tole and decorative painting. Decorative painting is an easy-to-learn art form using very specific methods. Using patterns, you can create a great looking work of art, even if you aren't great at drawing. No experience is necessary. The instructor will provide all the tools necessary including your painting surface and brushes. Students should bring their own paints, a container for water and paper towels. A complete materials list for this class is posted at www.hvcc.edu/communityed. Course fee includes \$30 materials fee.

60090 \$90

5 Sessions, DCC B05

*Fri., 4/19 - 5/17, 1:30 - 4 p.m.

Nancy Scott, Instructor

* Note: Corrected dates from print edition

Paint a Portrait in Oils

In this portrait painting workshop, students will paint a portrait using reference photos. They will learn to form shapes through beginning paint sketching, underpainting, then refining details to create a realistic likeness. More importantly, students will understand the relationship of form, color, light and shadow. Students will explore what questions they can consider as they translate what they see to canvas. The workshop will include a demonstration and a lot of individual attention throughout the workshop. Students will be supplied with a canvas, oil paints, brushes and supplies necessary to complete their oil portrait! Course fee includes \$45 materials fee.

60209 \$125

1 Session, DCC B05

Sat., 4/27, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Cynthia Mulvaney of CK Mulvaney Artworks,
Instructor

Painting a Landscape in a Day

Give us a day and you will learn basic painting techniques and put them to use in this oil painting workshop. With Cindy's guidance, you can complete an entire landscape oil painting and bring home your masterpiece at the end of the course! Bring an image to paint or the instructor can provide one for you. Course fee includes \$45 materials fee.

60208 \$125

1 Session, DCC B05

Sat., 3/23, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Cynthia Mulvaney of CK Mulvaney Artworks,
Instructor

NEW!

NEW!



Floral Design Certificate Program

This program is designed for those interested in learning floral design from A to Z. Are you thinking of starting your own floral business or trying to get into the trade? The program includes two core components: Introduction to Floral Design and Advanced Floral Design Techniques. Both core courses and two electives (see list below) are required to receive the certificate of completion. Please note: not all courses are offered each semester.

Core - two required

Introduction to Floral Design	ZARC039
Advanced Floral Design Techniques	ZARC040

Electives - two required

Designing Dish Gardens	ZARC042
Silk and Dried Floral Design	ZARC043
Getting Your Floral Business Started	ZARC038
Holiday Boxwood Tree Design	ZARC032
Funeral Arranging and Grieving	ZARC041
Wedding Design	ZARC045

Advanced Floral Design Techniques

This core course includes all aspects of wedding design, hand tied bouquets, topiary design and contemporary arranging. Course fee includes a \$275 materials fee. Prerequisite: Introduction to Floral Design.

60052 \$425
 7 Sessions, DCC B05
 Tues., 3/19 - 5/7, 6:30 - 9 p.m.
 No class 4/2



Wedding Design

Whether it is a corsage for an intimate affair or bridal party bouquets for a full service wedding, you will learn all aspects of wedding design, from the consultation to the delivery. Your experience from this course will allow you to design prom bouquets, corsages and boutonnieres, church and reception flowers. Course fee includes a \$175 materials fee. Prerequisite: Introduction to Floral Design or program completion.

60053 \$225
 2 Sessions, DCC B05
 Tues., 5/14 and 5/21, 6:30 - 9 p.m.

Designing Dish Gardens and Potted Plants

Open to anyone who would like to learn more about how to create a thriving dish garden with living material. The class is also ideal for those who wish to have a better understanding of potting and re-potting plants as well as caring for a variety of house plants. Course fee includes a \$40 materials fee.

60054 \$80
 1 Session, DCC B05
 Tues., 5/28, 6:30 - 8:30 p.m.

** All floral courses are taught by Judy Pochobradsky of Celestial Designs. Please note the materials fee for all floral courses is non-refundable seven business days prior to the start of the course.*

Hand Stamped Cards

Each session we will be creating a variety cards for different occasions using many papercrafting and rubber stamping techniques. Sign up for one session or all five and have a great variety of cards made from the heart to send to those special people in your life. Bring sharp scissors or paper trimmer and your favorite double-sided adhesive. There will be a \$10 materials fee for each session. Sign up for all five sessions and materials fee is only \$40.

60101	\$20	60104	\$20
1 Session, CTR 150		1 Session, DCC B05	
Wed., 3/13, 6 - 8 p.m.		Wed., 4/17, 6 - 8 p.m.	
60102	\$20	60105	\$20
1 Session, MCD 202		1 Session, DCC B05	
Wed., 3/27, 6 - 8 p.m.		Wed., 5/1, 6 - 8 p.m.	
60103	\$20	60100	\$90
1 Session, DCC 135		All 5 Sessions	
Wed., 4/10, 6 - 8 p.m.		Wed., 3/13, 3/27, 4/10, 4/17 & 5/1, 6 - 8 p.m.	

Sharyn Bouck, Independent Stampin' Up! Demonstrator, Instructor

Arts & Crafts

Lighting Design I

This is an introduction to the art and science of lighting design. Light sources, lamps, lighting fixtures and photometry will be covered in addition to qualities of light, intensity, spectrum, brightness, contrast and points of interest. Basic lighting drawings, control zones and electrical wiring will be discussed. There will be one individual lighting design project. 1.0 CEUs. (This course applies toward the Interior Decorating certificate.)

60033 \$95

5 Sessions, DCC 138

Wed., 4/10 - 5/8, 6:30 - 8:30 p.m.

Jennifer Brons, Instructor



Relief Printmaking 101

This is a hands-on relief printmaking class. We will learn and execute various styles of printmaking including: Styrofoam printing, Linoleum cuts and Collagraph printmaking. Be sure to bring your imagination and creativity and learn techniques that will teach you how to create prints in your own home. You will leave this class with several ready to frame prints. Course fee includes \$20 materials fee.

60172 \$65

4 Sessions, DCC 135

Thurs., 3/7 - 3/28, 6 - 8 p.m.

Tamara DeMartino, Instructor

NEW!

Cancelled due to low enrollment.

Mosaic Workshop

This hands-on class will give you an introduction to creating beautiful mosaics. Students will start small and work on 6x6 panels to get the feel of the process and then continue on to a larger panel (12" x 18") that will be a beautiful work of art for them to display. Students will work mostly with glass mosaics including stained glass pieces with some ceramic. Course fee includes \$20 materials fee.

60173 \$65

4 Sessions, DCC 135

Sat., 4/6 - 4/27, 9 - 11 a.m.

Tamara DeMartino, Instructor

NEW!

This class is full! Call us now to be added to the waitlist.

Crystal Clay

Crystal clay is a new and fun creation! It's a clay that doesn't need heat to set. This jewelers' clay can be molded onto an embellishment and adorned with crystals. Join us for this fun class and make your own creation with crystal clay. Two projects will be completed. Beginners are welcome and no experience is necessary. Course fee includes \$30 materials fee.

60171 \$50

1 Session, DCC 135

Thurs., 5/16, 6 - 8 p.m.

Joanne Farash of Silver Lining, Instructor

NEW!

Basic Jewelry for Beginners

This beginning class will cover the basics of all aspects of making jewelry, including tools. In just one session, we will complete a jewelry project consisting of a silver bracelet with matching earrings. Join us and be introduced to this fun and creative art form and walk away with some new jewelry! Course fee includes \$15 materials fee.

60170 \$35

1 Session, DCC B05

Wed., 4/24, 6 - 8 p.m.

Joanne Farash of Silver Lining, Instructor

This class is full!

Call us now to be added to the waitlist.

NEW!



Zentangle® 101: The Basics

The Zentangle ® method is a fun and relaxing way of creating beautiful images from repetitive patterns. Zentangle was designed with the non-artist in mind and has been shown to relieve stress and anxiety by boosting focus and creativity. It provides artistic satisfaction and an overall sense of personal well-being. Each participant will learn approximately 3 - 4 'tangles' per session. The Zentangle method is enjoyed the world over, across a wide range of skills, interests and ages. "Anything is possible, one stroke at a time." This course is taught by Cindy Bishop, Certified Zentangle Teacher (CZT). For more information, please visit: www.zentangle.com. Course fee includes \$10 materials fee.

60257

\$40

4 Sessions, DCC 135

Sat., 3/2 - 3/23, 10 a.m. - Noon

This session is full!

Call us now to be added to the waitlist.

60245

\$40

4 Sessions, WIL 113

Tues., 4/23 - 5/14, 6 - 8 p.m.

Cindy Bishop, Instructor

Introduction to the Digital Camera

This three-session class is for the digital photography beginner and is designed to assist you in making effective and creative use of your digital camera. You will gain a basic understanding of digital photography terminology in order to better use the manual that came with your camera. There also will be discussion about the elements of good composition. Basic camera controls and presets will be explained and you will learn how to get images from your camera to your computer. Bring your camera, all cables, manual and charged batteries, memory cards (and card reader, if you have one) to class. As there may be very little time for one-on-one work, participants will be encouraged to engage in small group work to learn from each other as we progress. Course fee includes \$5 computer fee. Please see p. 26 about on-campus computer access.

60144

\$49

3 Sessions, BTC 205

Wed., 3/6 - 3/20, 6 - 9 p.m.

60145

\$49

3 Sessions, BTC 205

Wed., 5/1 - 5/15, 6 - 9 p.m.

Mark Lunt, Instructor

[Click here for information on computer accounts.](#)

Business/Financial Planning

Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course will show you the benefits of effective financial management and the techniques that will assist you in meeting your goals. Topics include: the seven roadblocks to financial success; the six keys to financial success; risk management; cash management - create liquidity, pay down debt, increase savings; investment planning - what the pros do, strategies for successful investing, stocks, bonds, annuities, mutual funds; tax management and tax planning; retirement planning - calculating the cost of retirement: sources of retirement income, IRA(s), 401-K's, 403-b(s), 457 plans; estate planning - probate, estate taxes, intestacy, wills, trusts. The course concludes with how to prepare your own plan.

Call Steve Miner at 272-6747 for more details. Your spouse, partner or significant other is encouraged to attend. Course fee includes \$26 materials fee for workbook.

60198

\$65

3 Sessions, BTC 207

Mon., 4/8 - 4/22, 6:30 - 9 p.m.

Stephen F. Miner, CLU, ChFC, Instructor

Earn Money with Mystery Shopping

NEW!

Have you ever wanted to become a secret mystery shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. Participants will learn to:

- Create a Mystery Shopping Profile
- Avoid the industry scams
- Create a company list
- Sign up with many mystery shopping companies
- Become a merchandiser for extra income

With a few simple steps, you can start Mystery Shopping today! If you are considering mystery shopping as a new business endeavor, it is strongly recommended that participants also sign up for the Cash In with a Successful Home-Based Business class which follows this session. Course fee includes \$10 materials fee.

60185

\$30

1 Session, BTC Meeting Room 1

Mon., 4/29, 5 - 6 p.m.

LeeAnne Krusemark, Instructor

■ Business/Financial Planning

Cash in with a Successful Home-Based Business

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits at home by learning how to start a home-based business from a Chamber of Commerce past president and successful Southern California entrepreneur. During this comprehensive, informative workshop, you will discover:

- More than 100 home business ideas
- Mandatory legal documentation
- Many ways to market your product/service
- How to take tax deductions (this workshop included!)

If you really want to succeed in a home business, this step-by-step workshop is a must! Course fee includes \$20 materials fee for information designed to help you long after the workshop is over.

60186 \$60

1 Session, BTC Meeting Room 1
Mon., 4/29, 6 - 8 p.m.

LeeAnne Krusemark, Instructor

Make Money with a Typing/Word Processing Business

If you can type, then you can make money at home using your word processor or computer. Having already learned all about home-based business success (participants must have attended "Cash in with a Successful Home-Based Business"), you will then discover the secrets to profits in the typing/word processing business, including:

- How and where to find clients
- 50 ways to advertise/market your services
- Effective home office equipment choices
- 100 ways to make money with a computer
- FREE national networking information

There really is a need for your services, so why not have the freedom to be your own boss, set your own hours, and have the opportunity to make more money than you ever did before by attending this workshop. Course fee includes a \$10 materials fee for information designed to help you long after the workshop is over.

60187 \$30

1 Session, BTC Meeting Room 1
Mon., 4/29, 8 - 9 p.m.

LeeAnne Krusemark, Instructor



20 Ways to Earn Residual Income!

Concerned about the economy? Got increasing expenses? Ever run out of money before you run out of month? Residual income could be your answer. Residual income means getting paid over and over again, based on a one-time effort. Uncover more than 20 specific ways to earn ongoing, residual income from:

- Stocks, bonds, mutual funds and insurance
- Taxes, retirement income and what financial planners won't tell you
- How to become cash rich and house poor
- The ten common sense laws of cash flow
- Your mortgage and OPM (other people's mortgages)
- On demand publishing, internet funnels, autoresponders, opt-in marketing
- Beach money: What is it and how can you get it
- How to evaluate the merits of a home-based business, and so much more!

This course is packed with solid, practical information! This is not a financial planning course, not a "get out of debt" program and no investments or financial products are sold.

It is for you if you want to make some or all of your income more residual. Jim Farnham, MBA, MS, has toured the U.S. and Canada as a professional speaker and author, and he has more than 20 years experience in insurance and financial services.

60188 \$20

1 Session, CTR 204
Sun., 3/3, 8 - 11 a.m.

60189 \$20

1 Session, CTR 150
Sun., 5/12, 8 - 11 a.m.

James Farnham, MBA, MS, Instructor

Expanding Your Business with Seminars, Webinars and Workshops!

Speaking to groups of people is one of the most powerful and profitable ways for you to market yourself and grow your business. Learn how to find local, regional, national, international and online groups to present to. Find out how to leverage that experience to gain more clients, get more qualified leads, and be referred to other audiences. Explore the business side of speaking: contracts, speaking agreements, what and how much to charge, breakeven and profitability. Uncover low cost and even free ways to promote your program. Come hear powerful insights on how you can expand your business with seminars, webinars and workshops! Jim Farnham, MBA, MS, has been speaking professionally for over twenty years.

60254 \$15

1 Session, CTR 204
Sun., 3/3, Noon - 2 p.m.

Cancelled due to low enrollment.

60255 \$15

1 Session, CTR 150
Sun., 5/12, Noon - 2 p.m.

James Farnham, MBA, MS, Instructor

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language you can't possibly understand. You will learn from LeeAnne Krusemark, a single mom turned home business entrepreneur, home owner, publisher and real estate investor. This is not a "get rich quick" scheme. This is a plan of action to help others learn the path to financial freedom. In this fast-paced workshop, you will learn how to:

- Get out of credit card debt and reduce bad credit
- Raise your credit limit and lower your interest rate
- Use more credit to raise your credit score
- Buy a home even if you have bad credit or are self employed
- Pay off your mortgage in half the time with less money
- Keep your home protected against lawsuits
- Become an active investor for financial freedom!

Each one of these secrets is worth more than ten times the cost of this class. LeeAnne is a guest lecturer nationwide and teaches online at more than 1,000 facilities worldwide. This workshop is not for those already advanced in financial matters nor does it provide any legal advice. Course fee includes \$20 materials fee.

60182 \$60

1 Session, BTC Meeting Room 1
Mon., 4/29, Noon - 2 p.m.

LeeAnne Krusemark, Instructor

Building a Buzz for Your Business

Think you need to spend big bucks for great marketing results? Think again. You can create a buzz about your business using an array of low-cost yet powerful word-of-mouth marketing strategies. Learn how to create an unforgettable business impression, harness the power of publicity, use social media networking sites such as Facebook and LinkedIn and more. Discover how an investment of time and creativity can increase your company's visibility, enhance your business and boost your bottom line – even in tough economic times. Course fee includes \$15 materials fee.

60181 \$55

3 Sessions, DCC 137
Wed., 5/1 - 5/15, 7 - 9 p.m.

Pauline Bartel, Instructor

Getting the Most from Social Security

Are you aware that a few key decisions can make a big difference in the amount of your social security retirement benefits? This one-night workshop will cover many frequently asked questions about social security retirement benefits. Learn strategies and simple steps you can take to maximize your benefit. The decision to attend this workshop can be the first of many you make to assure your benefits work for you. Course fee includes \$10 materials fee.

60246 \$20

1 Session, ADM 103
Thurs., 4/18, 6:30 - 8 p.m.

Glenn Clermont of Halliday Financial Group,
Instructor

Learn How Charting X's and O's Can Guide Your Investment Accounts

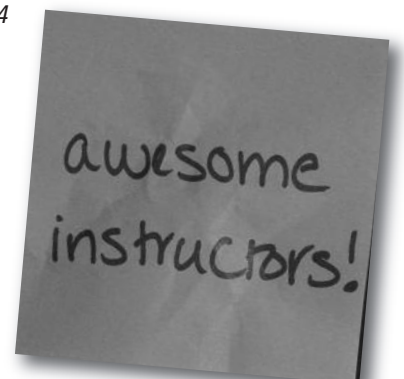
Learn how to secure your financial future with Technical Analysis, a method that works in both gaining and receding markets by providing you with a structured framework that cuts through the noise of Wall Street. Discover how applying simple economic principles like supply and demand to the stock market can help you understand when to own investments. Learn how to compare types of investments by using Relative Strength so you can make adjustments to your portfolio and avoid the negative swings of the market.

60249 \$15

2 Sessions, ADM 104
Thurs., 2/21 & 2/28,

6:30 - 8:30 p.m.

John Gattulli,
Instructor



Center for Creative Retirement

Explore the Past

Presenting "Susan B. Anthony"

This informative session covers the great suffragist's early years as a Quaker in Massachusetts and New York State. It portrays her collaboration with Elizabeth Cady Stanton, with whom she became a driving force that led to the eventual extension of voting rights to women. "Susan" relates her historic involvement with the temperance and abolitionist movements in the early 19th century, her views on marriage and decision to remain single, and her experiences as the strategist and organizer half of the Anthony-Cady Stanton partnership. A closing interactive activity with the audience brings home the impact of disenfranchisement.

60131

\$15

1 Session, WIL 113

Wed., 4/10, 9:30 - 11 a.m.

Phyllis Chapman, Instructor

Lucy Larcom, New England Mill Girl

Not just another 19th century "mill girl," Lucy Larcom left us an inside look at the life in the early textile mills of New England through her writings and poetry. Born into a large family, Lucy began working in the textile mills as a young girl when her father died. After 10 years in the mills, she moved to the Midwest with her sister and brother-in-law, where she was able to further her education. Back in New England by 1852, she became a part of Boston's literary circles and re-established her friendship with John Greenleaf Whittier, who enlisted his contacts to help her publish her works. She took a position at Wheaton College in Norton, Massachusetts, teaching English literature, where she became known for her innovative teaching methods. Her best-known book, "A New England Girlhood," recounted her early days in the mills, giving her readers a first-hand account of the early days of industrial New England.

60138

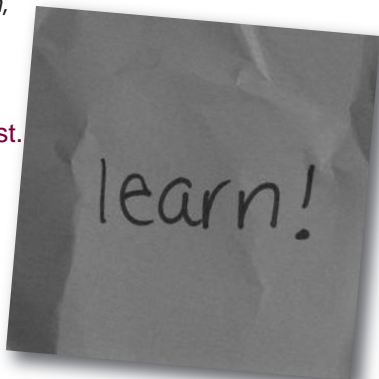
\$15

1 Session, WIL 113

Wed., 3/27, 9:30 - 11:30 a.m.

Phyllis Chapman,
Instructor

This class is full!
Call us now to be
added to the waitlist.



NEW!



Victorian Houses in America

The Victorian Period in America is named for the reign of Queen Victoria who came to the English throne as a young girl in 1837. She was to rule England for over 60 years until her death in 1901. Within this long period of time, numerous styles of architecture, with home decor and furniture to match, went in and out of fashion for the American home. The class will begin with the first period of Victorian architecture in 1838 and include examples of the exteriors, treatment of the interiors and details of both decor and furniture. It will then continue with six more of the most frequently built house styles within the Victorian time frame. They will be discussed and illustrated as follows: Gothic, Italianate, French Second Empire, East Lake, High Victorian Gothic, Richardsonian, Romanesque and Queen Anne.

60039

\$14

1 Session, WIL 113

Fri., 4/5, 10 a.m. - Noon

Marilyn Sassi, Instructor

This class is full! Call us
now to be added to
the waitlist.

NEW!

The Decorated Wall

From the beginning of the 18th century, evidence has been found of the early techniques Americans used to decorate their walls. The first attempts were graining and faux painting to make plain, wood covered walls look richer in the manner of the new Georgian style being introduced. In addition to painting, paneling and plastering their walls, the English began to import costly, hand painted wall papers from China. They soon learned to copy these examples and the wall paper tradition was born. This class will cover decorative graining, stenciling, wall murals and the history of wall paper production in both Europe and America.

60040

\$14

1 Session, WIL 113

Fri., 5/17, 10 a.m. - Noon

Marilyn Sassi, Instructor

NEW!

The Iroquois Nation

The class will begin its look at the Iroquois nation with the prehistoric period between 9,000 and 10,000 B.C., where popular theory speculates that the first Native Americans made their way to the North American continent from Asia via a land bridge. From archaeology findings, slides will illustrate how these early people depended entirely upon the land to survive. Their homes, material culture and everyday life will be examined before the strong influence of the Europeans took hold. To unite and protect themselves, the five original groups living between Canajoharie and Rochester, formed a confederacy that went relatively undisturbed until the arrival of Dutch and English fur traders into the Mohawk and Hudson Valleys. We'll explore how contact between the Iroquois and Europeans ultimately destroyed the Native American's culture and nation.

60041 \$14
1 Session, WIL 113 **This class is full!**
Fri., 5/10, 10 a.m. - Noon **Call us now to be added**
Marilyn Sassi, Instructor **to the waitlist.**

Genealogy & Ancestry for Beginners

Genealogy, or the study of family history, has been described as the "fastest-growing hobby in America." With the popularity of television shows like "Who Do You Think You Are," the ease of sharing information via the internet and the reconnection of distant relatives using social media, it's no wonder more Americans than ever before are interested in discovering their roots. Professional genealogist Lisa Dougherty will help you get started in the pursuit of your own family history by offering guidelines for gathering information, conducting effective family interviews, and organizing your research.

Ancestry.com is the largest and most widely used genealogy website online today. Navigating this vast resource effectively in search of your ancestors is a process that takes time and practice. Lisa will share her 12+ years of experience as an Ancestry subscriber to offer tips on exploring, searching and utilizing all that Ancestry has to offer for the family historian.

60134 \$10
1 Session, WIL 113 **This class is full!**
Tues., 3/26, 9:30 - 11:30 a.m. **Call us now to be**
Lisa Dougherty, Instructor **added to the waitlist.**

**DO YOU HAVE A GREAT
IDEA FOR A COURSE?**



Be bold. Be a Viking.

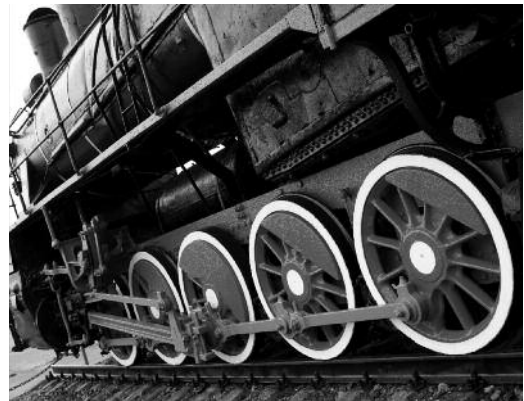
Contact our office at 629-7339 or
www.hvcc.edu/communityed/apply.html

Search for Your Irish Ancestors

Anyone who has an Irish ancestor in their family tree is usually eager to find out just where in Ireland they came from. This can be a very difficult task for researchers, given the limited information typically available in historic documents about Irish ancestors, especially those of the famine era (1840's-1860's). In this presentation, professional genealogist Lisa Dougherty will focus on sources to use here to help identify a place of origin for your Irish ancestor, and hopefully help further your research in Ireland.

Until very recently, access to Irish records for genealogy research has been limited to those who utilized the County Heritage Centres, or those who visited the National Library in Dublin. The Irish Family History Foundation website (www.rootsireland.ie) strives to make these basic records available to Irish descendants of worldwide. Lisa will offer suggestions and tips on how to best use the resources of the IFHF to trace your illusive Irish ancestor!

60135 \$10
1 Session, WIL 113
Tues., 4/30, 9:30 - 11:30 a.m.
Lisa Dougherty, Instructor



Railroads of The Capital District

Some people might say the Capital District of New York is the birthplace of American railroads and they would be right to make the argument! From the beginning, there was the Mohawk & Hudson, the Rensselaer & Saratoga and then the Saratoga & Schenectady. Along with the Little Schenectady & Troy, these railroads went on to form the main lines that still exist today, nearly 200 years later! They connected all of the northeast US and helped link the east and west coasts. Join author and historian Gino DiCarlo as he shares the history of these great lines and how they shaped the great state of New York and beyond.

60136 \$10
1 Session, WIL 113 **This class is full!**
Mon., 3/25, 9:30 - 11:30 a.m. **Call us now to be**
Gino DiCarlo, Instructor **added to the waitlist.**

Center for Creative Retirement

Learn Something New

Spreadsheet Development

Using MS Excel 2010

Excel is a powerful tool that can be used for more than simple spreadsheets. While it doesn't have all of the capabilities of database programs such as Access, it can do many database-type functions and lends itself to complicated projects. With knowledge gained in previous classes or through experience with previous use of Excel, we will go through the development of a spreadsheet project from the beginning idea to the finished project.

We will select a project or multiple projects suggested by the class and develop spreadsheets using, as appropriate for the specific project(s), formulas, range names, pivot tables, macros, graphics, and any other tool in Excel, as needed. The first week will be a brief review of pivot tables and then selection of the project(s). It is expected that class members will work on the project(s) between sessions so that we can compare and select the various project components to arrive at the most efficient spreadsheet. During the second, third and fourth weeks we will work as a team on the project(s).

Some examples used in previous classes will be available as references as well as Excel 2010, The Missing Manual. Students who are serious about using Excel and its many functions may wish to purchase this book.

Prerequisite: This is not a beginning Excel class. Students must possess basic Excel skills and be familiar with Excel functionality and operation and/or have completed a basic Excel class. A strong working knowledge of Excel will make it easier for students to participate in the project(s) development.

Student should bring a USB flash drive ("thumb drive") with at least 1 GB capacity so they can download examples and other materials. This is a hands-on class and students will need their HVCC username and password.

60042

\$10

4 Sessions, WIL 111

Mon., 4/8 - 4/29, 9:30 a.m. - Noon

Bud Hovey, Instructor

[Click here for more information on computer accounts.](#)

A Very Special Coffee Morning

Do you love coffee? Spend the morning cupping with Fred Cashmere, founder and owner of Liquid Assets Coffee. You will hear all about the history of coffee, the roasting process, the varieties of coffee and how to evaluate the various flavors. What a great opportunity to sharpen your palate and learn to classify the flavor of your favorite coffee. As an added treat, Blueberry Hill Café will provide an in-between snack to cleanse the palate.

60139

\$10

1 Session, WIL 113

Wed., 4/3, 9:30 - 11:30 a.m.

Jean Chenette, Coordinator

Fred Cashmere, Instructor

This class is full!

Call us now to be added to the waitlist.



Digital Photography

This two-session offering will concentrate on learning how to effectively use your new (or not-so-new) digital camera. You will learn about exposure, white balance, macro-mode, portrait settings, landscapes, bracketing – all complex techniques that can be easily explained and mastered. Gather your favorite photos, organize your questions and bring along your camera and owners manual to these classes designed to inform in a relaxed, comfortable format. Remember to have the camera's battery fully charged and have an empty memory card.

60130

\$10

2 Sessions, WIL 113

Mon., 5/6 & 5/13, 9 a.m. - Noon

Kevin Sarsfield, Instructor

This class is full!

Call us now to be added to the waitlist.

Medicare 101

Medicare can be very confusing. There are many options and factors to consider.

It is important to understand how Medicare works and what you need to know to make the most informed decisions possible. Medicare Parts A and B will be explained, including what is and is not covered. This session will also cover what a person's fiscal responsibility is and the ways to mitigate the potential co-pays of Medicare. Learn what a Medigap plan is and how it works and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

60128

1 Session, WIL 113

Wed., 5/1, 10 a.m. - Noon

Janet Kiffney, Instructor

NEW!

This class is full! ^{\$10}

Call us now to be added to the waitlist.

Become a Long Term Care Ombudsman

Our neighbors who live in nursing homes and adult care residences need your help to advocate on their behalf to ensure they experience the highest quality of care and quality of life while residing in these communities. The word ombudsman is of Swedish origin and can mean "citizen representative" or "one who speaks on behalf of others." An ombudsman can take on many roles, such as companion, advocate, educator, mediator and broker, while supporting people who live in these facilities. Residents often have little or no contact with the outside world or feel they lack control over their own lives. A certified ombudsman is a special volunteer who works with the residents to resolve complaints and concerns. The program's mission is to ultimately protect the health, safety, welfare and rights of the residents in long term care facilities. Every ombudsman is provided with extensive training by the local sub-state coordinator on staff at the Red Cross. The training consists of 36 hours of classroom training.

A certified ombudsman is expected to make a commitment of 2-4 hours a week visiting and observing residents in their assigned facility of choice. Regular contact and support is provided by the local coordinator in order to promote ongoing coaching and supervision. Make a difference in your community and come to this informational session to see if acting as an ombudsman is right for you! Instructors Rich Halderman and Edie Sennett will answer your questions and can share how acting as an ombudsman can be a rewarding volunteer opportunity.

60142

1 Session, WIL 113

Tues., 3/19, 10 - 11:30 a.m.

Edie Sennett and Rich Halderman, Instructors

\$10



Experience the Incredible Cheeses and Specialty Foods with Honest Weight Food Co-op

Honest Weight Food Co-op is renowned for its selection of cheeses and unique specialty foods. But the best part is Cheese Master Gustav Ericson... his knowledge, his interesting combinations, his presentation and his wonderful preparation tips! This is an invite you can't pass up! Come sample their offerings. Those who have joined Gustav before know that he has a unique flair for combining cheeses with other treats. Course fee includes a \$9 materials fee.

60043

1 Session, WIL 113

Fri., 5/3, Noon - 2 p.m.

Gustav Ericson, Instructor

\$19

This class is full!

Call us now to be added to the waitlist.

Beginning Bridge

You will play bridge at your very first class. You do not need a partner to join. Just bring a good attitude and a desire to learn bridge. The game of bridge is mentally challenging, provides ongoing learning, social interaction and it's fun! It is an inexpensive hobby that also offers travel opportunities. It is a game that evolves, so one could never get tired of it. Come join the fun and see what the game of bridge is all about.

60044

6 Sessions, WIL 113

Thurs., 4/4 - 5/9, 9:30 - 11:30 a.m.

Marilyn Hart, Instructor

\$59

Beginning Bridge Part II

Join us for a continuation of the Beginning Bridge class offered in the fall. We will start with a review of lesson five, "Opening and Responding to a Suit Contract" and continue to build our bridge skills from there. This course is also beneficial to anyone who plays bridge and wants a refresher course on bridge basics and an introduction to playing duplicate bridge.

60045

6 Sessions, WIL 113

Thurs., 4/4 - 5/9, 12:30 - 2:30 p.m.

Marilyn Hart, Instructor

\$59

This class is full!
Call us now to be added to the waitlist.

NEW!

Center for Creative Retirement

Birds and Birding in the Capital Region

Learn about resident and migrant species commonly found in the area, where to find birds and essential birding equipment. We will learn about identifying birds in the field using visual field marks and sounds. Prime birding locations in the area, including Five Rivers Environmental Education Center, Vischer Ferry and Tomhannock Reservoir will be described. This class is geared toward novice and intermediate birders who wish to improve their birding skills and plan to embark on local adventures in search of birds and other wildlife.

60137 \$14
1 Session, WIL 113
Fri., 4/5, 1 - 3 p.m.
Rich Merritt, Instructor

Greek and Roman Mythology

Do you know the significance behind the name of the Mt. Ida neighborhood in Troy? What is the origin of the word "tantalize?" Why is there a change of seasons? What is really meant by the term "Achilles heel?" How did spiders come to be? The ancient Greeks and Romans used their beliefs to explain the world around them. Find out these and many other answers in this course that discusses the gods and goddess and the mythology of the ancient Greeks and Romans.

60143 \$20
2 Sessions, WIL 113
Tues., 4/9 & 4/16, 2 - 4 p.m.
Dan O'Callaghan, Instructor

Trips and Tours

Please Note: Several of these trips and tours include a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus trips and tours are posted at hvcc.edu/communityed.

Tours and Trains in Altamont

Tour the Altamont Train Station, built in 1897, which was recently restored and converted into a public library. The structure features a cupola and eyebrow windows and is a prime example of Victorian architecture and the railroad stations of the time. Following the building tour, there will be a presentation on the history of the Delaware & Hudson railroad in the area. Participants are encouraged to stay and enjoy lunch on their own at the World War II themed Home Front Café which is right across the street from the library.

60109 \$10
1 Session, Altamont Library in Altamont, NY
Tues., 4/9, 10:30 a.m. - Noon **This class is full!**
Judith Wines, Instructor **Call us now to be added to the waitlist.**

New York City Bus Trip

A bus will leave at 7 a.m. from Crossgates Commons (behind Wal-Mart) for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$28 materials fee.

60248 \$39
1 Session **This class is full! Call us now to be added to the waitlist.**
Wed., 5/15, 7 a.m. departure
Joyce Feiring, Coordinator

Schenectady Culinary Luncheon

Join for us a delectable luncheon at the Hotel, Culinary Arts and Tourism Department at Schenectady County Community College. The menu will be designed by the Quantitative Foods lab instructor and class. If you prefer a vegetarian entree, please notify us at the time of registration. Lunch will be served in the Van Curler Room on the SCCC campus. Course fee includes an \$18 materials fee.

60247 \$28
1 Session, Schenectady County Community College
Fri., 3/22, 11:30 a.m. - 1:30 p.m.
Joyce Feiring, Coordinator

Lessons at the Graves - Oakwood, Mausoleums and Daffodils!

This is going to be one spectacular tour filled with interesting history and very rare opportunities. Walk with famed historian Michael Barrett as he tells the story of some of Troy's most famous citizens and points out the beautiful mausoleums that they built as their final resting place. These sacred burial grounds are never open to the public but if we're lucky there may be one or two that our group will be able to enter.

60141 \$25
1 Session, Oakwood Cemetery in Troy, NY
Mon., 4/22, 10 a.m. - Noon
Michael Barrett, Instructor

Out and About

Plan to join us for this year's Out and About series as we visit landmarks with colonial, revolutionary and religious significance, as well as the those that highlight the influence of women and fine art in New York and Massachusetts.

Out and About begins with a brief orientation at the college prior to the first outing where the group will receive directions to all of the sites and arrange for carpools. The course fee includes an \$85 materials fee for entrance and/or tour fees.

Thursday, May 16 - Hasbrouck House (Newburgh, NY) and the Stockade District (Kingston, NY)

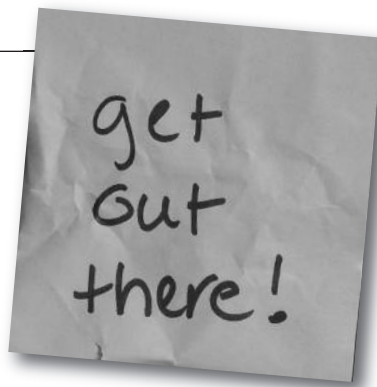
Chosen for its comparatively safe location north of West Point, Hasbrouck House was Washington's headquarters in Newburgh. The house was recently reopened in the Fall of 2012 with new exhibits, including artifacts restored locally by the conservation laboratories on Peebles Island. We will have a guided tour of the house and the museum will be open to us.

In the afternoon, we will tour the Kingston Stockade District, an eight-block area that was the original mid-17th century Dutch settlement of Wiltwyck, later renamed Kingston when it passed to English control. Our guided tour of the district will include interiors of the Johnston and Person houses as well as the Old Dutch Church.

Tuesday, May 21 - The Mount (Lenox, MA) and Hancock Shaker Village (Pittsfield, MA)

The Mount was Edith Wharton's home in Lenox. She designed and built the home based on the architectural and landscape precepts laid out in the 1897 book, "The Decoration of Houses," which she co-authored with architect, Ogden Codman, Jr. We will have a guided tour of this Classical Revival house.

The Hancock Shaker Village in Pittsfield is a National Historic Landmark District. Established in 1793, it remained an active religious community for close to two centuries. The Shakers developed a distinctive way of life, and we will enjoy a remarkable up-close view as we participate in two workshops: Innovations and Inventions and Songs and Dances. After the workshops, we are free to visit as much of the village as we wish.



Tuesday, June 4 - The Margaret Reaney Memorial Library (St. Johnsville, NY) and Erie Canal Cruises (Herkimer, NY)

Joseph Reaney was a textile magnate and entrepreneur who, by 1906, owned and operated eight textile mills in central New York. The library, built in 1909, dates back to 1900 when a group of determined, dedicated women organized a society within the village known as the Book Club, later to become the Century Club. Joseph Reaney donated the property and library, with its 1936 addition and lovely park, to St. Johnsville. We will have a tour of the library and museum. Please note that the library has nine outside steps to the entrance, and once inside there are 17 steps to access the bulk of the museum collections.

In the afternoon, we are booked on the 1 p.m., 90-minute "Lock Thru" cruise on the Erie Canal at Herkimer. The ship's captain will narrate and explain the sites, legends and history of the canal, as well as the workings of the lock we will pass through.

Tuesday, June 11 - Yaddo Gardens Tour and Frances Young Tang Teaching Museum at Skidmore (Saratoga Springs, NY)

Yaddo is a working artists community where artists live and pursue individual and collaborative projects in a supportive environment. As Yaddo's mission is to offer artists uninterrupted time to work, only the gardens are available to the public. The Yaddo Gardens were designed by Spencer Trask for his wife, Katrina, in 1899. The rose gardens are based on classical Italian gardens, and the adjoining rock gardens reflect the Anglo-American interest in indigenous landscapes.

Skidmore College designates the Frances Young Tang museum as a teaching museum. The Tang's mission centrally incorporates a focus on the principle that art can and should be used to help advance knowledge across other disciplines. Our group will have a guided tour of the museum.

60210

\$95

*Thurs., 5/16, 9 - 9:30 a.m., Orientation, WIL 113
Thurs. 5/16 & Tues., 5/21 - 6/11, 10 a.m. - 1 p.m.,
Out and About Sites*

*Judy Beiss, Linda Jones and Fran Krause,
Coordinators*

Center for Creative Retirement

Trips and Tours

Saratoga's Great Ladies Walking Tours

See and hear about Saratoga's "Great Ladies" (the name by which several of Saratoga's stately Victorian homes are referred to) and hear Hollis Palmer of Derby Tours tell the stories of the families who built them. The presentation will include the story of the man who was so mad at the city he turned his back on it; the son who took his mother's jewels from her safety deposit box and what he did with them; the man whose father saved the Union in the Civil War with a simple invention - all while gazing upon the beautiful mansions they each called home.

Each walking tour is two miles in length and run in a loop ending close to where they start. Make a day of it and enjoy lunch and shopping in Saratoga after your tour. Choose one or choose them all!

I. Tues., 3/19: Tour of Franklin Square
60112 \$20
1 Session, Meet at Crafter's Gallery at
427 Broadway in Saratoga Springs, NY
Tues., 3/19, 10 a.m. - Noon

II. Tues., 4/9: Merchants and Mansions
60113 \$20
1 Session, Meet at the corner of Phila
and Henry St. in Saratoga Springs, NY
Tues., 4/9, 10 a.m. - Noon

III. Tues., 4/16, Tour of North Broadway
60114 \$20
1 Session, Meet at Crafter's Gallery at
427 Broadway in Saratoga Springs, NY
Tues., 4/16, 10 a.m. - Noon

IV. Tues., 4/23, Union Avenue Tour
60115 \$20
1 Session, Meet at the Union Gables B&B
at 55 Union Ave. in Saratoga Springs, NY
Tues., 4/23, 10 a.m. - Noon

V. Tues., 4/30, How They Rest; How They Lived
This session will focus on the great markers in Saratoga's Greenridge Cemetery. The presentation will include photos of the homes built by the families along with their stories.
60116 \$20
1 Session, Meet at Greenridge Cemetery
off Lincoln Ave. in Saratoga Springs, NY
Tues., 4/30, 10 a.m. - Noon

All tours on this page are led by
Hollis Palmer of Derby Tours.

Tour and Tea at the Batcheller Mansion

You will be treated to a tour of the iconic Batcheller Mansion by Mr. George S. Batcheller (Hollis Palmer). Built in 1873-74, the house was finished in time to host a reception for President Grant.

Anyone who has ever been by the house considers the outside to be imposing and those who have been fortunate enough to be inside have experienced the house's true magnificence and warmth. The tour concludes with a Victorian tea with Mrs. Batcheller. Those who participate receive a copy of the book "The Batcheller Mansion." The entire experience takes about 90 minutes and allows guests to appreciate what it was like to live in the Victorian house the *New York Times* called "Saratoga's Crowning Glory."

Please Note: The mansion is not handicap accessible.

60117 \$35
1 Session, The Batcheller Mansion
in Saratoga Springs, NY
Tues., 4/16, 1:30 - 3 p.m.

60118 \$35
1 Session, The Batcheller Mansion
in Saratoga Springs, NY
Thurs., 4/25, 1:30 - 3 p.m.,

60119 \$35
1 Session, The Batcheller Mansion
in Saratoga Springs, NY
Sun., 5/12, 1:30 - 3 p.m., Mother's Day Tea!



Spring Sensations -

Exploring Nearby Nature Preserves

As the snow melts and the ground thaws, nature springs to life and puts on a glorious display. The spring palate includes a bounty of wildflowers like trillium, dog toothed violets, and lady slippers. An upward glance reveals the flowering shadblow and cherry. The first class at the college will include a presentation illustrating what we might see. The following weeks, we will explore three of our favorite local preserves taking time to observe, learn about and enjoy the plants, wildlife and natural beauty around us.

60032

\$10

4 Sessions

Fri., 4/26, 10 a.m. - Noon, WIL 113

Fri., 5/3 - 5/17, 10 a.m. - Noon, Selected Preserves
Betty and John Nickles, Instructors

Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which is one of the few remaining castles in northeast New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century craftsmanship rarely duplicated today. Our morning will begin with a tour of The Skene Manor where we will experience the grandeur that exemplified turn-of-the-century wealth. Then, lunch of homemade soup, sandwiches, beverages and dessert will be served in the tea room. Choose from chicken salad, tuna salad, reuben or roast beef on either white, whole wheat or rye bread. Everyone raves about the lunch and the dedication of the volunteer staff who run the Manor. Experience it for yourself! Course fee includes a \$20 materials fee.

60049

\$30

1 Session, The Skene Manor in Whitehall, NY

Wed., 5/1, 11:15 a.m. - 1:30 p.m.

The Bronck House - Tour the Hudson Valley's Oldest Home

Enjoy history? Then take the beautiful ride south to the Bronck House, a Dutch homestead located in Coxsackie, Greene County. Originally constructed in 1663 with additional buildings added later, it is also known as the "oldest surviving dwelling in upstate New York." We'll tour the Bronck Museum complex, which includes structures that once comprised the Bronck family farm and highlight some examples of the Bronck family's furnishings. A 13-sided barn, built in 1830, is especially fascinating. The grounds should be beautiful for our spring visit!

60036

\$15

1 Session, The Bronck House in Coxsackie, NY

Tues., 5/14, 10:30 a.m. - Noon

Cynthia Serbent, Coordinator

This class is full!

Call us now to be added
to the waitlist.



Knickerbocker Family Mansion - Ghosts, Tour and Lunch

Schaghticoke's Knickerbocker Mansion, which dates from about 1770, is currently under the care of the Knickerbocker Historical Society. This not-for-profit organization is restoring the Knickerbocker family mansion which was rescued from certain demolition. Society members will be our hosts for the day as they tell us about the history of the property and arrange for a couple of historic ghost speakers. Our visit concludes with a chance to tour the mansion and sit down to a colonial lunch cooked with authentic recipes. Not to be missed! Course fee includes a \$20 materials fee.

60037

\$30

1 Session, Knickerbocker Family Mansion

Wed., 5/22, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator

Discover Troy - Washington Park and its Victorian Homes

Have you ever walked through the Washington Park area and marveled at the many beautiful renovated homes and their exclusive park? Well, now you can enter some of these unique homes built in the 1840's by some of Troy's prominent citizens. We will visit four or five homes and you will see restoration as well as new construction behind old walls. Begun as a residential square by old Troy families, rising Irish families and later other immigrants, Washington Park reflects the social and economic history of the city. Your tour will also include their private ornamental park enjoyed as a quiet, scenic front yard of the neighborhood. We will end our afternoon with a small reception in one of the mansions. Please note that there is a great deal of walking on uneven surfaces during the tour including: sidewalks, grass, roads and some home interiors with multiple flights of stairs and the group keeps to a tight schedule during the two-hour walking tour. So put on your walking shoes, and join us for a glimpse into an era of long ago.

60046

\$20 The AM session is

1 Session, Meet at 195 2nd St. in Troy, NY

Thurs., 5/16, 10 a.m. - Noon

full! We still have
space available for
the afternoon.

60047

\$20

1 Session, Meet at 195 2nd St. in Troy, NY

Thurs., 5/16, 1 - 3 p.m.

Lea Darling, Coordinator

Center for Creative Retirement

Trips and Tours



Ten Broeck Mansion Tour with Tea or German Lunch

The elegant Ten Broeck Mansion was the home of two of Albany's most prominent families. It was originally built in 1798 as a Federal-style country home for merchant and Mayor Abraham Ten Broeck, who had served as a major general of the Albany militia during the Revolutionary War and distinguished himself at the Second Battle of Saratoga in 1777. Architectural details from this period include a delicate roof balustrade on the outside and a superb spiral staircase within. In 1848, the home became the residence of banker and philanthropist Thomas Worth Olcott and underwent modifications that included the addition of Greek Revival porticos to the doorways and marble mantels in the main first-floor rooms.

Today, the home reflects Olcott's era of occupancy and contains a collection of furnishings from the late 18th and early 19th centuries, as well as some fine portraits on loan from the Albany Institute of History and Art. Also of note are the house's intact wine cellar (discovered in the 1970s) and its attractive gardens. After parking at the rear of the mansion gardens, stroll the garden path to enter the mansion and have a tour followed by your choice of either teas and sandwiches or a hearty German lunch complete with German music. Tea choice includes \$15 materials fee and German lunch choice includes \$22 materials fee.

German Lunch

60051 \$32
1 Session, Ten Broeck Mansion in Albany, NY
Tues., 4/16, 11:30 a.m. - 1:30 p.m.
Jean Chenette, Coordinator

Teas & Sandwiches

60050 \$25
1 Session, Ten Broeck Mansion in Albany, NY
Tues., 5/7, 11:30 a.m. - 1:30 p.m.
Cathy Sullivan, Coordinator

Tour Steepletop - Home of Edna St. Vincent Millay

Don't miss this opportunity to visit Steepletop, the farmhouse home of Pulitzer Prize-winning poet Edna St. Vincent Millay in Austerlitz, Columbia County.

This National Historical Landmark was Edna St. Vincent Millay's estate and our visit will include a guided tour of the house, writing cabin and gardens. Walking shoes for the tour are recommended. The site is wonderfully restored and the docents are very knowledgeable. The house remains much as Millay left it and gives visitors a real sense of her life in this bucolic setting. Join us for what our Out and About group calls a "must do!"

60048 \$26
1 Session, Steepletop in Austerlitz, NY **This class is full!**
Wed., 5/15, 10:30 a.m. - 12:30 p.m. **Call us now to be**
Cathy Sullivan, Coordinator **added to the**

American Italian Heritage Museum Tour

Join us at the American Italian Heritage Museum to hear the stories of the Italian immigrant and recognize the contributions of Italian Americans. Each of the eight rooms cover a different aspect of history, including: immigration; folk art; religion; photos; contributions and special exhibits. We will conclude our guided visit with coffee and Italian desserts. Course fee includes \$5 materials fee.

60133 \$15
1 Session, American Italian Heritage Museum in
Albany, NY
Thurs., 4/11, 10:30 a.m. - Noon
Jean Chenette, Coordinator

waitlist.



Get Creative

In Blooming Color

Michelle Peters is the owner of Ambiance Florals and Events and her creative ideas will help us welcome spring. Known for thinking outside the vase, she will create ten arrangements and share her thoughts and tips as she puts her magic touch into each piece. You may be one of the lucky students who carry one of her creations home!

Course fee includes a \$10 materials fee.

60108 \$20

1 Session, WIL 113

Wed., 4/17, 9:30 - Noon

Michelle Peters, Instructor

Capturing Your Favorite Story

Working through local libraries and senior residences, Dee and Frank Wind have interviewed seniors throughout the Capital District, capturing their life stories in their own words and transforming these vital narratives into illustrated Shutterfly® books. Dee and Frank will discuss the process and share some of the stories. Come and find out how to transform those special memories into books that will be treasured by generations. These books are absolutely incredible and must be seen and heard to be appreciated. What a wonderful way to preserve family history and create a priceless gift for loved ones.

60111 \$10

1 Session, WIL 113

Mon., 4/8, 1 - 3 p.m.

Dee & Frank Wind, Instructors

Introduction to Folk Music Using Fiddle, Banjo, Guitar and Song

Come wet your musical appetite while hearing the history and sounds of roots music. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. Combine this with the "why" and "how" of the way these sounds developed and you have one rousing presentation. George Wilson, accomplished fiddler, folk music educator and performer, has planned a great morning for the music lover in you! Join the fun!

60129 \$10

1 Session, WIL 113

Thurs., 3/21, 9:30 - 11:30 a.m.

George Wilson, Instructor

The Mountain Dulcimer - America's Folk Instrument

Never heard of a mountain dulcimer? Well, you're not alone, although this lovely, little-known stringed instrument actually has a big following. The sound of the mountain, or fretted, dulcimer can be hauntingly beautiful or bubbling over with joy. It's so easy to play that you'll be able to pick one up and begin to make music right away, while it can also challenge the experienced instrumentalist. In this introductory class you'll be taken through the history of the mountain dulcimer and the culture of its Appalachian roots; see several different designs, all made by skilled craftsmen from Vermont to California; learn how the playing styles and types of music played on the dulcimer have evolved; and come to know how this obscure instrument has numerous clubs devoted to it.

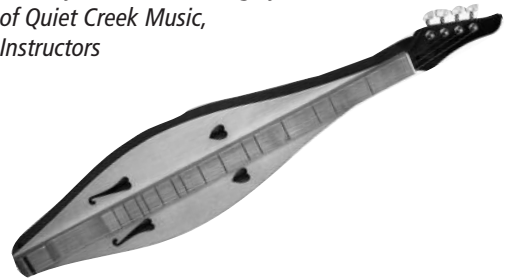
Of course, you'll also hear mountain dulcimers played and hear the differences in their individual voices. Finally, you may take the opportunity to experiment with making music on a mountain dulcimer yourself!

60110 \$13

1 Session, WIL 113

Tues., 4/23, 9:30 - 11:30 a.m.

Carol Lynn and Gene Langley
of Quiet Creek Music,
Instructors



Golden Age of American Musicals

From "Guys and Dolls" to "The Sound of Music," the 50's was the decade of many American musical theatre classics including "The King and I," "My Fair Lady," "West Side Story" and "Gypsy." Orchestra seat tickets were \$5 and the decade introduced major Broadway stars such as Yul Brynner, Carol Channing and Julie Andrews. The major stars of the 30's and 40's, like Mary Martin and Ethel Merman, appeared in their finest roles. It was the end of Rodgers and Hammerstein, the beginning of Lerner and Loewe and the start of Stephen Sondheim's six-decade career. 1959 also saw the first authentic biographical musicals. We will relive many of those magical moments. Don't miss seeing these clips and hearing their great music!

60132 \$10

1 Session, WIL 113

Wed., 4/24, 9:30 - 11:30 a.m.

Richard Feldman, Instructor

■ Certificate Programs

Paralegal Certificate Course

This intensive, nationally acclaimed program is designed for beginning and advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which legal assistants are in most demand.

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively.

Introduction to Paralegal Studies provides the foundation for the study of paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study.

Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study.

This is an accelerated course. While there are no prerequisites, you will be expected to complete a significant amount of homework and you can anticipate spending an average of 12 hours per week reading and completing writing assignments.

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments.

Paid access to the Westlaw online legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Textbooks that accompany the instruction of this course are available for purchase in the college's bookstore or through the Center for Legal Studies at 1-800-522-7737.

60153 \$1189
Online course, 1/14 - 3/1 & 3/11 - 4/26

60154 \$1189
Online course, 3/11 - 4/26 & 5/6 - 6/21
Center for Legal Studies, Instructors

Additional information for the Paralegal Certificate Course can be obtained at www.legalstudies.com.



Pet Education Certificate

NEW!

The Pet Education Certificate course is designed for students who wish to pursue or advance their career in the field, including but not limited to pet-sitting, kennel work, and other animal-related fields, with special emphasis on starting a pet business.

There are many unforeseen obstacles that arise in the field of animal care. This course will focus on many of the most commonly encountered issues – some that may have catastrophic consequences for pets if their caretakers are not trained. It will help aspiring entrepreneurs avoid pitfalls in the beginning stages of business planning. The course content includes business planning and marketing, pet health and CPR, behavior management, safety, in addition to grooming and care through course lecture, guest speakers and hands-on internship experiences. Those who successfully complete this unique program will have specialized education and experience giving them an advantage in the field. In addition, they will have access to the P.E.T.S. Web site, an online resource connecting pet professionals with clients.

In order to successfully complete this program, students may not have more than three unexcused absences from class and complete at least 54 hours of internships at approved animal care facilities within six months of the final class meeting.

The course instructor, Mary Lynn Gagnon, is the owner of Pet Estates Inc. and Merry Lynn Kennels and has been a successful pet business owner and leader in the pet business field locally and regionally for more than 20 years.

60151 \$795

12 Sessions, WIL 112

Sat., 2/23 - 5/18, 10 a.m. - 12:30 p.m.

No class 3/30

Mary Lynn Gagnon of Pet Estates Inc., Instructor

ed2go Online Career Training Programs

ed2go online career training programs offered at Hudson Valley Community College are self-paced and provide short-term certificate programs. You may register for and start the courses listed below at any time. However to receive a certificate of completion from Hudson Valley Community College, you must complete the course with a 70 percent or higher within 180 days. Each course includes a set of lessons and tests, and has an instructor who responds to you. Any certification or exam fees are not included in the course fees.

Administrative Medical Specialist with Medical Billing and Coding

The Administrative Medical Specialist with Medical Billing and Coding course will give you the skills you need to find a job as an administrative medical specialist (AMS), medical billing specialist, medical coder, and/or medical office manager. In addition to extensive medical billing information, you will be taught every aspect of the medical receptionist/front desk position. Upon successful completion of the Administrative Medical Specialist with Medical Billing and Coding course, you will be prepared for an entry-level position doing medical billing or coding in a medical office setting and will be prepared to sit for the Certified Billing and Coding Specialist (CBCS) exam and the Certified Medical Administrative Assistant (CMAA) exam.

60174

\$1995

Online course, 300 hours



Medical Transcription + Medical Terminology

A medical transcriptionist listens to dictated recordings made by physicians and other health care professionals and transcribes the recordings, creating medical reports that eventually become part of patients' permanent files. In the Medical Transcription + Medical Terminology online training program, you'll gain the ability to transcribe medical reports and learn the skills you need to obtain an entry-level position as a medical transcriptionist. You'll also get a 60-hour Medical Terminology Online Training Program!

60175

\$1995

Online course, 300 hours

This price has been updated from the print version.

Veterinary Assistant

Prepare for a new career working with animals with the help of the Veterinary Assistant online training program. You'll learn about animal care and how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, and how to assist the veterinarian during examinations.

Administrative duties such as fee collection, banking, and accounts payable are also emphasized, and the program contains basic information about pet insurance.

60176

\$1995

Online course, 240 hours

This price has been updated from the print version.

For more information including complete course descriptions, prerequisites and course outlines, please visit hvcc.edu/communityed and click on these ed2go classes in our spring course listings.

New! for the digital brochure. Click on the course titles on this page for additional information on these ed2go classes.



NOTE: All information in this bulletin is subject to change without notice.

■ Communication

German for Everyone

This conversational course provides basic pronunciation, grammar and useful phrases in German. The focus is on having fun while participating in many interactive activities such as roleplaying, games and puzzles. Course fee includes \$5 materials fee.

60195 \$103

9 Sessions, BTC 217

Thurs., 2/28 - 4/25, 6 - 8 p.m. **Cancelled due to**

Lisa Jiardini, Instructor **low enrollment.**

Break into Print with Nonfiction Articles

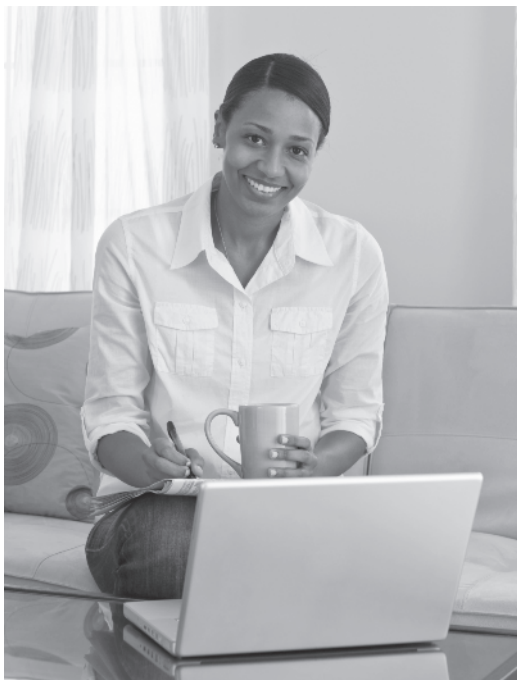
Have you dreamed of writing for *The Atlantic Monthly*, *Woman's Day* or other national periodicals? Have you wondered how writers get their work accepted by these prestigious publications? Wonder no longer. Learn the step-by-step process of researching, writing and selling nonfiction in today's red-hot magazine market. Discover how you can explode one idea into dozens of articles (and collect multiple paychecks), guarantee that editors call you when they need a feature and experience the thrill of seeing your magazine article in print. Course fee includes \$15 materials fee.

60179 \$55

3 Sessions, DCC 137

Wed., 3/6 - 3/20, 7 - 9 p.m.

Pauline Bartel, Instructor



Writing Your Family History

Your family and personal stories are too good, too important, to lose. This course introduces you to the step-by-step process that transforms memories into memoirs. Learn techniques for stimulating memories, conducting family history research and writing the story of your life or your family. Class time will be devoted to reading and critiquing works in progress in a supportive workshop environment. Course fee includes \$15 materials fee.

60180 \$69

4 Sessions, DCC 137

Wed., 4/3 - 4/24, 7 - 9 p.m.

Pauline Bartel, Instructor

Introduction to Short Fiction: Finding Your Narrative Voice

This is a comprehensive workshop with light required reading. We will look at the work of several prolific authors. Class discussion and exercises will focus on elements of narrative including structure, voice, conflict and character in order to help participants achieve the type of story they would like to write and encourage them to read far and wide.

Additionally, participants will share their work (both old and new) in a comfortable workshop format. Students can expect to either purchase or loan several texts for use in the class. (All texts are readily available used or from local libraries.)

60197 \$90

8 Sessions, BTC 217

Mon., 3/11 - 5/6, 6:30- 9 p.m.

No class 4/1

Richard Hartshorn, Instructor

English as a Second Language - Beginners

This course is specifically designed for beginning level English language students. No prior knowledge of English is required. This course covers the skills of listening, speaking, reading and writing. Emphasis will be placed on reading strategies, simple vocabulary development, understanding American idioms, basic English syntax and simple conversation. Forms of academic and business writing are also discussed. The required textbook, "What a World 1, 2nd Edition" by Milada Broukal, is available for purchase at the college bookstore (518) 629-7157.

60155 \$145

10 Sessions, BTC 219

Thurs., 2/28 - 5/2, 4 - 6 p.m.

Noah Kucij, Instructor

Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel, this comprehensive workshop will guide you to, then past, the editor's desk. You will discover how to:

- Become a "published" writer overnight
- Submit manuscripts the correct way
- Find the right publisher for your work
- Write irresistible query letters
- 100 ways to make money as a freelance writer

If you really want to succeed, this step-by-step workshop, taught by a successful, published writer, is a must! Course fee includes a \$20 materials fee for the course workbook.

60183 \$60

1 Session, BTC Meeting Room 1
Mon., 4/29, 2 - 4 p.m.

LeeAnne Krusemark, Instructor

Meet the Publisher - Get Your Manuscript Critiqued

Have you ever wanted to talk to a real publisher? Are you tired of having your manuscripts critiqued by non-professionals? Bring your in-progress manuscript for an in-class critique of your poetry, article, short story, novel, non-fiction book, children's book, etc. You will then learn about the pros and cons of traditional publishing and self-publishing options. If you choose, you can leave a COPY of your manuscript with LeeAnne, now the owner of an author-friendly publishing house, for a professional critique and a list of publishers and/or agents who are interested in your type of work (please note there is an additional fee for this service). Course fee includes a \$10 materials fee for a detailed workbook comparing the different publishing options for your work and a writer's resource book.

60184 \$30

1 Session, BTC Meeting Room 1
Mon., 4/29, 4 - 5 p.m.

LeeAnne Krusemark, Instructor



Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet! We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this exciting field. You will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. You will even have a chance to record a commercial script under the direction of our producer! This class is informative, lots of fun and a great first step for anyone interested in voice-acting professionally.

60192 \$15

1 Session, BTC 203
Wed., 3/27, 6:30 - 9 p.m.

John Gallogly of Creative Voice Development,
Instructor

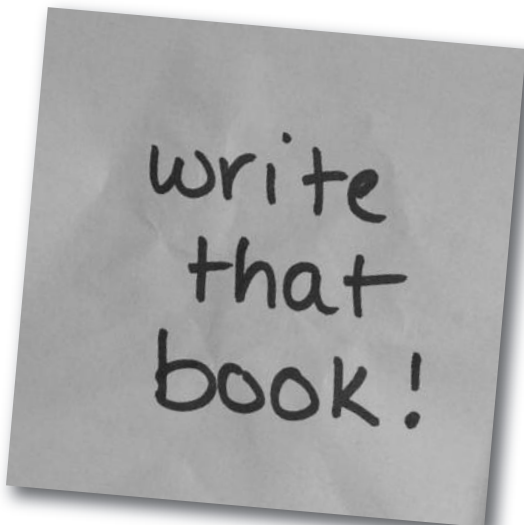
The Art of Writing Proposals for Grants, Programs and Research

This course will teach you the art of writing proposals for grants, programs and research. Topics will include developing need and impact statements, searching for fundraising/ support, collaboration and partnerships, reviewing RFPs, types and parts of the proposal, addressing goals and objectives for evidence-based outcomes, creating budgets, writing techniques, and tips for submitting a successful proposal. Other topics will be addressed based on need and interest. Instructors will use guided practice to assist you in constructing a proposal by the completion of the course.

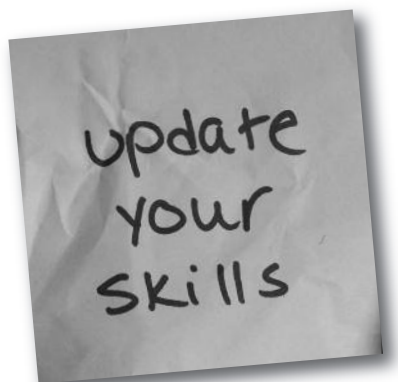
60073 \$110

8 Sessions, DCC B06
Tues., 3/12 - 5/7, 5:30 - 7:30 p.m.
No class 4/2

Nicole Arduini-Van Hoose & Wendy Chirieleison,
Instructors



Computers



Personal Computer Maintenance

Have you ever had problems with your home PC and just wished you could fix it yourself? Well, you can after you finish this class. Has your PC been slow and you don't know what to do? Why pay hundreds of dollars to a geek to fix your computer when you can do it yourself? We will introduce you to software and hardware maintenance to keep your PC running its best. Topics covered in this class include backing up data, troubleshooting applications, printers and internet connections. We also will show you how to install and run anti-virus and anti-spyware software and go over common PC problems. Have you ever seen the inside of a PC? We'll show you how to easily swap out a bad power supply, upgrade your memory and your hard drive. Come join us and bring out the geek in you.

Prerequisite: This is not a beginning computer class. Students must possess basic computing skills and be familiar with computer functionality and operation and/or have completed a basic computer class.

60146 \$109

4 Sessions, BTC 309

Mon., 2/25 - 3/18, 6 - 8 p.m.

60147 \$109

1 Session, TECSMT 201 at TEC-SMART in Malta, NY
Sat., 4/20, 9 a.m. - 5 p.m. with a half hour break
for lunch

Carlene Sheehan and Umran Yaqoob, Instructors



Microsoft Office 2010 Basics for the Administrative Professional

For the recent graduate or someone who wants to get back into the workforce and needs a refresher on the newer word processing suite, Microsoft Office, this class will help you get the skills you need to land that job you have been looking for. The course covers the most recent version of MS Office suite available today.

You will learn how to create a word processing document and merge it with a mailing list to send out letters, create a spreadsheet to keep track of finances, create a database in Access to keep the names and addresses for your mailing list and create an e-mail account and calendar in Outlook to keep track of your or your boss's appointments. You will also receive tips on how to keep your e-mails professional looking and effective.

Prerequisite: Students must possess basic computing skills and be familiar with computer functionality and operation and/or have completed a basic computer class. Course fee includes a \$5 computer fee.

60149 \$85

5 Sessions, BTC 216

Tues., 2/26 - 3/26, 7 - 9 p.m.

Carlene Sheehan, Instructor

Introduction to Microsoft Excel

Whether you're a teacher, financial planner or just in charge of the finances at home, this is a class you shouldn't miss. You'll learn how to use Microsoft Excel to manipulate numbers, manage your budget at home or figure out how much you can afford on a loan and how much you need to sock away for your retirement. Excel is a do everything spreadsheet program that will help you organize your life. Basic computer knowledge is required to take this class. Course fee includes \$3 computer fee.

60148 \$50

3 Sessions, BTC 205

Wed., 3/27 - 4/10, 6 - 8 p.m.

Carlene Sheehan, Instructor

Staying Safe on the Internet

This hands-on class will teach you how to safely use the Internet, how to configure a secure computer and what steps to take should a virus infect your PC. You will leave class with tips and guidelines to enhance your online experience and computer use. Course fee includes \$3 computer fee.

60150 \$20

1 Session, BTC 205

Wed., 4/24, 6 - 8 p.m.

Mandor Donaldson, Instructor

[Click here for more information on computer accounts.](#)

Computer Basics for Absolute Beginners

Do you feel like a deer in the headlights when you try to use a computer? Do you need computer skills for the job hunt? This hands-on course will walk you through the basics so you can take charge of your computer. Learn how to turn the computer on and off, use a mouse and computer keyboard, work with the Windows 7 desktop, menus, and windows, and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results, how to use email, and how to keep your computer safe from Internet malware and to keep you safe from identity theft and Internet fraud. Learn how to create and save files to folders (and find them again!), and do basic word processing with Microsoft Word. Learn how to shop for computers and what to say to the techies when you need help. A step-by-step textbook is included. Course fee includes \$7 computer fee and \$26 materials fee for the required textbook. This is a hands-on class and you will need your HVCC username and password.

60125 \$115

5 Sessions, WIL 111

Mon. - Fri., 3/11 - 3/15, 9 - 11 a.m.

PowerPoint Photo Shows for Social Events

Microsoft PowerPoint has a lot of bells and whistles but you need to learn only a few to make self-running photo shows - with sound - quickly for birthday and anniversary parties, class reunions, and memorial tributes. Also get tips on scanning print photos to use in your shows. This is a hands-on computer course requiring basic computer skills. Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password.

60121 \$25

1 Session, BTC 321

Wed., 3/6, 6 - 8 p.m.

Making Mailing Labels with Excel and Word

Need labels for large mailings such as holiday cards, invitations and business promotions? In this hands-on course, you'll learn how to set up an address book in Microsoft Excel and then create and print pages of labels using the mail merge function of Microsoft Word. Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password. Prerequisite: Basic computer skills.

60122 \$25

1 Session, BTC 321

Wed., 3/20, 6 - 8 p.m.



Put the Pow! In PowerPoint

Whether you're in education, business or sales, this class is for you! If you fill your slides with bullets and then read every word of every slide you are guilty of committing "death by PowerPoint!" Do you use special effects and flying bullets to grab your audience? Then you're guilty of killing your message. Learn strategies for actively engaging your audience and telling your story effectively by applying a few simple guidelines for slide design. Then get feedback on your own PowerPoint presentations. Optional: Bring your PowerPoint show on a flash drive. Course fee includes a \$3 materials fee.

60123 \$22

1 Session, BTC 203

Wed., 4/10, 6 - 8 p.m.

Free Software from A to Z

This class pays for itself! Whether you need feature-rich software or easy-to-use online tools, you don't have to pay big bucks to get word processors, spreadsheets, presentation tools, photo editors, audio recorders, computer security software, and the like. Learn about popular, highly-rated free alternatives to Microsoft Office, Photoshop, MacAfee Antivirus, and more, including free family/group schedulers, credit card protection, and free music. Also learn how to find other free, well-tested software yourself. Course fee includes \$3 materials fee.

60124 \$22

1 Session, BTC 203

Wed., 4/24, 6 - 8 p.m.

More Computer Skills for Absolute Beginners

You've successfully completed the Computer Skills for Absolute Beginners class and have had time to practice your new skills. Now you're ready to learn the tips and tricks of computer and software settings, trouble-shooting, and more that will help you take charge of your computer. Course fee includes \$3 computer fee and a \$3 materials fee.

60251 \$25

1 Session, WIL 111

Tues., 4/9, 9 - 11 a.m.

NEW!

Computers

TechKnow Prof *Small Business Weekend Double Header*

Web Options for Small Businesses on a Shoestring Budget

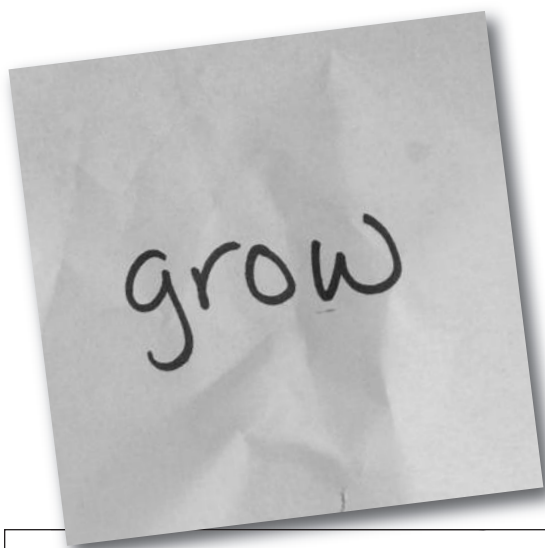
Explore free or inexpensive online tools you can use yourself to create a Web presence for your business, including Google Sites, GoDaddy.com, e-commerce "stores in a box," and social networking sites.

Examine the pros and cons of each tool and choose the ones that are right for your business and your customers. Course fee includes \$3 materials fee.

60127 \$22

1 Session, BTC 305

Sun., 3/10, 10 a.m. - Noon



Build a Free Website Using Google Sites

If you want a website but aren't sure where to begin, begin with Google Sites. Google Sites is a free, easy-to-use tool for non-techies. Google Sites supplies the page designs, you supply the content. In this hands-on course you will learn how to use Google Sites to build your free Web pages. Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password.

Requirement: If you don't already have a Google account, please create one at www.google.com at least 24 hours prior to class.

60126 \$25

1 Session, BTC 306

Sun., 3/10, 12:30 - 2:30 p.m.

[Click here for more information on computer accounts.](#)

COMPUTER ACCOUNTS

If your course requires a computer account and you are a new student, you will receive two envelopes, one containing your username and the other your password, in the mail.

If you are a returning student and you no longer have your username and/or password, you can contact the Office of Community and Professional Education at (518) 629-7339. We can reset your password and send both your username and new password to you in the mail. Please make this request at least a week before your course begins. If you do not have your username and password on the day your class begins, you can come to the Office of Community and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID, we can reset your password. Students also can go to the Computer Learning Center in the basement of the Marvin Library to have their password reset.

Your username is defined as the first initial of your first name, followed by a hyphen(-), followed by up to 13 characters of your last name (all lower case no spaces or other special characters). The password is randomly generated. Please go to my.hvcc.edu and use the MyHudsonValley Portal to change your password to something that will be easier to remember. You will find more detailed information regarding computer access at www.hvcc.edu/access. Bring both your username and password to your course, as you will need it to access the computer during class. Course instructors do not have the ability to reset or view student passwords. It is the student's responsibility to ensure they have this information when they begin a class.

[Click here for more information on computer accounts.](#)

Health & Wellness Institute

Hudson Valley Community College is proud to offer the Health and Wellness Institute. The mission of the Institute is to help meet the community's growing health concerns by promoting primary prevention health education. Participants will gain knowledge, engage in physical fitness and experience ongoing physical assessment within a supportive and motivating professional environment.

PTIA Personal Trainer Certification

Here's your chance to become a nationally certified personal trainer in one intensive weekend. Personal Training Certification from the Personal Training Institute of America will prepare you for a successful career as a certified personal trainer!

With Americans becoming more aware of the impact that physical fitness has on their long-term health, the need for individuals with an in-depth knowledge of personal fitness and who have the ability to provide personal training and fitness instruction is rapidly rising. PTIA is a premiere personal training school that will give you the education, skills and insight to become a valued professional as a certified personal trainer, ready to enter the workforce! Our two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application.

Day 1: Classroom training

Day 2: Hands-on in the gym

Some of what you'll learn includes:

- Client consultation and assessments
- Basic anatomy and physiology
- Program design and implementation
- Injury prevention and medical considerations
- Nutrition fundamentals
- Weight loss information
- Goal setting and motivation
- Case study practice and client role playing
- Practical training in the gym

PTIA-certified personal trainers are better prepared for the real world by being exposed to hands-on training by experienced trainers and instructors...not just a textbook and an online exam. You'll learn everything you need to know before you hit the gym floor.

Please note: Students must complete a 10-hour internship at a local gym/health club and pass an online exam before final certification. In addition, CPR/AED certification needs to be obtained before final PTIA certification. If you already have your CPR/ARD certification, you are asked to bring the card to class. Course fee includes \$65 materials fee for the required textbook.

60178

\$510

2 Sessions, MCD 202

Sat. & Sun., 4/27 & 4/28, 9 a.m. - 5 p.m.

Nadia Ellis of Personal Training Institute of America
(www.PersonalTrainingInstituteOfAmerica.com),
Instructor

Personalized Fitness and Weight Control

Did you know that your current level of health is heavily based on your current habits and behaviors? Did you know that our leading causes of death are directly related to what we decide to do day-in and day-out? Is your lifestyle putting you at greater risk? If so, get ready to move, to improve and make your life better. You will experience the power of behavior change, based on a model that focuses on education, motivation and participation. This course is open to any individual, regardless of current fitness level. You will receive personalized workout routines specific to your personal and fitness goals. Class meetings will include an education component, ongoing physical assessment, hands-on activities and the use of our state-of-the-art Human Performance Laboratory and fitness room.

Within a supportive, motivating and non-threatening environment you can change your lifestyle and begin living well. Let's get active!

60199

\$275

17 Sessions, MCD 195

Tues. & Thurs., 2/26 - 4/25, 6:30 - 8 p.m.

No class 4/2

Christina Bieg, Instructor





Striving to Live Well: Essential Tools to Look Better, Feel Better and Live Longer

This highly interactive session is about you: your mind and body, spirit, your needs and wants, your past, and most of all...your potential. Topics ranging from health and wellness achievement, positive behavior change, goal-setting, motivation, stress management, self-esteem, and self-improvement will be addressed. This energetic session serves as an invitation to obtain a more health-literate and wellness-oriented lifestyle, helping you live more fully, more happily, and of course, more healthfully. Let's move to improve and strive to begin living well.

60200 \$19

1 Session, DCC 138
Wed., 3/13, 6 - 8:30 p.m.
Christina Bieg, Instructor

Introduction to Biofeedback and Energy Medicine for Illness and Depression



Scientists continue to show us how our emotions affect our health. Then why is it that so many of us are chronically unhealthy? If our minds are so strong, why can't we just wish our colds away? It is because we need to learn how to interface our minds with our bodies. This course will demonstrate what this means on a very practical level through the use of a biofeedback instrument. We also will discuss how current western biofeedback technology can facilitate understanding of ancient Eastern medical philosophy. This course will also discuss how, in the words of Alexander Lowen, MD, "there cannot be a depressed mind without a depressed body."

60193 \$15

1 Session, BRN 213
Tues., 3/26, 6 - 8 p.m.
Bethany Gonyea, MS
of Quantum Health Solutions, Instructor

Change Your Life: Eating Your Way to Better Health

Get ready to change your body and how you think about food. This is a comprehensive program, which will help you make lifelong changes. It is designed to help you achieve and maintain weight loss goals and be healthy.

What you get:

- A support group which meets one hour/week to share in participants' successes and encourage recipe and resource sharing to help each group member reach their goals.
- Tracking progress via baseline and periodic measurements of waist circumference, body fat and BMI.
- A format that is structured, supportive and educational. For at least the first 30 days of the program you will complete a daily journal. This will help you see your eating and exercise patterns, which allows you to make better choices.
- Weekly educational seminars to support participants in healthy food choices.
- Education to help you eat healthy with a balance of the right amounts and types of fats, proteins and carbohydrates, following a low glycemic healthy food plan and the USDA healthy food recommendations.
- Support and instruction from a certified weight management professional.

This course is highly recommended for persons living in the same household, good friends, and colleagues who travel and/or work together. It requires a commitment to a healthy way of living, which will change cooking, eating and exercise habits of most people. At the end of the program you will be eating correctly and following an exercise program that fits your lifestyle. Join us and get the tools to stay on track. You can achieve results for a lifetime! Course fee includes \$16 materials fee for the journal.

60029 \$246

10 Sessions, DCC B06
Thurs., 3/7 - 5/9, 6 - 7 p.m.
First session on 3/7 will run 6 - 8 p.m.
Fitness Professionals on Demand, Instructors

Healing Touch for Health and Wellness

NEW!

Healing touch is a complementary therapy that works well with traditional medicine but can also stand alone. Sometimes healing touch can help when conventional medicine doesn't seem to work. As an added benefit, there are no side effects. That is why some US hospitals, including Albany Medical Center, are providing healing touch sessions to patients when requested. The goal of healing touch is to support the body's ability to heal itself. This session will address the following questions about this therapy:

- How does healing touch work?
- What illnesses can it help?
- Where can you find a practitioner?
- How long does a healing touch session last?
- How much does it cost?

After the presentation, there will be an opportunity to ask any questions you might have, a demonstration of a healing touch session on a volunteer and a brief movie about the therapy. You will go home with additional information about healing touch including how to perform a simple technique at home designed to boost your immune system.

60177

\$15

1 Session, BTC Meeting Room 1

Tues., 3/26, 6 - 8:30 p.m.

Richard Sahr, Instructor

Supermarket Survival for Healthy Living

NEW!

This workshop will give all participants hand-on, real life nutrition education. Students will understand the basics of nutritional needs, learn to "Eat this... Not THAT," and become a smart shopper because it is hard to know what the right choices are with over 80,000 different brands and foods in your average supermarket. Let us do the research for you! The class will be a hands-on nutritional laboratory, which includes a field trip to a local market during our last evening. Learn to make better nutritional choices for you and your family and join us today!

60194

\$37

3 Sessions, MCD 202

Wed., 4/10 - 4/24, 6:30 - 8 p.m.

Christina Bieg, Instructor



DO YOU HAVE A GREAT IDEA FOR A COURSE?



Be bold. Be a Viking.

Contact our office at 629-7339 or www.hvcc.edu/communityed/apply.html

GED Preparation

GED Preparation Course

This course covers the same subjects included on the GED examination. You will review reading, writing, grammar, essay writing, science, social studies and mathematics. This course is designed for those who need to study the fundamentals of mathematics, reading and writing in preparation for the GED examination. Course fee includes the required textbook. A Certificate of Residence is required.

Day Session

60166 \$205

53 Sessions, BTC 322

Mon.-Thurs., 1/28 - 5/2, 9:30 a.m.-3 p.m.

No class 2/27, 4/1, 4/2

Elaine Collins, Instructor

Evening Sessions

60167 \$80

26 Sessions, BTC 322

Mon. & Wed., 2/11 - 5/15, 6 - 9 p.m. **Evening classes are full!**

No class 2/27, 4/1

Anne Cronin, Instructor

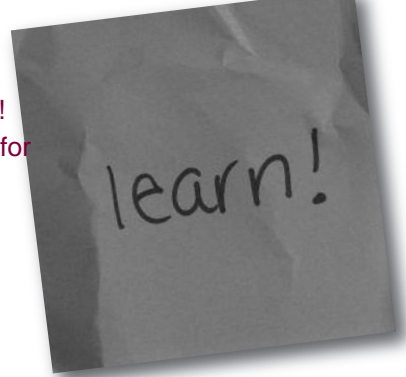
60168 \$80

27 Sessions, BTC 322

Tue., & Thurs., 2/12 - 5/16, 6 - 9 p.m.

No class 4/2

Joal Bova, Instructor



Certificate of Residence Information

Some credit-free courses require a Certificate of Residence. If one is required it will be noted.

WHY DO YOU NEED IT?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs.

Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file. Once the Certificate of Residence has been posted to the student's account, a refund of the non-resident tuition charges will be issued.

WHERE DO YOU GET IT?

You obtain a Certificate of Residence from the county of your permanent address by providing proof of residency. You must be a New York State resident for one year and provide proof of residency for the past six months.

WHEN DO YOU GIVE IT TO HUDSON VALLEY COMMUNITY COLLEGE WHEN TAKING A CREDIT-FREE COURSE?

If you register by phone, fax or online we ask that you send your Certificate of Residence to our office within five business days. Students who register by mail or in person should submit their certificate at the time of registration.

Kids On Campus



Mice on Ice

Ages 3-5

In this 30-minute session of fun and games, preschoolers will learn the basics of ice skating. The child-to-teacher ratio will be 4:1. All skaters should wear snow pants and dress warmly. Helmets are required. Students are encouraged to bring their own skates, however skates may be rented from the skate shop for an additional charge. Please note: Only registered students are allowed on the ice.

60201

\$55

6 Sessions, MCD Ice Rink

Tues., 1/29 - 3/5, 10 - 10:30 a.m.

60202

\$55

6 Sessions, MCD Ice Rink

Tues., 1/29 - 3/5, 10:30 - 11 a.m.

Maria Dollard and Kristen Weyl, Instructors

Both sections of this class are full! Call us now to be added to the waitlist.

Kids Karate

Ages 5-11

Parents, would you like to get your children involved in the martial arts? Would you like them to exercise and have fun doing so? Sign them up for Mr. Canavan's Kids Karate! Kids Karate is great exercise and a fun learning experience for your child. Students will learn the basic fundamentals of karate that will help build their confidence for a future in the martial arts! Most importantly, Kids Karate emphasizes teaching your children about Stranger Awareness.

60165

\$50

5 Sessions, MCD 192

Sat., 3/2 - 4/6, 10:15 - 11:15 a.m.

No class 3/30

Terrance Canavan, Instructor

S.A.T. Preparation Course

This course is designed to prepare students for the Scholastic Aptitude Test (math, verbal and writing sections). The schedule of topics will be determined during the first session. The course will teach strategies for problem solving, vocabulary development, reading comprehension, sentence completion, grammar and essay writing skills.

The classes will use actual SAT questions for practice to familiarize students with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "Barron's SAT, 26th ed." and is required for the first class session.

60207

\$150

9 Sessions, BTC 219

Mon., 2/25 - 4/29, 6 - 8 p.m.

No class 4/1

Eileen Papa and Terri Martone, Instructors

This class is full!
Call us now to be added to the waitlist.

An Introduction to Kindermusik

Ages 0-5

NEW!

Do you know a little one, age 0-5, who loves to move, groove, play and sing? Kindermusik is a researched-based, children's music and movement program that teaches beginning music concepts, early literacy, social interaction, and coordination, all led by the gentle guidance of a licensed instructor. Best of all, Kindermusik provides focused, quality bonding time for children and their parents or caregivers. In this introductory session, you will get a taste of the Kindermusik program, spend some quality time with your little one and go home with an instrument friendly for little hands and few new songs to share.

60158

\$15

1 Session, CTR 204

Thurs., 2/28, 6 - 7 p.m.

60159

\$15

1 Session, CTR 204

Sat., 3/23, 2 - 3 p.m.

Casey Jean Chapman of Troy Music Academy, Instructor



Kids On Campus

Driver Education

This non-credit course will include 24 hours of classroom instruction and 24 hours of on-the-road instruction. You must have a valid New York State learners permit or license prior to taking the program. Students must be 16 years of age before the course begins.

Upon successful completion of the program, students will be issued a MV-285 Student Certificate of Completion (formerly called a blue card). This will allow the holder, at age 17, to drive after 9 p.m. and also will allow for an insurance reduction where applicable. This course is taught by certified instructors from Bell's Driving School.

When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time.

If registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

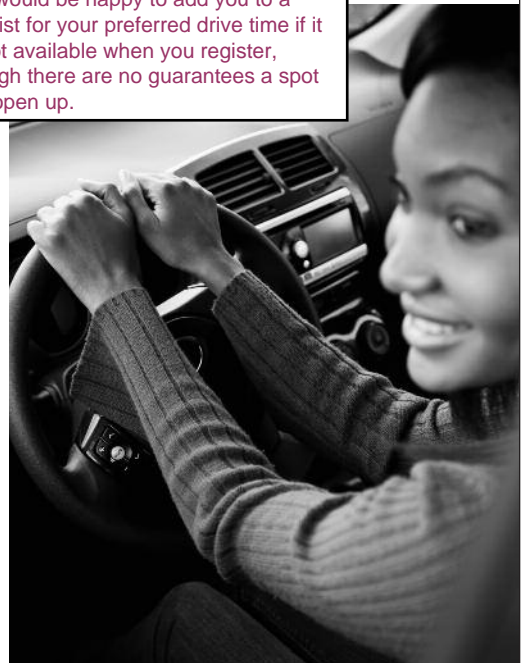
60160 \$400
 48 Sessions, WIL 160
 Wed., 2/6, 4:30 - 5:30 p.m. Orientation,
 BRN 001
 Wed., 2/13 - 6/12, 4:30 - 6 p.m. Classroom,
 WIL 110
 Drive Times Available
~~60211 Saturday, 7:30 - 9 a.m.~~
~~60212 Saturday, 9 - 10:30 a.m.~~
~~60213 Saturday, 10:30 - Noon~~
~~60214 Saturday, Noon - 1:30 p.m.~~
~~60215 Monday, 4 - 5:30 p.m.~~
~~60216 Tuesday, 4 - 5:30 p.m.~~
~~60217 Thursday, 4 - 5:30 p.m.~~
 60218 Friday, 4 - 5:30 p.m.

60161 \$400
 48 Sessions, WIL 160
 Wed., 2/6, 4:30 - 5:30 p.m. Orientation,
 BRN 001
 Wed., 2/13 - 6/12, 6 - 7:30 p.m. Classroom,
 WIL 110
 Drive Times Available
~~60219 Saturday, 7:30 - 9 a.m.~~
~~60220 Saturday, 9 - 10:30 a.m.~~
~~60221 Saturday, 10:30 - Noon~~
~~60222 Saturday, Noon - 1:30 p.m.~~
~~60223 Sunday, 7:30 - 9 a.m.~~
~~60224 Sunday, 9 - 10:30 a.m.~~
~~60225 Sunday, 10:30 - Noon~~
~~60226 Sunday, Noon - 1:30 p.m.~~

This class
is full! Call
us now to
be added to
the waitlist.

60162 \$400
 48 Sessions, TECSMT 123 at TEC-SMART
 in Malta, NY
 Thurs., 2/7, 4:30 - 5:30 p.m. Orientation,
 TECSMT 123
 Thurs., 2/14 - 6/13, 4:30 - 6 p.m. Classroom,
 TECSMT 123
 Drive Times Available
~~60227 Saturday, 7:30 - 9 a.m.~~
~~60228 Saturday, 9 - 10:30 a.m.~~
~~60229 Saturday, 10:30 a.m. - Noon~~
 60230 Saturday, Noon - 1:30 p.m.

A line indicates that a drive time is full. We would be happy to add you to a waitlist for your preferred drive time if it is not available when you register, though there are no guarantees a spot will open up.



■ Programs for Professionals

The Philosophy, Principles and Organization of Athletics in Education

This 45-hour course covers basic philosophy and principles as integral parts of physical education. State, local and national regulations and policies related to athletics; legal considerations; function and organization of leagues and athletic associations in New York State; personal standards for the responsibilities of the coach as an educational leader; public relations; general safety procedures; general principles of school budgets, records, purchasing and use of facilities. (Note: This is not a course in "athletic administration." In addition to First Aid and CPR, this is the only course required for coaches of non-contact/non-strenuous sports: bowling, golf, archery, rifle, shuffleboard, table tennis.)

60156 \$250

45 hr. online course, 3/4 - 4/20

Andrew Blanchard, Instructor

EMT Refresher

This course is designed to cover the updates to the EMT curriculum as well as the most recent EMS Educational Standards and the American Heart Association 2010 Guidelines. The student will be required to show proof of completion of the ICS-100 and FEMA-IS-700 course to be eligible to sit for the NYS certifying exam. This course runs in conjunction with an original EMT course and students are allowed to take additional sessions as needed. In order to participate in the EMT Recertification course, you must produce a copy of your current certification card or a letter from the NYS Bureau of EMS permitting entry at the first class meeting. This course begins on Jan. 22. For a complete course schedule, call our office at (518) 629-7339.

60196 \$275

Bob Elling, MPA, EMT-P, Instructor

Infection Control

Hudson Valley Community College is certified by the New York State Education Department to provide training in infection control and barrier precautions. Infection control is an essential component of any health care delivery. Infection control measures can be as simple as hand washing and as sophisticated as high-level disinfection of surgical instruments. Implementing these measures can prevent transmission of disease in health care settings and the community. Infection control is a key concept in achieving the New York State Department of Health mission to protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery. The groups who are required to receive this training include: dentists, registered professional nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants.

60204 \$31

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Wed., 3/27, 6 - 9 p.m.

Deborah Kufs, Instructor

BLS for Healthcare Providers - New Format

Part 1 - Course - To be completed by student online at <http://www.onlineaha.org/>

You will learn single-rescuer and team basic life support for adults, children and infants through five interactive exercises, scenarios and a written test. Navigation controls allow you to move easily through content as you learn how to recognize life-threatening emergencies, provide high-quality chest compressions, deliver appropriate ventilation and provide early use of an AED. Course also teaches relief of choking.

This self-paced course is accessible anytime from any computer. Students can access the BLS for Healthcare Providers Student Manual, BLS Pocket Reference Card and more for 24 months.

This course may be used for initial or renewal BLS for Healthcare Providers Course completion.

Parts 2 & 3 - Skills Sessions

Once you complete the online course you will be able to print a certificate of completion. After you complete Part 1, contact Community and Professional Education to enroll in a skills session that must take place no more than 60 days following successful completion of Part 1 of the course.

The skills session is the hands-on portion of an AHA eLearning course and includes Parts 2 and 3 skills practice and testing. It is conducted in-person after a student completes Part 1 online. For admission into a skills session, students must present their Part 1 Certificate of Completion to the AHA Instructor or Heartsaver® Skills Evaluator™. Students who arrive at the skills session without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Students must come prepared to the skills session. Please review the online course materials before attending. Underprepared students who do not complete the skills session in the one hour of allotted time will need to re-register and pay for another skills session.

60205 \$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Wed., 3/20, 4 - 5:30 p.m.

60206 \$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Tues., 4/16, 6 - 7:30 p.m.

This class is full! Call us now to be added to the waitlist.

Identification and Reporting of Child Abuse and Maltreatment

In just two hours, you can fulfill your New York State license requirements. Hudson Valley Community College is certified by the New York State Education Department to provide child abuse recognition and reporting training for professionals: physicians, chiropractors, dentists, registered nurses, podiatrists, optometrists, psychologists, dental hygienists, classroom teachers, school service personnel, administrators and supervisors. Gain critical information about child abuse/maltreatment identification and reporting, behavioral indicators, as well as social service law and other mandates. All necessary forms which are evidence of completion are provided for you at the end of the class.

60107

\$25

1 Session, HGB 205

Mon., 4/8, 5:30 - 7:30 p.m.

Nancy Cupolo, Instructor

Setting the Stage for Safer Schools: A Two-Hour Prevent Violence Training for Persons Seeking Certification in New York State

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE). You will receive an approved New York State Education Department certificate upon completion of the training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff.

The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and the troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior; and classroom management techniques when responding to potentially violent situations or behavior.

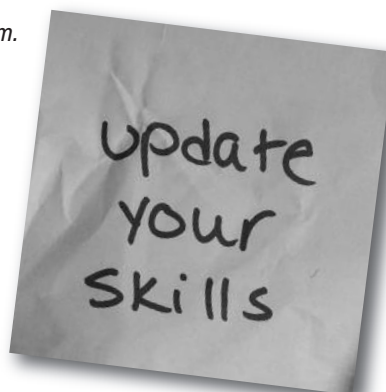
60106

\$25

1 Session, HGB 101

Thurs., 3/21, 6 - 8 p.m.

Diane Teutschman,
Instructor



Dental Programs

Local Infiltration Anesthesia and Nitrous Oxide Analgesia

This course is offered in response to recent changes in New York State's Dental Hygiene Law and Regulations. The Board of Regents established requirements for licensed dental hygienists to obtain a restricted certificate to administer and monitor local infiltration anesthesia and nitrous oxide analgesia in the practice of dental hygiene under the personal supervision of a licensed dentist. Upon the successful completion of this course, the dental hygienist will be able to apply for certification through the New York State Education Department. Thirty-five CEUs will be awarded for this course.

Prerequisites: In order to attend this course, participants are required to show proof of current CPR/BLS certification for health care professionals and proof of current dental hygiene licensure and registration at the initial class meeting.

Two textbooks are required for the course and are not included in the course fee. The list of required books will be mailed out with the registration confirmation. Additional books and materials will be provided. Registrations must be received by 2/4/13.

60011

\$925 + Books

Web-enhanced Course

4 Sessions, FTZ 151

Sat., 3/9 and 3/16, 8:30 a.m. - 4:30 p.m.

Sun., 3/10 and 3/17, 8:30 a.m. - 12:30 p.m.

Marianne Belles, Instructor

Alternative Dental Assisting Program

This self-paced program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the Certified Dental Assistant (CDA) examination administered by the Dental Assisting National Board (DANB). Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. For more information, call our office at (518) 629-7339.

60012 \$950 + Books, Licensing Exam and Licensing

Online Class, 2/4 - 5/31

Judy DiLorenzo, Ann Gallerie and Gabriele Hamm, Instructors

Registration for this class is closed.

Recreation and Hobbies

Hobbies

Instant Piano for Hopelessly Busy People

You do not need years of weekly lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Students may then go on to perfect their technique at home using the home-study CD. This is the system the pros use – chords, not tedious note reading. Prior note reading experience on the treble clef is helpful, as this is not an absolute beginners course. For the brave ones without experience who want to try anyway, you can send away for the complimentary pamphlet entitled “How to Read Music Notation in Just 30 Minutes” and study it before attending the class (send a SASE to Florence Shaw, 1667 Central Ave., Albany, NY 12205). In just three hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Florence Shaw holds a BA and MS in teaching. She is a certified workshop graduate and has been a student of Robert Laughlin, the inventor of the one day chord piano workshop. This course has been taken successfully by over 150,000 students! The course fee includes a \$30 materials fee.

60060 \$49

1 Session, DCC 137
Tues., 3/12, 6 - 9 p.m.

60061 \$49

1 Session, BTC 207
Thurs., 4/18, 6 - 9 p.m.

60062 \$49

1 Session, TECSMT 123 at TEC-SMART in Malta, NY
Wed., 5/8, 6 - 9 p.m.
Florence Shaw, Instructor

Contemporary Guitar Skills I

Designed for beginners and those who have been playing guitar for one year or less, you will be guided through the basics of guitar including how to tune, play chords and solo. Also covered are major, minor and pentatonic scales, basic soloing skills, music theory, technique and ensemble skills. Many musical examples will be illustrated from popular songs, including songs that are of special interest to students. You must provide your own acoustic or electric guitar (a small amplifier should be used with electric guitars). Additional materials will be discussed at the first class; anticipated cost is \$20.

60058 \$90

10 Sessions, WIL 113
Thurs., 3/14 - 5/16, 6 - 8 p.m.
Gary Cellucci, Instructor

Contemporary Guitar Skills II

This is a continuation of “Contemporary Guitar Skills I,” or for the intermediate guitar player with one to four years playing experience. Topics will include major and minor pentatonic scales, soloing techniques, modes, phrasing, theory, playing with other musicians, chord progressions, warm-up exercises and developing good practice habits.

60059 \$110

12 Sessions, WIL 113
Mon., 2/18 - 5/13, 6 - 8 p.m.
No class 4/1
Gary Cellucci, Instructor

Songwriting and the Business of Music

Today's songwriter and musician needs to not only develop their craft, but also stay attuned to the rapidly changing marketplace of the new music business. No longer does a songwriter simply “get songs heard by a publisher.” Today's musician/songwriter needs information as much as talent. This course offers the beginner an opportunity to develop their craft to the point where it can be marketed, but also offers the more experienced songwriter a chance to refine their work and identify appropriate markets. Instructor Sandy McKnight is a veteran songwriter and producer who is active in the business, and keeps abreast of the latest trends in the new music paradigm. He offers constructive feedback, proactive advice and access to music business pros.

60026 \$125

6 Sessions, WIL 161
Mon., 4/8 - 5/13, 7 - 10 p.m.
Sandy McKnight, Instructor



■ Recreation and Hobbies

Social Ballroom Dancing

Enjoy learning to dance! Do you ever go to parties, weddings or dinner dances and wish you could get up and dance? Do you enjoy watching "Dancing with the Stars" and wish it could be you? Then this course is for you! Dancing is fun, easy to learn and a great way to exercise and socialize. Lessons include the Swing, Fox Trot, Waltz and the Latin Merengue. This course is good for beginners and also as a refresher for former dance students and dancers. No partner or experience is necessary. Come and have fun!

60024 \$60

4 Sessions, MCD 192

Fri., 4/12 - 5/3, 7 - 9 p.m.

Stephen Slevinski, Instructor

Social Ballroom Dancing II - Intermediate

Increase your enjoyment and skill in Ballroom Dancing! Learn more variations, moves and style so that your dancing shines! This class is a continuation of Social Ballroom Dancing I. Learn new steps in the Swing, Fox Trot, Waltz and Merengue. In addition, the Latin Rumba will be taught. This course is good for those who have completed Social Ballroom I and those with some dance experience. Open to couples and singles.

60025 \$60

4 Sessions, MCD 192

Fri., 5/10 - 5/31, 7 - 9 p.m.

Stephen Slevinski, Instructor

Learn to Play Mah Jongg

Have you heard the click-clack of tiles? Seen the unusual characters of the Mah Jongg tiles? Learn to play the game of the four winds. You can learn any or all versions of this fascinating game, including: Hong Kong, Chinese Official Tournament, Japanese, Wright-Patterson Air Force Base, American, or the National (US) Mah Jongg League rules.

After we spend the first class learning the tiles, the form, and the method of play for all versions using the Hong Kong scoring rules, the next classes will cover the specific types of scoring rules, as determined by the class interest. Decipher the fun and pleasure of bams, dot, and cracks by learning Mah Jongg! All supplies will be provided by the instructor.

60056 \$39

4 Sessions, DCC 135

Thurs., 4/4 - 4/25, 6 - 8 p.m.

Sandra Johnson, Instructor



Fly-Fishing: The Art and Science

Writer Izaak Walton called fly-fishing, "the contemplative man's recreation." You'll learn basic entomology, the identification of aquatic and terrestrial insects and their life cycles. You will participate in field trips to local streams for collection and identification; learn fly-tying techniques using natural and synthetic materials; learn fly-casting and presentation techniques with on-stream instruction (NYS fishing license required); learn basic stream ecology and bio-assessment techniques and participate in a Trout Unlimited stream ecology project. Interactive "how-to videos" and guest speakers will intersperse all lecture sessions. A free one-year membership to the Trout Unlimited organization is included upon course completion. All course materials are provided. Free use of fly rods and reels as well as fly-tying equipment and materials are provided. The student is responsible for his or her personal wading boots, either hip waders or chest waders and a valid 2013 NYS Fishing License. This course is open to individuals 14 and up.

60063

13 Sessions, MCD 202

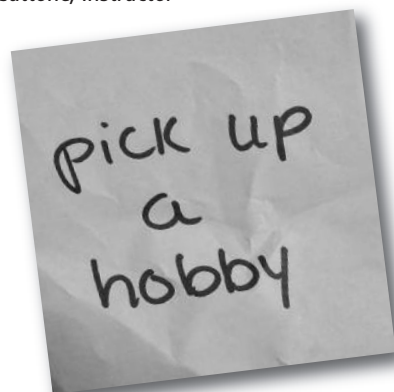
Tue., 2/26 - 5/28, 6 - 9 p.m.

No class 4/2

Two Saturday, 1 - 5 p.m., outings will be announced in class.

Frank Cuttone, Instructor

This class is full!
\$125 Call us now to be added to the waitlist.



Fitness

Belly Dance is for Every-body

Middle Eastern belly dance is dedicated to women celebrating the joy and beauty of a centuries old dance form. Instructor Ayperi is a passionate and caring professional Middle Eastern belly dance instructor. She is a performing artist and choreographer who seeks to inspire and impassion others through this expressive dance. Ayperi has the keen ability to recognize and meet the unique needs of each individual student and welcomes women of all ages, sizes and abilities to unleash their inner creativity in this safe, fun and supportive environment.

You are never too old or young to start belly dancing! Middle Eastern belly dancing is primarily taught as a low impact fitness activity and is an exciting alternative to other exercise or dance programs. This course covers the basic fundamental moves of belly dance and incorporates the use of veils and finger cymbals. The instructor will advise students in locating these props in addition to coin hip scarves to use in their own belly dancing. Recommended class attire is tank tops or t-shirts with yoga, sweat, or exercise pants. No shoes are required.

60030 \$50

6 Sessions, MCD 192

* Tues., 2/19 - 3/26, 7:40 - 8:40 p.m.

60031 \$50

6 Sessions, MCD 192

* Tues., 4/9 - 5/14, 7:40 - 8:40 p.m.

Tammy Stanzone of Ayperi Bellydance, Instructor

* **Note: Updated dates/times from print edition**

Sole Synthesis

Come and be one of the first in the area to experience this new low impact workout currently sweeping the nation. Sole Synthesis is a fusion of strength, flexibility, core and cardiovascular work. It is a standing flow workout done barefoot without extra equipment to upbeat music. This full body workout combines movements inspired by fitness, ballet and yoga. The low impact moves will work you from head to toe. No previous experience is needed to participate in Sole Synthesis. Just bring a water bottle, your bare feet (sole) and dress in comfortable fitness clothing.

60064 \$55

12 Sessions, MCD 192

Tues., 2/19 - 5/14, 6:45 - 7:30 p.m.

No class 4/2

Sarah Hoffman of Total Body Trifecta, Instructor

NOTE: Hudson Valley Community College requests that before you participate in any activity requiring physical exertion, you consult a physician.



Basic Self Defense

Ages 11-Adult

Learning self defense has become an essential part of modern life. A violent attack is never a planned thing for the victim. It can leave them scarred physically and emotionally for life. We must always remember to be aware of our surroundings and know how to prevent a violent situation from ever happening; and if needed, understand how to physically protect ourselves from becoming victimized. It's time to take control and fight back!

The Basic Self Defense course will teach you the skills needed in order to quickly react and protect yourself effectively. Learn how to improve balance, speed and reaction time. Become more aware of your surroundings and potential dangerous situations. Remember, don't allow yourself to be a victim of violence. Fight back!

60094 \$77

8 Sessions, MCD 192

Thurs., 2/28 - 4/18, 7:15 - 8:15 p.m.

Terrance Canavan, Instructor

Kettlebell Fitness

Need a challenging workout? Try kettlebells for a dynamic workout that works all major muscles, burns body fat, and builds power! This class is a great for beginners to pros, as you will exercise against your own base line, at your own pace and see gains over the ten-week period. Regular training with kettlebells will bring you the body you always wanted. Your instructor is an experienced trainer who works well with people at different levels of fitness ensuring they learn the proper technique and are appropriately challenged. Students are able to transform their physiques, lose weight and break through training plateaus in record time. It is required that students purchase a kettlebell prior to the first class. Often, women may typically start with 10 or 15-pound (6.8 kg) kettlebell and men start with 20-pound kettlebell (9 kg), but be sure to choose one that still challenges you but isn't too heavy.

60070 \$85

10 Sessions, MCD 192

Sat., 2/23 - 5/4, 8 - 8:50 a.m.

No class 3/30

Fitness Professionals On Demand, Instructors



Recreation and Hobbies

Metabolic Blast Boot Camp

You can change your metabolism – increasing your lean muscle, lowering your resting heart rate and decreasing your overall fat will make it happen for you. That is what this program is professionally designed to do. Intense bursts of cardio exercises such as sprints, lunges and squats along with strength training sets of dips, pushups and planks are what you will encounter in an atmosphere of camaraderie and great encouragement. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com

What you receive:

- 36 classes of high intensity interval training
- Expert coaching from a nationally-certified personal trainer
- Nutritional support
- Weekly food journal
- Fitness assessment
- 24-7 online support and individual attention
- Injury prevention techniques
- Supercharged motivation
- Accountability
- Powerful encouragement
- An adrenalin kick to start your day that will fire up your metabolism

What you give:

- Three hours of your time a week
- 100% effort
- \$200 course fee

60082 \$200

36 Sessions, MCD 192

Mon., Wed., & Fri., 2/18 - 5/17, 6 - 7 a.m.

No class 2/27, 3/29, 4/1

Hollan Bonjukian of Tru Fitness, Instructor

Nia

Nia is the crosstraining cardio dance class that blends yoga, stretching and flexibility with the fun of dance and power of martial arts. Nia will have you kicking and punching, moving, energizing and feeling stimulated from top to bottom. Walk away centered and feeling great! Nia is total body conditioning along with calming stress relief needed with our busy lifestyles and schedules. Nia delivers a great workout that tones muscle and burns calories. It's healthy cardio movement that will increase your endurance and strength as well as provide fun, safe, dance movement for your body! Nia has it all! Dress in comfortable workout clothes and bring a mat and water to class.

60071 \$75

12 Sessions, MCD 192

Tues., 2/19 - 5/14, 5:30 - 6:30 p.m.

No class 4/2

Richele Corbo, Instructor

Tabata: 20-Second Fitness

How can 20 seconds work for you? How can 8 - 12 minutes a day get me into the best shape of my life and give me the body I want? 20-second fitness is all about intervals!

The science behind 20-second fitness is based on the work of Dr. Izumi Tabata and his work with Olympic speed skaters. He learned that the 20/10 system (20 seconds on / 10 seconds off) not only built endurance and muscle strength, but also produced better results when compared to athletes training with traditional workouts.

Tabata interval training is the single most effective type of high intensity training and surprisingly the shortest in duration! This versatile program will help you lose weight and can help improve performance in sports! Lose fat, get fit and get a great workout!

60028 \$85

10 Sessions, MCD 192

Sat., 2/23 - 5/4, 9 - 10 a.m.

No class 3/30

Fitness Professionals On Demand, Instructors

Core Camp

Jump start your new year with a new six pack! Lose that winter weight around the midsection with this fast track fitness class strategically designed to deliver results! Think bootcamp meets Pilates.

You will be inspired through high intensity intervals of metabolically altering cardio drills that are geared to fire up your metabolism while you learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing.

Don't let Thanksgiving, Christmas and long dark nights leave their mark on your waistline. This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year!

For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com

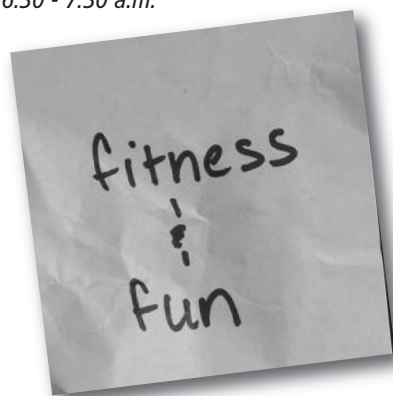
60083 \$75

12 Sessions, MCD 192

Sun., 2/24 - 5/19, 6:30 - 7:30 a.m.

No class 3/31

Hollan Bonjukian
of Tru Fitness,
Instructor





Pilates for Runners

Want to run effortlessly? Want to bullet-proof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered yes to any of these questions, then this class is for you! If you just want to become a better runner, ward off winter weight gain and experience your fittest winter ever, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner's knee and shin splints.

Although there will be NO running in class, this program is no walk in the park. You will learn the 'golden' exercises that will unlock your inner runner, by targeting the common weak spots; gluteus medius, lower back, abdominals and spine while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you'll be runner ready when you are through! If you are a runner this will be transformational for you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

60085 \$75
 12 Sessions, MCD 192
 Sun., 2/24 - 5/19, 7:45 - 8:45 a.m.
 No class 3/31
 Hollan Bonjukian of Tru Fitness, Instructor

Moderate Hi-Lo Impact Aerobics

This is a combination Hi-Lo impact class designed with both men and women in mind. Each class adheres to the exercise guidelines set forth by the American College of Sports Medicine. The one-hour class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to contemporary music by the original artists. Energize and have fun. This class is designed for all levels – everyone will be successful!

60077 \$65
 12 Sessions, MCD 192
 Mon., 2/18 - 5/13, 7 - 8 p.m.
 No class 4/1
 Chrissy Sarratori of Abs In, Inc., Instructor

Cardio Kickboxing

Cardio Kickboxing is an hour-long, total body workout designed to improve your cardiovascular endurance with a core of continuous kickboxing combos to work your upper and lower body along with your heart. The class begins with a warm up, followed by basic kickboxing moves that become more intense as the class progresses. Modifications will be offered to accommodate all ages and fitness levels. The class ends with a cool down, core strengthening and stretching. Please bring 3-5 lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

60069 \$110
 24 Sessions, CTR 204
 Mon. & Wed., 2/18 - 5/15, 7 - 8 p.m.
 No class 2/27 & 4/1
 Caroline Wunsch of Total Body Trifecta, Instructor

This class is full!
 Call us now to
 be added to the
 waitlist.

Zumba

Zumba is the newest, hottest class to hit the fitness world! This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle!

60072 \$65
 12 Sessions, MCD 192
 Mon., 2/18 - 5/13, 5:45 - 6:45 p.m.
 No class 4/1
 Chrissy Sarratori of Abs In, Inc., Instructor

60074 \$65
 12 Sessions, MCD 192
 Tues., 2/19 - 5/14, 4:15 - 5:15 p.m.
 No class 4/2
 Chris LaPlante of Abs In, Inc., Instructor

60075 \$65
 12 Sessions, MCD 192
 Wed., 2/20 - 5/15, 5:45 - 6:45 p.m.
 No class 2/27
 Chrissy Sarratori of Abs In, Inc., Instructor

60076 \$65
 12 Sessions, MCD 192
 Thurs., 2/21 - 5/9, 4:45 - 5:45 p.m.
 Chris LaPlante of Abs In, Inc., Instructor

Recreation and Hobbies

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick)! It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast! Take your Zumba workout to a new level and join us for Zumba Toning. Each student will receive their own pair of Toning Sticks. Wear sneakers and light clothes and don't forget your water bottle.

60080 \$65
60081 \$85*

12 Sessions, MCD 192
Wed., 2/20 - 5/15, 7 - 8 p.m.
No class 2/27

Chrissy Sarratori of Abs In, Inc., Instructor

*This course # includes the \$20 materials fee for the Toning Sticks. If you don't already have a pair of Toning Sticks, choose this course # and the instructor will provide a pair for you.

Pilates Mat - Beginning

Pilates is a precise method of exercise which focuses on movements designed to lengthen and strengthen the body. This class will focus on the "core" and practice the controlled movements designed to stretch and strengthen muscles without adding bulk. Just bring a mat (yoga style "sticky" mat works best) and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilates student with little or no experience.

60065 \$55

12 Sessions, CTR 204
Mon., 2/18 - 5/13, 5:15 - 6 p.m.
No class 4/1

Sara Hoffman of Total Body Trifecta, Instructor

60066 \$55

12 Sessions, CTR 204
Wed., 2/20 - 5/15, 5:15 - 6 p.m.
No class 2/27

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

This course is a continuation of the Pilates method. It will incorporate the basic and intermediate level exercises into a more intense style of class. This class level is appropriate for students who have had at least two semesters (one year) of experience practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).

60067 \$55

12 Sessions, CTR 204
Mon., 2/18 - 5/13, 6:05 - 6:50 p.m.
No class 4/1

60068 \$55

12 Sessions, CTR 204
Wed., 2/20 - 5/15, 6:05 - 6:50 p.m.
No class 2/27
Ellen Ehrlich of Total Body Trifecta, Instructor

PIYO Fusion

What do elite athletes, ballerinas and top models have in common? A strong core and flexibility! This mind-body fusion class is for people who want to increase their core strength (abdominals, back, hips and thighs), increase their flexibility and help maintain that long lean look that we all love! This class blends essential Yoga poses for strength and balance and Pilates to build and maintain your core all the while focusing on spinal alignment. At the end of this class you will feel rejuvenated. Expect to listen to quiet motivational music as a nationally certified personal trainer and fitness instructor leads you through a series of mat exercises while emphasizing correct form and crucial breathing technique. You will FEEL and SEE results – not only in class, but in your day-to-day activities. You will likely walk a bit taller, move with greater grace, feel increased energy, and notice a transformation in your abdominal region. What you need: An exercise mat, a towel and a water bottle.

60027 \$85

10 Sessions, MCD 192
Thurs., 2/21 - 4/25, 6 - 7 p.m.
Fitness Professionals On Demand, Instructors

Yoga I: Foundations of Practice

This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercises to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding lifelong practice of yoga.

60015 \$80

12 Sessions, MCD 192
Mon., 2/18 - 5/13, 3:30 - 4:30 p.m.
No class 4/1

60016 \$80

12 Sessions, MCD 192
Wed., 2/20 - 5/15, 4 - 5 p.m.
No class 2/27
Jeanne Wein, Instructor

This class is full!
We still have space in the Wed. session or call us now to be added to the waitlist.

Special Interest

You Can Read Tarot Cards

Tarot reading does not have to be complicated or intimidating. In this fun, activity-based class, you will learn ten easy strategies to read a Tarot card without having to rely on a book. Learning these simple strategies will enhance your intuition while reading the cards and expand your awareness of what the cards mean. Bring your favorite Tarot deck to class!
60095 \$15

1 Session, CTR 150

Mon., 3/4, 6:30 - 8:30 p.m.

Michael Clarkson-Hendrix, PhD LCSW, Instructor



Introduction to the Art of Clowning

This 36-hour course will introduce you to the ancient and honorable profession of clowning. Learn what a clown is, what a clown does, where a clown performs, basic make-up application techniques, wardrobe selection and introductory clown skills. The materials fee covers the costs for a textbook and one year membership to Clowns of America. Students should expect to purchase/create their own costumes and makeup kits. Course fee includes \$75 materials fee.

60096 \$250

12 Sessions, DCC B05

Mon., 2/11 - 5/6, 6 - 9 p.m.

Graduation will be held on 5/13 at 7 p.m.

No class 4/1

Mischief the Clown,
Instructor



Pet CPR and First Aid

This course is for students who wish to work in the pet industry or wish to acquire knowledge on how to respond in an emergency situation for pets. The course will provide hands-on experience in pet CPR using our dog mannequin as well as basic First Aid. In this class, you will learn what you can do in the first 15-25 seconds on the scene to make a big difference for a pet. Learning to respond quickly and properly in the first few minutes in a pet emergency is critical and can save a pet's life. Just a sample of some of the material covered in this class includes:

- Equipment and supplies for putting together your own Pet First Aid Kit
- Assessing vital signs
- Understanding basic pet owner responsibilities
- Bleeding and shock management
- Restraint, muzzle, elevation, direct pressure, pressure points
- Immobilization, shock management and transportation
- Rescue breathing
- Administering medicine and treating wounds

Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet's life. Course fee includes an \$8 materials fee for the required textbook.

60152 \$78

1 Session, WIL 112

Sat., 3/9, 1 - 5 p.m.

Mary Lynn Gagnon, Instructor

Eco-Organizing

Did you know that being organized not only benefits you, but also can have a positive impact on our environment? Join Catherine Dryden, professional organizer, during Earth Month to learn how to follow the three R's (reduce, reuse, recycle) to create an eco-organized home.

60203 \$25

1 Session, BTC Meeting Room 1

Tues., 4/16, 6 - 8 p.m.

Catherine Dryden of Neat Chic Organizing, Instructor

NEW!

NEW!

■ Special Interest

eBay Classes

The Basics of Selling on eBay

You can be successful on eBay! Learn how to register, create listings, utilize eBay's vast resources, research items, open and use a PayPal account, complete transactions, and most importantly, make money! Course fee includes \$19 materials fee and \$3 computer fee. Please see the information on p. 26 about on-campus computer access.

60019 \$52

2 Sessions, BTC 203 & 205

Sat., 3/2 & 3/9, 9 a.m. - Noon

60020 \$52

2 Sessions, BTC 203 & 205

Sat., 5/4 & 5/11, 9 a.m. - Noon

Amy Grazda, Instructor

Basics of Buying on eBay

Buying on eBay is simple. Whether it's DVDs or designer clothes, whatever you're looking for, you'll find it on eBay! In this class you will learn the five basic steps to completing a successful purchase on eBay:

- 1) The registration process
- 2) Find what you're looking for
- 3) Review the item and seller
- 4) Placing a bid or buying instantly
- 5) Paying for your item and leaving feedback

Join Amy for this short, informative class before you buy your first (or next!) item on eBay.

60021 \$15

1 Session, BTC 203

Sat., 3/2, 1 - 3 p. m.

Amy Grazda, Instructor

Beyond the Basics of Selling on eBay

Take your knowledge of eBay to the next level. In this class, you will learn to:

- Start a business on eBay
- Increase sales with proven marketing techniques
- Find new sources of merchandise
- Open an eBay Store
- Use listing tools to improve productivity
- Track your sales with reports and research

To sign up for this course, you must be a registered eBay seller who has sold at least one item. Course fee includes a \$19 materials fee.

60022 \$44

1 Session, BTC 203

Sat., 3/23, 9 a.m. - 1 p.m.

Amy Grazda, Instructor



Creating eBay Stores

Thinking about setting up a storefront for your business on eBay? This eBay Stores class will teach you what you need to get started and set you up for success with your eBay store.

This class will cover:

- The benefits of opening an eBay Store
- How to build your eBay Store
- Optimizing your eBay Store for search
- How to market your eBay Store effectively
- How to understand your business using eBay Stores traffic reporting

To sign up for this course, students must be a registered eBay seller who has sold at least one item. Course fee includes a \$15 materials fee.

60023 \$30

1 Session, BTC 203

Sat., 4/27, 9 a.m. - Noon

Amy Grazda, Instructor

Boating Safety Course

This course acquaints boaters of all ages with safe and legal boating practices. Students completing this course and passing the instructor-administered exams will earn the New York State Boater Safety Certificate.

Everyone 14 years and older wishing to operate personal watercraft must complete this 8-hour, instructor-led, NASBLA and New York State approved boater safety course to legally operate a personal watercraft.

Operators of boats aged 14 through 17 will also be permitted to operate a boat by themselves after they complete this 8-hour, instructor-led, NASBLA and New York State approved boater safety course to legally operate without a person 18 years old or older on board.

NOTE: This course is open to students ages 14 and up. Students 18 years of age and older should bring a picture I.D. to class. Course fee includes a \$3.50 materials fee.

60017 \$45

1 Session, ADM 107

Sat., 4/13, 8 a.m. - 4:30 p.m.

60018 \$45

1 Session, ADM 107

Sat., 5/11, 8 a.m. - 4:30 p.m.

Driver Training

NEW!

Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction. The course is certified with the Department of Motor Vehicles and the National Safety Council.

The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. The courses are taught by certified instructors from Bell's Driving School.

60010 \$40

1 Session, ADM 104

Sat., 1/19, 8:30 a.m. - 3 p.m.

60084 \$40

1 Session, DCC 136

Sat., 3/9, 8:30 a.m. - 3 p.m.

60086 \$40

2 Sessions, TECSMT 122 at TEC-SMART in Malta, NY

Mon. & Wed., 4/15 & 4/17, 6:30 - 9:30 p.m.

60087 \$40

2 Sessions, WIL 110

Tues. & Thurs., 5/7 & 5/9, 6:30 - 9:30 p.m.

5-Hour Pre-licensing Course

This mandatory course is required by New York State Department of Motor Vehicles for any individual seeking to take a New York State Road Test. The course covers the state required curriculum and is taught by certified instructors from Bell's Driving School. Students must possess a NYS Learners Permit in order to take the course.

60163 \$45

1 Session, BTC 206

Sat., 3/2, 9 a.m. - 2 p.m.

60164 \$45

1 Session, TECSMT 125

at TEC-SMART in Malta, NY

Thurs., 3/14, 5 - 10 p.m.



LITERACY VOLUNTEERS OF RENSSELAER COUNTY

Tutor Training Workshop Sessions

The 18-hour tutor training module workshop prepares volunteers to provide free tutoring to Basic Literacy Learners and/or English Language Learners. Participants will learn how to tutor adults using an interactive and learner-centered whole language approach. Upon completion, tutors will be paired with students to begin providing two hours of one-to-one or small group instruction per week. Become a partner in building a literate community!

Winter 2013 Sessions

4 Sessions, HVCC Viking Day Care Center

Room 135, Williams Rd., Troy

Sat., 1/5 - 1/26, 9:30 a.m. - 4 p.m.

1/5 & 1/26 sessions will meet in the morning only.

Spring 2013 Sessions

Contact our office for more information about the spring workshops to be held at the East Greenbush Community Library.

For more information and to register, call Literacy Volunteers of Rensselaer County at (518) 274-8526 or visit us online at www.lvorc.org.

There is a \$35 materials fee for participating and scholarships are available for eligible participants.

Motorcycle Courses

Please visit www.hvcc.edu/rider for additional information and links to course schedules (available in February). On-bike training is offered April - October.

WHICH COURSE IS FOR YOU?

For help with choosing the right course for you, please email info@camstraining.net with a brief description of your needs or experience and we will help match you to the course that best fits your situation.

FREE Introductory Seminars

- Starting in January. Dates/Locations/Topics listed at www.hvcc.edu/rider or www.facebook.com/camstraining
- Pre-registration is appreciated to ensure there is enough space
- Meet and greet with our friendly instructors
- Learn more about riding, traveling, towing, protective gear and much more! Guest speakers!
- Come make new friends and reconnect with old ones

MOTORCYCLE SAFETY FOUNDATION (MSF) COURSES

MSF - Introductory Motorcycle Experience (IME)

- Sponsored by the Motorcycle Safety Foundation (MSF)
- It is designed for the student who has no riding experience and isn't sure whether or not they should take formal motorcycle training. (This course does not guarantee success in the BRC.)
- Two hours of hands-on experience
- Intro to the motorcycle and its controls
- Motorcycle and helmet provided
- Prerequisite: None

MSF - Basic Rider Course

- For motorcycle or scooter (motorcycle or scooter provided)
- Reserve a scooter at time of registration so we have one available (scooter registrations cannot be accepted online)
- Designed for beginner and re-entry riders
- Learn or review basic riding skills
- Smartest way to get your motorcycle license
- MUST have STRONG sense of balance
- MUST be able to ride a bicycle
- 16 ½ hour course
- Successful completion of BRC qualifies for New York State Motorcycle Road Test Waiver.
- Prerequisite: MUST have recent bicycle riding experience. Valid New York State driver's license and motorcycle permit. Out of state and military please email info@camstraining.net for information. New York State Jr. or graduated license holders email info@camstraining.net for information.

MSF - Bike Bonding Rider Courses (Two Levels)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating).

MSF - Basic Bike Bonding Rider Course (BBRC)

- For licensed or permitted riders on our training bikes (This is not a licensing course)
- Next logical step after the BRC. Gain more low speed control and confidence on our training bikes
- Focuses on motorcycle manipulation skills to maximize low-speed operation and control
- Learn to "Put the bike where you want it" at low speed
- Half-day riding course, no classroom
- Instruction includes: bike bonding awareness; basic control skills; speed control and turns from a stop; tight turns; accelerating; braking and turning; engine braking; curves and swerves; low-speed decreasing radius curves; control in tighter spaces; lollipops and sharing the road
- Prerequisite: Must have motorcycle license, sufficient riding skills and experience to operate a motorcycle with basic proficiency

MSF - Ultimate Bike Bonding Rider Course (UBRC)

- For licensed riders on their personal motorcycles
- For riders looking to dial in their low speed control and confidence on your own motorcycle
- Half-day riding course, no classroom
- Great way to hone your skills in the spring!
- Maximize low-speed operation and control
- Instruction includes: bike bonding awareness; big box; zigzag; circle weaves; switchbacks; lollipops; circuit training and sharing the road
- Attn: clubs and dealerships - e-mail Info@CAMSTraining.net for group rate info
- Prerequisite: Rider must have valid motorcycle license and possess SOLID basic skills with recent riding experience. It is recommended that the motorcycle be appropriate for the size and strength of its rider.

Total Control

Advanced Riding Clinic

LEE PARK'S TOTAL CONTROL RIDING CLINICS

Total Control - Intermediate Riding Clinic (IRC)

- Perfect next step for newly licensed riders or licensed riders returning to the sport who do not want an entry-level course
- Ride your personal street legal motorcycle or scooter
- 5-hour clinic
- Throttle control
- Brake control
- Vision
- Line selection
- Low-speed turning
- Evasive maneuvers
- Road-speed turning
- Prerequisite: 500 miles recent experience
- Attn: clubs and dealerships - e-mail Info@CAMSTraining.net for group rate info

Total Control - Advanced Riding Clinic (Two Levels)

Based on bestselling book, "Total Control" by Lee Parks

Level 1 - Full Day

- Corner with confidence
- Learn on your motorcycle (any style)
- Enhance your mental strategies
- High performance skills learned at parking lot speeds
- Add safety to your street riding
- Get more out of your track days
- Full day clinic
- Prerequisite: 3,000 mile recent experience
- Passengers allowed (additional fee applies)

Level 2 - Full day

- Build on the skills you learned in Level 1
 - Advanced cornering techniques
 - More challenging exercises from the book "Total Control"
 - Trail braking into corners
 - Hard braking into corners
 - Speed shifting
 - Decreasing radius corners
 - Multiple apex corners
 - Full-day clinic
- Prerequisite: Total Control ARC level 1
- Passengers allowed (additional fee applies)

Total Control Level 1 and 2

Sign up for both and save \$\$!

Please note: Motorcycle courses are physically demanding and require you to be mentally alert and able to multitask. Proper riding gear is required for all courses.

All motorcycle courses have a separate cancellation and refund policy. This is available at www.hvcc.edu/rider. You are required to sign off on the Motorcycle Cancellation and Refund Policy Acknowledgement prior to completing the registration process.

If a student is unable to gain the appropriate skills at the group learning level or poses a safety risk to themselves or others, they will be counseled out at the coaches' decision and no refund will be granted.

For registration or scheduling questions, please call (518) 629-7339.

For specific questions about classes or policies related to motorcycle courses, e-mail info@CAMSTraining.net





Registration Form Community & Professional Education

Be bold. Be a Viking.

Name: _____
First Middle Last

SS# _____ D.O.B. _____ Sex Code _____ M=Male/F=Female

Address: _____

City, State, Zip _____

E-mail address: _____

May we contact you via e-mail? [] Yes [] No

Telephone (Home): _____ (Work): _____ (Cell): _____

PAYMENT INFORMATION

[] Check [] Voucher/PO (attached) [] Tuition Waiver [] MasterCard [] VISA

Card #: _____ Exp. Date: _____

3# security code: _____ Cardholder's name: _____

COURSE INFORMATION

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

[] From Community & Professional Education [] Mail

[] From a friend [] The college Web site

[] Community location (store, library, etc.) _____

[] Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education
80 Vandenberg Avenue, Troy, New York 12180

NEED ANOTHER FORM? Visit our Web site at www.hvcc.edu/communityed/comedreg.pdf.

Registration Information

The Office of Community and Professional Education is located in the Guenther Enrollment Services Center on the second floor in room 252.



Be bold. Be a Viking.

Regular Office Hours

Monday - Friday, 8 a.m. - 5 p.m.

Extended Hours: Jan. 19 & Jan. 22 - 24

- Saturday, 9 a.m. - Noon
- Tues. - Thurs., 8 a.m. - 6 p.m.

How to Register

NEW!



ONLINE

Our new online registration system is available 24 hours a day, 7 days a week.

Go to <https://www.hvcc.edu/communityed/register>

NOTE: You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.

SEE INSIDE FRONT COVER FOR MORE INFO!



BY PHONE

Please call (518) 629-7339 for easy enrollment with your credit card.



BY FAX

Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.



BY MAIL

Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:

HVCC

Community and Professional Education

80 Vandenburg Avenue
Troy, NY 12180



IN-PERSON

Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.

General Information

The information listed below pertains to all Community and Professional Education unless otherwise noted. Complete cancellation and refund policy information is available at www.hvcc.edu/communityed/cancel.

REFUNDS/CANCELLATIONS

Courses nine weeks or longer

Prior to first class	100% refund
During first week of classes	75% refund
During second week of classes	50% refund
During third week of classes	25% refund
After third week of classes	No refund

Courses eight weeks or shorter

Prior to first class	100% refund
During first week of classes	25% refund
After first week of classes	No refund

Please Note:

- Requests for refunds must be submitted in writing. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
- Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your stead.
- All motorcycle courses, creative retirement trips, floral classes and certificate courses have a separate cancellation and refund policy. These are available at www.hvcc.edu/communityed/cancel.
- Courses may be cancelled due to insufficient enrollment. Early enrollment helps reduce this possibility. In the case that a course is cancelled, every effort will be made to notify students and refunds will be issued.

CONTINUING EDUCATION UNITS (CEUs)

Hudson Valley Community College awards Continuing Education Units (CEUs) to those who complete designated courses, workshops and seminars. The Continuing Education Unit (CEU) is a uniform measurement of individual participation in non-credit programs. One Continuing Education Unit represents 10 contact hours (for example, for a designated course 30 contact hours = 3 CEUs). In order to receive CEUs, students must successfully complete courses according to the instructor's standards. Typically, this involves 75 percent attendance; however, there may be additional requirements. Please be sure to check with your instructor at the beginning of the course. Records kept for those students who accumulate CEUs will be available upon written request from the Registrar's Office.

PARKING

Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, e-mailed to your HVCC e-mail account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

ESCORT SERVICE

In the interest of personal safety of students, faculty and staff, the college's Public Safety Office provides an escort service during late evening hours. Anyone desiring an escort on college property should call (518) 629-7210 or stop by the Public Safety Office.

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Join us at the McDonough Field House
on Saturday, April 20, 2013 from 10 a.m. - 2 p.m. for a

Summer Camp Fair

- **DOZENS OF LOCAL CAMP PROGRAMS**
- **FACE PAINTING**
- **RAFFLES**
- **CRAFTS**
- **LIVE MUSIC**
- **BOUNCY HOUSES**
- **FUN FOR THE WHOLE FAMILY!**
- **REGISTER FOR OUR KIDS ON CAMPUS SUMMER PROGRAMS**

Contact our office at
(518) 629-7339

Hudson Valley Community College has been sponsoring children's programs for 20 years. We help connect great kids with great camps.

communityed@hvcc.edu





Be bold. Be a Viking.

80 Vandenburg Avenue
Troy, New York 12180-6096

Register Online



- Registration begins Jan. 15
- Go to www.hvcc.edu/communityed/register
- New students can create an account and returning students can sign-in using their user name and password.
- Print copies of your registration; search upcoming courses; save a plan and so much more!

See page 1 for more details!