

SPRING/SUMMER 2024



Shasta College

# COMMUNITY EDUCATION



## BUSINESS TRAINING CENTER



# FIND more



## INSPIRATION

A year and a half ago, I flew to the USA with my entire family to keep them safe while a brutal war raged in my home country of Ukraine. I traveled with three young children and my wife by car from Ukraine for three days, covering 300 miles, and then spent five days getting to the USA.

Throughout my career, my main occupation has been welding and fabricating. For the last ten years, I worked as part of a team to create a fantastic product and a company that served interior designers and anyone looking to improve their living or office space. We created Steel Glass Partition Walls from scratch, which became trendy not only in Ukraine but worldwide.

Now, I'm starting over to build a new life and career in the USA. The challenge, both then and now, remains: "It's time to stop hiding. It's time to rise to the challenge and grow again. It's tough that you don't speak English, but the task is clear - become the best in your craft regardless of the obstacles."

Today, I am at Shasta College, starting life from scratch but with the same skill - welding. I'm improving myself and my skills, despite my level of English here at the college, and I'm deeply touched by how warmly I've been welcomed and understood in my speaking. I'm grateful that I obtained an AWS Certification with my instructor, Jay Davis. Thank you, Jay!

Today, I am a full-time student at Shasta College, and I am unquestionably proud and thankful for the opportunities that it provides. My life begins anew...



Sasha  
Shasta College Knight

# EXPLORE YOUR FUTURE

SHASTA COLLEGE PROMISE

**2 YEARS** Free  
TUITION FOR FULL-TIME STUDENTS

Full-time is only 12 units!  
Late-start classes happening now!

APPLY NOW: [shastacollege.edu/Apply](https://shastacollege.edu/Apply)



# GENERAL INFORMATION

## INVEST IN YOURSELF!

Explore the opportunities with Shasta College's Community Education classes!

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# GENERAL INFORMATION

The Shasta-Tehama-Trinity Joint Community College District ("Shasta College") does not discriminate against any person on the basis of race, color, national origin, sex, religious preference, age, disability (physical and mental), pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), gender identity, sexual orientation, genetics, military or veteran status or any other characteristic protected by applicable law in admission and access to, or treatment in employment, educational programs or activities at any of its campuses. Shasta College also prohibits harassment on any of these bases, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking.

## REGISTRATION INFORMATION – WAYS TO REGISTER

**ONLINE** – Visit <https://shastacollege.coursestorm.com>. In the Community Education online catalog, click the links to view courses in each category. To register for a class, click the "Register" link. Please note: if this is your first time using our online registration system, you will need to create a new account. You will be prompted through the registration process. In the future, you will not need to re-enter your information.

**TELEPHONE** – Enrolling in classes is just a phone call away with your credit or debit card. Call us at (530) 395-8561. Please have your credit card and the name(s) of your class(es) ready for prompt service.

**PAYMENT FOR CLASSES** – Payments for classes are due at registration. We accept cash, check (personal, business, or online) as well as Visa and Mastercard credit cards. Pre-registration is important. If we do not reach the minimum number of participants necessary to prevent a revenue loss, we reserve the right to cancel any class prior to the start date. Please note: class schedules are subject to change.

**CLASS CANCELLATION POLICY** – We do not like to cancel classes; however, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be cancelled. Every effort is made to notify registered students of the cancellation, by phone and/or by email. For this reason, we must have a current daytime phone number and email address on file. Your registration might be the one that enables the class to be held so REGISTER EARLY!

### NEW LOCATION:

Shasta College Community Leadership Center, 1401 California St., Downtown Redding, 2nd Floor.

## Coordinator's Corner



Shasta College Community Education and Business Training Center (BTC) are excited to announce that we have a new location. We are now located at the new Shasta College Community Leadership Center at 1401 California Street, Downtown Redding, on the 2nd floor. The office building is located on the north side of the new parking structure on California Street. We have state-of-the-art training rooms for our community classes and for customized employee training for businesses.

Community Education continues to provide the communities we serve with a variety of lifelong learning opportunities for all aspects of your life – whether it's personal enrichment or professional development, we have it here at the new Community Leadership Center.

If you have any suggestions on the types of community classes or employee training you would like to see offered, please email me at [Comm-Ed@shastacollege.edu](mailto:Comm-Ed@shastacollege.edu). We hope you enjoy our Spring/Summer selection of classes.

**Lorrie E. Berry**  
Community Education and BTC Coordinator

# COMPUTERS



## THESE TWO CLASSES MEET AT:

Shasta College Downtown Campus, 1400 Market St., Redding CA  
Room 8111 | \$149 per class | Facilitator: Melissa Ray

Includes a student handbook that you take with you as an ongoing guide for future reference.

## BEGINNING EXCEL 2016

Did you know that Excel know-how can increase your job prospects as well as your starting salary? Excel is a transferable skill that any hiring manager understands is critical. That's the beauty of knowing such a universal computer program, it gives you options. By using Excel, you'll save a lot of time at your job and/or in your personal life, and it's guaranteed to be more accurate than something you could've done by hand. What's not to love? Topics covered: Create and save a workbook. Enter cell data. Create formulas and insert functions. Insert, delete and adjust cells, columns, and rows. Apply text and number formats. Align cell contents. Apply styles, themes, and basic conditional formatting. Preview and print a workbook. Set up the page layout. Create headers and footers.

**Important:** registration deadline: please register by March 1, 2024

**DATES:** MARCH 19, 21, 26, 28, 2024 | Tue/Thur | 6:00 pm – 8:00 pm

## INTERMEDIATE EXCEL 2016

Topics covered: Work with specialized, logical, date, time, and text functions. Work with ranges. Sort and filter data. Query data with database functions. Outline and subtotal data. Create and modify tables. Apply intermediate and advanced conditional formatting. Create, modify, and format charts. Use advanced chart features. Create a PivotTable. Filter data using timelines and slicers.

**Important:** registration deadline: please register by March 29, 2024

**DATES:** APRIL 16, 18, 23, 25, 2024 | Tue/Thur | 6:00 pm – 8:00 pm

# DANCE

## THESE CLASSES MEET AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding  
Cafeteria Stage | 6:00 pm - 7:30 pm | \$75 per class | Facilitator: Ben Mason  
Leather or felt bottom shoes only!

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### BEGINNING WEST COAST SWING

One of the most popular and universal dances, it is danced to a variety of different musical tastes: Blues, swing, pop, country, and jazz. It is fun and easy to learn. By the end of this beginner class you'll not only have mastered the West Coast Swing basics, but you'll be impressing your friends on any dance floor.

**DATES: MARCH 4 – APRIL 15, 2024 (NO CLASS APRIL 1)** | 6–Mon, 6:00pm–7:30pm

### BEGINNING 2-STEP

The all-time classic popular Country and Western Dance that is danced all over the world. By the end of the class you will not only have learned the basics of this classic country dance, you'll have learned a variety of impressive moves that will make this a fun and exciting dance that you and your partner will enjoy whenever you go dancing. It's easy to learn and fun to do!

**DATES: MARCH 7 – APRIL 18, 2024 (NO CLASS APRIL 4)** | 6–Thurs, 6:00pm–7:30pm

### BEGINNING RUMBA/CHA CHA

Learn two of the most popular of the Latin Dances: The Rumba and Cha Cha. At the end of this beginner class you'll be comfortable and confident dancing to any fast or slow music that has a Latin beat. The Rumba and Cha Cha are sensual dances that are danced to a variety of different musical tastes. You'll conquer the dance floor with your new dance skills!

**DATES: MAY 6 – JUNE 17, 2024 (NO CLASS MAY 27)** | 6–Mon, 6:00pm–7:30pm

### BEGINNING NIGHT CLUB 2

Learn the "Dance Of Love" – the sensual Night Club 2. Over the past several years, the beautiful Night Club 2 has continued to gain popularity with all age groups because it allows you and your partner to express and connect to slow, sensual music together. At the end of this class you'll be comfortable and confident dancing to any slow music.

**DATES: MAY 2 – JUNE 6, 2024** | 6–Thurs, 6:00pm–7:30pm



# DAY TRIPS

## THESE THREE TRIPS FILL FAST - SIGN UP TODAY!

Travel Host: Darlene Montgomery | <https://shastacollege.coursestorm.com>

### FILOLI GARDENS

Gardeners, flower lovers, history buffs, you won't want to miss this day trip to Filoli Gardens in Woodside, South San Francisco. Filoli Gardens is recognized as one of the finest remaining country estates of the early 20th century. Filoli welcomes the public to this remarkable 654-acre property, including the 54,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. It is also a historic site of the National Trust for Historic Preservation. This is a self-guided tour. Enjoy a leisurely no-host lunch at the Filoli Cafe, shop the delightful gift shop for a memento, and return home – leaving the driving to us! Double your fun, bring a friend or fellow gardener. ***This also makes a great Mother's Day gift!***

**DATE: SUNDAY, MAY 19, 2024** | \$115 (includes tickets of admission & an illustrated guidebook)

**Schedule:** 7:00am – 7:30pm. Departing: 7:00am, Shasta College Redding Main Campus, North Parking Lot

### SHAKESPEAREAN PLAY - MUCH ADO ABOUT NOTHING

Romance, wit, and mistaken identities fuel this new staging of Shakespeare's beloved comedy of tricks! Don Pedro's army has just returned home victorious after the war. Love is in the air, even as two of history's most tumultuous couples—Benedick and Beatrice, and Claudio and Hero—volley hilarious quips and damning accusations back and forth. Will the truth win in this mischievous game of love? Find out in this dazzling, music-filled production directed by Miriam A. Laube, who brings her 17 seasons of OSF experience to this Shakespeare favorite, lighting up the Allen Elizabethan Theatre all summer.

**DATE: SATURDAY, JUNE 22, 2024** | \$130 (includes ticket of admission)

**Schedule:** see website for detailed schedule: <https://shastacollege.coursestorm.com/>

**Location:** Allen Elizabethan Theatre, Ashland, OR

### TOUR ALCATRAZ ISLAND AND EXPLORE PIER 39

**Ferry to Alcatraz Island.** Tour the inside of the Alcatraz prison cell house. Step back in time and experience the legendary island that has been a civil war fort, a military prison, and one of the most notorious federal penitentiaries in US history. Also included: Enjoy the historical gardens of Alcatraz, views of San Francisco Bay, you can spend as much time as you would like exploring the island.

**PIER 39** is a 45-acre waterfront complex that is a gathering place for millions of San Francisco locals and visitors. In addition to its 13 full-service restaurants, 90+ shops and popular attractions, PIER 39 is home to a five-acre waterfront park and a 300-berth marina. PIER 39 is known for its spectacular views of San Francisco Bay, including the Golden Gate Bridge, Bay Bridge, and Alcatraz, as well as the world-famous California sea lions on K-Dock.

**DATE: SATURDAY, JULY 20, 2024** | \$135.00 (includes: E-ticket mobile check-in, Alcatraz Island roundtrip ferry, access inside Alcatraz Prison, cell house audio tour, orientation video, and ranger and docent tours).

**Schedule:** 6:00am – 6:30pm

Redding Departing Time & Location: 6:00am, Shasta College Redding Main Campus, North Parking Lot

Red Bluff Departing Time & Location: 6:30am, Adobe Chevron, Main Street

See website for detailed schedule: <https://shastacollege.coursestorm.com/>



Parking permits **will be enforced** on main Redding campus for Spring 2024 semester.

# DAY TRIPS

## FREE TRAVEL PRESENTATION

If you would like to learn more about these trips before making the commitment, join us for an entertaining and informative trip preview. Our Collette Travel representative will be present to provide all the information about the travel arrangements, travel destinations, accommodations, prices, and what is included, etc. Come learn more about these exciting new trips.

**DATE: SATURDAY, MARCH 9, 2024**

10:00am – 11:00am

Downtown Redding Campus, 1400 Market Street, Room 8220 (2nd floor)

Facilitator: Jay Fehan, Collette Travel | Free to the public

# DOMESTIC TRAVEL



## AMERICA'S MUSIC CITIES - FEATURING NEW ORLEANS, MEMPHIS & NASHVILLE

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food and fun are always on the menu. Discover Mardi Gras World, where massive parade floats are crafted. Spend 2 nights in Memphis, "birthplace of the blues." Choose how you connect with Memphis' history – with a tour of Elvis Presley's Graceland or by following the last march of MLK. Enjoy reserved seats at the Grand Ole Opry in Nashville. See where country legends recorded hit tunes at RCA Studio B. Create your own Goo Goo Cluster Candy at a chocolate-making lesson. You'll be hummin' and strummin' long after you've returned home.

**DATE: SUNDAY, SEPTEMBER 8, 2024** | \$3,999 pp double INCLUDING air from SACRAMENTO (transportation included)/ \$4,899 single

A deposit of \$698 per person is due upon reservation. Final Payment Due Jul 10, 2024  
Departure Gateway Sacramento Airport

# INTERNATIONAL TRAVEL



## SHADES OF IRELAND

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Choose how you explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car. Pick from a selection of the best restaurants with our Diner's Choice program. Experience the world-famous beauty of the Ring of Kerry. Stand in awe at the top of the stunning 700-foot Cliffs of Moher. Live like royalty during an overnight stay on the grounds of a castle. A vibrant blend of captivating culture and stunning nature, this is the Ireland you've always imagined.

**DATE: WEDNESDAY, OCTOBER 23, 2024** | \$3,969 pp double INCLUDING air and transportation to the SFO airport (requesting a non-stop flight from SFO)/ \$4,469 single

A deposit of \$698 per person is due upon reservation. Final Payment Due Aug 24, 2024  
Departure Gateway San Francisco Intl Airport

# FINANCE

## THESE TWO CLASSES MEET AT:

Shasta College Community Leadership Center, Downtown Redding, 1401 California St., 2nd Floor, Room 9205 | Tue, 6:00 pm - 8:00 pm | \$35 per class | Facilitator: Ric Komarek, CFP

## TAX PLANNING CHANGES THROUGH FOUR STAGES OF RETIREMENT

You have to know what your "after-tax" retirement savings picture looks like BEFORE retiring and watch out for Social Security and Medicare "tax traps." Learn a "Retirement Tax Strategy" that manages your assets for an "optimal draw down" so you pay as few taxes as necessary.

**DATE: TUESDAY, FEB 27, 2024**

## INVESTMENTS, ANNUITIES, AND INCOME IN RETIREMENT

Learn how to better manage your investments, avoid costly mistakes and develop an income plan that can provide income security for life.

**DATE: TUESDAY, MARCH 5, 2024**

# HEALTH - FITNESS - WELLBEING

## THIS CLASS MEETS AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding  
Cafeteria Stage | Facilitator: Rhonda Nelson

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## GET FIT! HYBRID SERIES: VIDEO & IN-PERSON - 12 WEEK SESSION!

Start your new year off with health and wellness with Rhonda Nelson's popular GET FIT! classes both online and in-person! Rhonda will send out at least five videos a week to all participants each Monday for 12 weeks. Each video is approximately 30-55 minutes long and can be viewed at any time that is convenient for you. Set to fun music and beautiful backdrops, you will find yourself coming back for more! The video sessions are designed for all fitness levels and offer a complete workout with options for cardio, toning, strength training and yoga. Internet access is required for private links to YouTube.

**Bonus** - In addition to sending you the videos, Rhonda will teach 12 in-person classes per session. Sign up with a friend for a fun way to connect during the busy week! *Bring your yoga mat and water bottle.*

**DATES:** **JANUARY 24, 2024 - APRIL 17, 2024**

12-Wed | 5:30 pm– 6:30 pm | \$89

**Schedule:** 12 Wednesdays beginning Jan 24, 5:30-6:30 pm (No class on April 3 for Spring Break)

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## THIS CLASS MEETS AT:

Shasta College Redding Campus, Gymnasium Foyer, 11555 Old Oregon Trail, Redding  
Facilitator: Brad Marsh

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## SHOTOKAN KARATE

Shotokan Karate is the original, traditional Japanese karate. Its practice strengthens the body, mind, and spirit. The class introduces basics including stances, blocks, punches, kicks and kata (pre-arranged fighting forms), with further instruction on applying the techniques in kumite (sparring) as well as actual self defense/combat. This class is a combined class of Beginning and Intermediate levels, and may split into two concurrent groups as needed. For men, women and youths ages 10 and up.

**DATES:** **JANUARY 18 – MARCH 7, 2024** (no class Feb 19)

Mon/Thur | 6:30 pm – 8:00 pm | \$75

**MARCH 11 – MAY 2, 2024** (no classes April 1 & 4)

Mon/Thur | 6:30 pm – 8:00 pm | \$75

**MAY 6 – JUNE 24, 2024** (no class May 27)

Mon/Thur | 6:30 pm – 8:00 pm | \$75

# HEALTH - FITNESS - WELLBEING

## THESE TWO CLASSES MEET AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding  
SC Pool | Facilitator: Lisa McKinney

## AQUA AEROBICS DEEP WATER CONDITIONING

This class is a cross training and rehabilitation method using low impact resistance training which can produce aerobic results, improve full range of motion, increase strength, all without impacting joints. Participants wear a buoyancy belt also called an Aqua Jogger belt and move in various running motions suspended in deep water. This activity is not advised for the unskilled swimmer. Each participant will need to bring their own aqua jogger belt appropriate for their individual level of buoyancy. They can be found online. Prices will vary, \$35 and up depending on source.

**DATES: JUNE 26 – JULY 31, 2024**

6–Wednesdays | 12:00pm–1:00pm | Fee: \$55



## AQUA CORE NOODLE - NEW

This program is designed to build core strength in the water through the use of a water noodle while working with fun and uplifting motivational music. The strength exercises will be interspersed with brief segments of light aerobic activity as well as neuromotor activities designed to build balance, agility, and coordination, also conducted on the noodle.

**DATES: JUNE 26 – JULY 31, 2024**

6–Wednesdays | 1:15pm–2:15pm | Fee: \$55

## AQUA AEROBICS

Water aerobics is a fun way for adults to stay active and fit. It's also easier on your joints than doing a traditional gym workout and can even help relieve nagging aches and pains. Doing water aerobics has multiple health benefits. Exercising in water can strengthen your muscles and joints without putting stress on them. You'll get your heart rate up but the water will keep you cool and comfortable while you work out. This class is for participants at any skill level.

**DATES: JUNE 26 – JULY 31, 2024**

6–Wednesdays | 2:30pm–3:30pm | Fee: \$55



*Parking permits **will be enforced** on main Redding campus for Spring 2024 semester.*

# HOME BASED BUSINESS OPPS

## THIS CLASS MEETS VIA ZOOM:

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### HOW TO BUY INCOME PROPERTY IN A POST-PANDEMIC NEW NORMAL

Escape the traditional work grind and build a passive rental income that can replace your W-2 income. Diversify your investments across a combination of short-term, medium-term, and long-term rental properties. Look beyond your local market and identify the top real estate markets in the country. The shift towards remote work has forever transformed the real estate investing landscape, and you can position yourself at the forefront of this change.

**DATE: APRIL 27, 2024**

Saturday, 9:00am – 12:30pm | Fee: \$49

Facilitator: SeeWing Yee, Licensed Real Estate Broker

## HOME & GARDEN

### THIS CLASS MEETS AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding | Room 4500

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### THE ART OF FLORAL DESIGN- SPRINGTIME

Learn the basics or brush up on your skills of everyday floral design with fresh flowers. Covering care and handling, design styles, techniques, and flower identification of some of the most commonly used cut flowers in floristry. Four weeks of fun and floral designs in every class that you can take home with you such as English Garden, BoHo, Floral Impressionism, and Contemporary centerpiece. All styled with seasonal spring cut flowers and colors. Bring a friend and double your fun. Students bring their own required basic tools. Instructor will email tools list to those enrolled.

**DATES: MARCH 6 - 27, 2024**

4–Wednesdays | 6:00 pm– 9:00 pm | \$185 (includes materials/fresh flowers and supplies)

Facilitator: Darlene Montgomery

## LANGUAGE

### THIS CLASS MEETS AT:

Shasta College Community Leadership Center, Downtown Redding, 1401 California St, 2nd Floor, Room 9205 | 8-Tuesdays, 6:00pm-7:00pm | \$69 | Facilitator: Tami Luce

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### INTRODUCTION TO ASL (AMERICAN SIGN LANGUAGE)

Have you always watched conversations in sign language and said to yourself, "I wish I knew sign language", or "I forgot what I learned a few years ago." Well here is your opportunity to get in on the action. ASL (American Sign Language) is the main mode of communication for Deaf and Hard of Hearing individuals. There are many complexities in this beautiful expressive language. In this introductory course we will learn phrases and fingerspelling that can be used in everyday situations to communicate with the Deaf.

**DATES: MARCH 5 - APR 30, 2024** (no class April 2)

# NONPROFIT MANAGEMENT

## THESE SIX CLASSES ARE HELD VIA ZOOM:

Facilitator: Bob Reich

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### ARE YOU THINKING ABOUT STARTING A NONPROFIT ORGANIZATION?

Do you want an overview of the needs, processes, requirements, and planning for creating, incorporating, and applying for nonprofit status with the IRS and state for the organization? This workshop will provide information to understanding what lies ahead.

**DATE: FEBRUARY 5, 2024**

Monday | 6:30 pm– 8:00 pm | \$39

### TECHNIQUES OF MANAGING A NONPROFIT ORGANIZATION

Do you want an overview to learn, understand or review the techniques and functions of operating and managing a nonprofit organization and how they work together? This class can be valuable for staff, volunteers, or Board members, those considering starting a nonprofit organization, or want a refresher on needs and processes.

**DATES: FEBRUARY 13, 20, 27, 2024**

3–Tuesdays | 6:30 pm– 8:30 pm | \$89

### STRENGTHEN THE FUNCTIONING AND EFFECTIVENESS OF YOUR BOARD

How does your board function? Do they understand their roles and responsibilities? What is strong and what is missing? How do you choose, manage, evaluate, and utilize your board members? The board legally and functionally responsible for everything in the organization, yet many board members do not know or understand their roles and responsibilities.

**DATE: MARCH 11, 2024**

Monday | 6:30 pm– 8:30 pm | \$39

### A NONPROFIT IS A BUSINESS AND OPERATED THAT WAY

Many people do not view nonprofits as a business, which can create problems. A nonprofit **MUST** be run in a business-like manner to ensure success and survival. This workshop will show you how nonprofits are a business, with some variations from a for-profit business.

**DATE: MARCH 18, 2024**

Monday | 6:30 pm– 8:00 pm | \$39

### EFFECTIVE FUNDRAISING AND GRANT WRITING

Whether you are asking for organizational contributions, selling school fundraising items, putting on an event, or other requests, is asking for and bringing in funds to support your organization or program a challenge? You are not alone. You don't have to apologize when asking for support and contributions for your organization. In this course you will learn techniques to bring in funds and resources for your project or organization. This workshop is valuable for staff, Boards, volunteers, and anyone who is involved with raising funds for your nonprofit organization.

**DATES: APRIL 9, 16, 23, 2024**

Tuesday | 6:30 pm– 8:30 pm | \$89



Parking permits **will be enforced** on main Redding campus for Spring 2024 semester.

# NONPROFIT MANAGEMENT

## EXCEPTIONAL CUSTOMER SERVICE HAS BECOME A LONG-LOST ART

Why is it we notice good customer service when it should be common? Because we have come to accept mediocrity. This interactive class teaches ways businesses and organizations can provide superior customer service to your patrons, supporters, and customers.

**DATES: MAY 13, 2024**

Monday | 6:30 pm– 8:30 pm | \$39

## NOTARY

### THIS CLASS MEETS AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding  
Room 802 | Facilitator: Tom Peavyhouse, Masters Notary Academy

### NOTARY PUBLIC CERTIFICATION

This course is designed to provide students with the knowledge and professional skills necessary to become a proficient California notary public and prepare for the State's examination. In addition, this course will satisfy the California State's mandatory education requirement of reviewing notary laws and practices for current notary public professionals seeking reappointment. The successful applicant will become a more valuable employee or be able to start his/her own community business. California State Proctors will administer the Notary Examination at the end of the class.

**DATE: FRIDAY, APRIL 12, 2024**

Fri | Class: 8:00 am– 4:00 pm, Register for Exam 4:00 pm – 5:00 pm,  
State Proctored Notary Exam: 5:00 pm – 6:00 pm | \$119 (includes materials)

Note: class starts promptly at 8:00am. Please arrive no later than 7:45am to get checked in.

### THIS CLASS IS HELD VIA ZOOM:

Facilitator: Notary Public Seminars

### NOTARY LOAN SIGNING AGENT

Make the most of your Notary commission by becoming a Loan Signing Agent. Whether you are in the process of obtaining your first commission or fifth, adding loan signing services gives you another stream of income. Set your own hours notarizing real estate documents including refinances, seller and buyer packages. Loan Signing Agents work with their own clients, loan signing agencies, escrow companies, real estate offices, lenders and more. Experts in the business will teach you best practices and also explain pitfalls to avoid that took them years to learn through experience. A certificate is awarded upon completion of the course. Prerequisite: You must be a current Notary Public prior to taking this class.

**DATES: MAY 21, 22, 23, 2024**

Tue/Wed/Thur | 6:00 pm– 8:15 pm | \$129 (digital materials and certificate fee included)



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# PROFESSIONAL DEVELOPMENT

## OSHA 10

- OSHA 10-hour training teaches basic safety and health information to entry-level workers in construction and general industry. It is part of the OSHA Outreach Training Program, which explains serious workplace hazards, workers' rights, employer responsibilities and how to file an OSHA complaint. By completing the course, you earn an official OSHA 10 card from the U.S. Department of Labor (DOL) — a common requirement for employment in general industries.

**Important:** this training program is for businesses that would like to have customized OSHA training on-site for their employees. For more information, please contact the Business Training Center at **(530) 395-8561** or email us at **BTC@shastacollege.edu**.



## FLAGGER SAFETY TRAINING CERTIFICATION

There is always high demand for flaggers in the construction field. A Flagger is one of the most important jobs on the worksite. They protect not only workers but also pedestrians and drivers. Being a flagger is a blend of technique, communication, and being alert. Becoming a flagger can also be your first foot in the door to the construction field.

This 4-hour training course is designed to provide hands-on instruction as well as instruct the student on the basic fundamentals of traffic control work zone flagging, in accordance with the current California Manual on Uniform Traffic Controls Devices (CA MUTCD).

**DATES: MARCH 16, 2024**

Saturday | 8:00am – 12:00pm

Shasta College Redding Main Campus, Room 2150

\$45

Facilitator: Korey Conry

# PROFESSIONAL DEVELOPMENT



## INCIDENT SAFETY AWARENESS FOR HIRED VENDORS

This course provides an awareness of fireline and incident safety to hired vendors who plan to engage in wildland fire suppression and other incident support activities. It includes an overview of hazards and safety issues, entrapment avoidance, incident organization, how to recognize and mitigate risk, maintain safe work practices while working under an agency supervision, fire shelter deployment, and case studies.

**Designed For:** Hired vendors working with the California Department of Forestry and Fire Protection (CAL FIRE) or the United States Forest Service (USFS) on any active incident, including water tender operators, heavy equipment drivers or operators, crew bus drivers, vehicles with a driver, mechanics, fallers, and swampers.

**Authority:** California Department of Forestry and Fire Protection (CAL FIRE) and United State Forest Service (USFS) agreements

**Standard:** State Fire Training (SFT) requires every student to attend the entire course, participate in class-room and group discussions, complete and pass all activities, and complete an oral evaluation.

**DATES:** See our website for upcoming dates: <https://shastacollege.coursestorm.com/>  
8:00am –5:00pm

Lecture: 7:00 hours. Activities/Skills Exercises: 1:00 hour (Total): 8:00 hours

Shasta College Redding Main Campus, Room 2165 (in 2100 bldg)

\$175 (includes student handbook and fire card)

Facilitator: North Valley Training Associates

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## THESE FIVE CLASSES MEET AT:

Butte - Glenn Center, 1366 Cortina Drive, Orland

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## LEAN PRINCIPLES

Lean thinking changes the focus of management from optimizing separate technologies, assets, and vertical departments to optimizing the flow of products and services through entire value streams that flow horizontally across technologies, assets, and departments to customers. Eliminating waste along entire value streams creates processes that need less human effort, less space, less capital, and less time to make products and services at far less costs and with much fewer defects, compared with traditional business systems. Information management has also become much simpler and more accurate.

**DATE: MARCH 12**

Tuesday | 8:00 am – 5:00 pm | \$290 | Presented by: DPMG

# PROFESSIONAL DEVELOPMENT

## WORKPLACE ORGANIZATION

Customers, employees and suppliers can tell a well-run organization without a narrated tour. Visual clues are everywhere. Establishing simple visual controls is one of the most important elements of becoming a Lean and Green Enterprise. 7S reduces the opportunities to make errors and help highlight, at an early stage, potential delays and disruptions and drives an organization to becoming green at the grassroots level. 7S is much more than “a place for everything and everything in its place.” 7S consists of seven principles to make people highly efficient, effective, and greener in performing their work. This one-day session will provide the participants with the principles of 7S.

**DATE: MAY 7**

Tuesday | 8:00 am – 5:00 pm | \$290 | Presented by: DPMG

## JOB RELATIONS

Job Relations teaches the essentials of leadership and positive employee interactions. Developing and maintaining constructive relationships prevents problems from arising that hinder better performance and improvement. JR lays the groundwork for building another layer of stability into your processes, supported by an atmosphere richer in team spirit and collaboration.

**DATE: APRIL 8 - 11**

Monday/Thursday | 9:00 am – 12:00 pm | \$335 | Presented in Spanish by Emiliano Cornejo



## UNDERSTANDING STRENGTHS, BUILDING TRUST

We recommend you start our Supervisor Series with this training because it offers a proven technique to build trust, improve communication, and understanding among team members. There are many personality tests out there, the PACE® Palette the most because is simple, powerful, and easy to remember. The PACE® Palette is a personality temperament assessment tool designed to dramatically enhance communication in the workplace along with in your personal and everyday life by utilizing a fun, non-threatening, easily adaptable tool. As a result of this highly interactive, memorable & profoundly enlightening workshop, participants will be able to quickly identify their “dominant” and “secondary” colors, easily identify the dominant color of those around them (co-workers, clients, supervisors, even significant others in their lives) and most importantly as a result, they will immediately have the tools in place to effectively communicate with others that may have a different color temperament.

**DATE: FEBRUARY 13**

Tuesday | 9:00 am – 12:00 pm | \$110 | Presented in Spanish by Emiliano Cornejo



Parking permits **will be enforced** on main Redding campus for Spring 2024 semester.

# PROFESSIONAL DEVELOPMENT

## SUPERVISOR SERIES

3-part series: preparing for a supervisory role, personal and social competencies, team meetings and conflict.

**DATE: APRIL 23, 30, MAY 7**

3–Tuesdays | 9:00 am – 12:00 pm | \$280 | Presented in Spanish by Emiliano Cornejo

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## THESE NINE CLASSES ARE HELD VIA ZOOM:

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### THE HR ROLE & PRACTICAL STRATEGIES

Whether you are an HR professional or interested in gaining insights into HR functions, this course will help you develop a foundation of HR strategies to maximize the potential of an organization's human capital to achieve broader business objectives.

**DATE: MAY 1**

Wednesday | 9:00 am – 12:00 pm | \$95 | Presented by Reanette Etzler

### 21 IRREFUTABLE LAWS OF LEADERSHIP

While times change and technology marches forward, the principles of leadership are constant and stand the test of time. There are four ideas to keep in mind as you explore: 1. The laws can be learned. Some are easier to understand to apply than others, but every one of them can be mastered. 2. The laws can stand alone. Each law complements all the others, but you don't need one in order to learn another. 3. The laws carry consequences. If you ignore them, you will be unable to lead well. If you implement them, people will follow you. 4. These laws are the foundation of leadership. Once you learn the principles, you must apply them to your life to achieve your full potential as a leader.

**DATE: APRIL 16**

Tuesday | 9:00 am – 12:00 pm | \$95 | Presented by Reanette Etzler

### TEAM LEAD & SUPERVISOR READINESS

Learn about team leaders and supervisor tasks, relationships and performance standards and leadership qualities. Develop communication skills to improve the ability to lead others.

**DATE: MARCH 21**

Thursday | 9:00 am – 12:00 pm | \$95 | Presented by Reanette Etzler

### SUPER WORKER TO SUPER LEADER

Gain understanding of the transition process to leadership and identify common experiences within each stage of the process.

**DATE: MARCH 28**

Thursday | 9:00 am – 12:00 pm | \$95 | Presented by Reanette Etzler

### FIVE COACHING CONVERSATIONS

A research-based model for maximizing people's performance and potential. This interactive and award-winning leadership development program has helped leaders across the globe be as effective as possible and get the best results out of their people. Based on the book of the same name and facilitated by one of the authors, The Five Coaching Conversations program leverages effective and practical leadership tools.

**DATE: JUNE 4, 11, 18, 26**

4–Tuesdays | 9:00 am – 11:00 am | \$260 | Presented by Morgan Massie

# PROFESSIONAL DEVELOPMENT

## CHANGE RHYTHM

You will be introduced to the Change RHYTHM model, explore the tone of your inner narrative, self-assess your relationship and mindset towards a recent change event, and define a set of unique resilience rituals that will enable you to adapt to and evolve through the change and maintain forward momentum in the new normal that follows.

**DATE: FEBRUARY 27**

Tuesday | 12:00 pm – 2:00 pm | \$95

Presented by Morgan Massie

## UNLOCKING BEHAVIORAL STRENGTHS & TEAM DYNAMICS WITH PREDICTIVE INDEX (PI)

This introductory workshop includes the PI Behavioral Assessment for each participant and is designed for both individual contributors and people managers who want to explore their own behavioral characteristics and understand how to interact more effectively with others. Consider enrolling with your team to foster a cohesive and productive work environment (suggested, but not required).

**DATE: MARCH 26**

Tuesday | 12:00 pm – 2:00 am | \$125

Presented by Morgan Massie



## BRIDGING THE GENERATION GAP

Boomers don't know tech. Millennials eat too much avocado toast. Gen Z spends too much time on TikTok. Gen X doesn't care about anything. Stereotypes aren't just hurtful, they're wrong and they prevent us from getting to what's truly great within each generation (and individual!) The work environment has become a valuable patchwork of varying perspectives and experiences. Explore the principles, methods, and best practices of working with multiple generations in our upcoming training session.

**DATE: FEBRUARY 6**

Tuesday | 9:00 am – 12:00 pm | \$95 | Presented by Desiree Saddler

## CREATING WORKING ENVIRONMENTS OF BELONGING (DEIA)

Define what workplace diversity, equity, inclusion, and anti-racism (DEIA) means. Discuss the value a DEIA workplace can offer an organization. Providing examples of characteristics, backgrounds, experiences, and perspectives can increase an organization's success. Discuss the importance that a sense of belonging offers all employees and especially those with characteristics outside of the mainstream. Explain the stereotypes and biases that one brings into the workplace. How to address micro inequities with colleagues in a respectful and impactful way. Learn how to lead and create an inclusive work culture.

**DATE: FEBRUARY 21 & MARCH 6**

2–Wednesdays | 1:30 pm – 3:30 pm | \$95

Presented by Mwanaisa Sims

# SUMMER CAMPS



## THIS CAMP MEETS AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding  
Gymnasium | \$99 per week | Facilitator: Pablo Lana

## VOLLEYBALL CAMP

This is a fun, fast-paced, skill-oriented, character and team building experience! Correct technique and fundamentals will be taught and reinforced through practice. All skill levels are welcome and participants will receive group and individualized instruction according to their level of skill and experience. Specialized instruction will be made available for setters, middle blocker/hitters, outside hitters, and liberos/defensive players. Basic through advanced instruction will be covered for the following skills: passing, setting/overhand passing, serving, spiking and offensive plays, blocking, defense, game strategies for offense and defense.

Campers should wear comfortable clothing, athletic shoes, and knee pads. Please leave all jewelry and electronics at home. **PLEASE NOTE:** the campus cafeteria will be closed during the summer. Campers may bring their own lunch, snacks, beverage, etc, and their own cooler.

### JUNIOR HIGH

#### SESSION 1 | JULY 15, 16, 17, 2024

Monday/Tuesday/Wednesday | 9:00 am – 3:00 pm

#### SESSION 2 | JULY 29, 30, 31, 2024

Monday/Tuesday/Wednesday | 9:00 am – 3:00 pm

### HIGH SCHOOL

#### JULY 22, 23, 24, 2024

Monday/Tuesday/Wednesday | 9:00 am – 3:00 pm

**Important:** Parents or Legal Guardian must sign students in each day.



Parking permits **will be enforced** on main Redding campus for Spring 2024 semester.



# Ready for a Change?

We can help open doors to training, education, financial aid, or a job promotion.

-  **CAREER EDUCATION TRAINING**
-  **HIGH SCHOOL DIPLOMA**
-  **ENGLISH AS A SECOND LANGUAGE (ESL)**
-  **G.E.D or HISET**
-  **MOST SERVICES ARE FREE OR VERY LOW COST**

**Services available in:**  
Shasta, Tehama, and Trinity counties

[www.better.jobs](http://www.better.jobs)  
[lheck@shastacollege.edu](mailto:lheck@shastacollege.edu)

**530.242.7750**





## LOOKING FOR A REWARDING CAREER IN THE TRADES?

For Skilled Trades Training in Shasta County look for the collaboration of Shasta College and The Trade School at SBE. If we don't have the training you need, then we'll help you find your career path to success.

#skilledtradesNorCal or #skilledtradesShasta

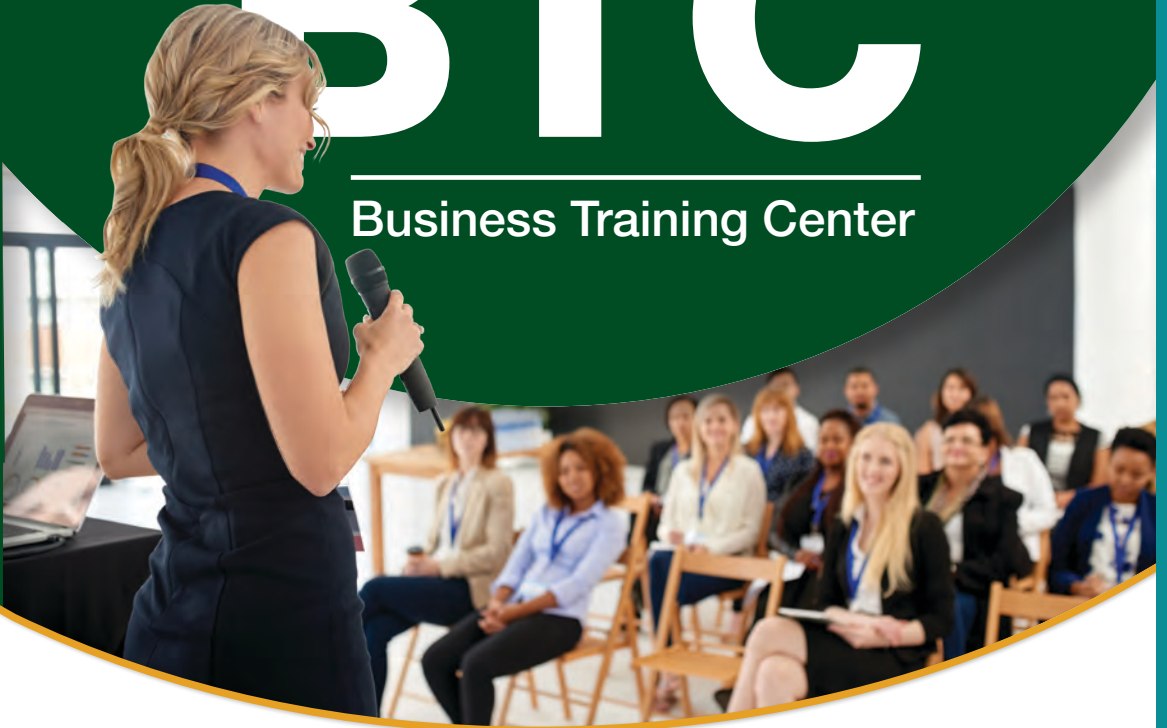
[thetradeschool.org](http://thetradeschool.org)  
530-222-1917



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# BTC

Business Training Center



**CUSTOMIZED EMPLOYEE TRAINING**

## *Solutions*

**We provide affordable employee training to businesses of all sizes**

To learn more, go to:

ShastaCollege.edu/**BUSINESSTRAINING**

## **ETP FUNDING**

Would you like to receive high quality customized employee training subsidized by ETP funding? To learn if your business qualifies for ETP funded training, contact the Business Training Center at (530) 395-8561 or email: [BTC@shastacollege.edu](mailto:BTC@shastacollege.edu)

# FREE SPRING SCREENINGS

Shasta College Dental Hygiene Program

**Call (530) 339-3608 to Schedule Today!**

- Free Screenings for Spring 2024 by Appointment
- LOW COST Dental Cleanings
- Student Performed Cleanings and X-Rays

SCREENING TIMES:

**January 17 - May 15, 2024**

- Mondays - 8:00am and 1:00pm
- Wednesdays - 8:00am and 1:00pm

All adult patients need to come in for a screening to determine eligibility prior to scheduling dental cleaning appointments.



**Make a** *Difference*  
in the  
*Lives of Others!*

**(530) 339-3606**

Call today or visit our website below for information on becoming a:

- Licensed Vocational Nurse
- Certified Nurse Assistant
- Medical Assistant

**NO WAIT LISTS!**

**CAREER READY  
IN 3 SEMESTERS  
OR LESS!**



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**Shasta College**

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