UW-Manitowoc Continuing Education

Spring 2014 Courses

Yoga

and more!

Golf

iPad

Chicago: Chinatown Taste & Walking Tour

Health & Wellness

Traveler’s Spanish

Landscape Photography

Investing Basics

Forever young

ACT Strategies

Travel to Spain

and more!
Do you have a passion for learning?

Continuing Education courses are open to everyone regardless of age, interest and academic background. We offer innovative programming and knowledgeable instructors without the pressure of grades. Take advantage of the many opportunities that UW-Manitowoc offers for life-long learning and professional and personal growth.

Sincerely,
Suzanne Lawrence, MA
Director of Continuing Education

Table of Contents

ACT Test Preparation ............................................................. 1
Computers, Technology, Social Media ................................... 2
Creative Arts & Photography .................................................. 2
Health and Well Being ......................................................... 4
Language .................................................................................. 6
Money Matters ......................................................................... 7
Professional Development ....................................................... 7
Trips and Travel ................................................................. 8
Online Courses ......................................................................... 8
How to Register ......................................................................... 9

ACT Test Preparation

ACT Strategies
Preparing for your ACT can make a difference in your chances of being accepted into the college of your choice! Don’t go in unprepared! Give yourself the advantage by taking UW-Manitowoc’s ACT Test Prep course prior to the actual ACT exam.

The ACT examination contains four tests that measure academic achievement in English, Reading, Math, and Science Reasoning. By enrolling in UW-Manitowoc’s ACT Test Prep program, you will increase your academic skills and learn strategies for test taking that will prepare you for the ACT. We use top-notch college instructors in Math, Science, English and ACT preparation.

The program provides:

• 8 hours of instruction in four content areas
• Writing strategies to prepare you for the essay part of the ACT exam
• The opportunity to take two “retired” ACT tests prior to the course to establish limitations
• Test-taking strategies for each component of the exam
• Practice with printed materials to determine where strategies can be applied and reinforced

Dates/Times: Attendance required at all sessions.
• Saturday, February 1, 8:00 am – Noon, Pretest
• Wednesday, March 12, 6:00 – 8:00 pm, English/Reading Specific Work
• Wednesday, March 26, 6:00 – 8:00 pm, English/Reading Specific Work
• Wednesday, April 2, 6:00 – 8:00 pm, Science Specific Work
• Wednesday, April 9, 6:00 – 8:00 pm, Math Specific Work and Wrap-up
Room: H218
Fee: $139 per student*

ACT Test Date: Saturday, April 12

* Registering for this course DOES NOT register you for the ACT test. Go to www.actstudent.org or see your school counselor for a registration packet to register for the test. The registration deadline for the April 12 test date is March 7.
Introduction to Illustrator CS6
If you want to get a job as a graphic artist, you need to learn Adobe Illustrator. In this course, you’ll see how Adobe Illustrator CS6 can give you the power to design, draw, and color images quickly and easily. From drawing objects with the shape tools to mastering the all-important Pen tool to working with shape gradients, you’ll gain the techniques you need to produce stunning vector graphics.

**Date:** 6 week course starts February 19 or March 19  
**Time:** Online and at your convenience 24 hours a day  
**Instructor:** Sherry London, noted Photoshop and Illustrator expert, artist, writer, and teacher. Her published works include *Photoshop CS2 Gone Wild,* *Photoshop Magic,* *Photoshop Effects Magic,* *Photoshop In Depth,* *Photoshop Textures Magic,* and *Illustrator f/x and Design.*

**Fee:** $99, register at: [www.ed2go.com/uwman/](http://www.ed2go.com/uwman/)

Introduction to InDesign CS5/CS6
Learn how to use Adobe InDesign CS6, the industry-standard desktop publishing software program, to design professional-quality letterheads, brochures, eBooks, and more.

**Date:** 6 week course starts February 19 or March 19  
**Time:** Online and at your convenience 24 hours a day  
**Instructor:** Donna Baker, freelance graphic designer and the author of many books about design software and Web design. You can read tips and tutorials from her books through Adobe Design Center (www.adobe.com/designcenter), and on websites such as Creativepro.com.

**Fee:** $99, register at: [www.ed2go.com/uwman/](http://www.ed2go.com/uwman/)

Understanding Your New iPad
Have you recently become the proud owner of a new Apple device? Now that you’ve unpacked your iPad, iPod Touch, iPhone, or iPad Mini, bring your device in for tips and tricks from a pro who will guide you through some of the quick tips and starter apps you’ll need to get on your way.

**Course Requirement:** Apple ID Account and initial synchronization to your personal computer and an Apple device running iOS 6.

**Date:** Thursday, April 10  
**Time:** 6:00 - 8:00 pm  
**Room:** F137  
**Instructor:** Cristi Beringer, Director of Instructional Technology, UW-Manitowoc  
**Fee:** $29

Creative Arts & Photography

Altered Books: Strange, Curious, and Beautiful Transformations
Start with a children’s book, a telephone book, a guide to bird-watching or just about any book-like object. Transform that book into something completely different – an altered book. Participants in this three week hands-on workshop will have the chance to do just that. We will begin by exploring various altered books, including Tom Phillips’ *A Humument,* and considering how various aspects of the book form contribute to the work’s meaning. Then, students will experiment with erasure, addition, substitution, collage, and other techniques used by altered book artists. The end result will be an artists’ book that uses both textual and visual elements to transform an ordinary book into an extraordinary poem or story in book form – an altered book.

**Dates:** Mondays, April 5 - 19  
**Time:** 6:00 - 8:00 pm  
**Room:** F232  
**Instructor:** Dr. Emilie Lindemann, English Professor at Silver Lake College of the Holy Family and author of *Dear Minimum Wage Employee: You are Priceless.*

**Fee:** $59
Basic Earring and Wire Class
Learn techniques to make professional-quality earrings. The wire wrap is a basic component of many different types of wire jewelry, including earrings. We break down the steps so that you are guaranteed to succeed! You’ll design your earrings out of beads and materials that you select from the instructors extensive collection and take home at least two pairs of earrings. Materials: Everything you need is included in the additional materials fee. All necessary tools will be provided by the instructor.

**Date:** Monday, March 31  
**Time:** 6:00 - 8:00 pm  
**Room:** F231  
**Instructor:** Hannah, Bead Trade by Hannah, LLC. Instructor has over 26 years experience in jewelry design and history of beads.  
**Fee:** $29 (Additional materials fee of $35 due the first evening of class, payable to the instructor).

Chinese Art Appreciation
Learn the power and life behind the Chinese brush, the symbolism of animals and nature, the continuous 2,000 year history of Chinese art. Study from original works of art.

**Dates:** Tuesdays, February 18 - March 11  
**Time:** 6:00 - 8:00 pm  
**Room:** H218  
**Instructor:** John Rohrer  
**Fee:** $59

Landscape Photography
Learn the basics of composition, the effects of different lenses, when to use color or black and white, and how to take portraits in a landscape. Field work and lab work are part of the class.

**Dates:** Tuesdays, June 3 - 24  
**Time:** 6:00 - 8:00 pm  
**Room:** H109  
**Instructor:** John Rohrer, photographic artist with over 17 years of photography experience and Adobe Photoshop.  
**Fee:** $79

Peoyote Stitch Beading (Beginners)
Using Japanese Miyuki cube beads with a Designer Findings ball and socket clasp you will create your own one of kind bracelet. The peyote stitch has many uses in the beading world. Let the color of your surroundings and the need to slow down in this fast past world bring you to try something new. If you enjoy color, stitching, embroidering, creating, and/or self-challenge then this is a project for you. Samples will be available to view.

**Dates:** Wednesday & Thursday, April 9 & 10  
**Time:** 6:30 - 8:30 p.m.  
**Room:** F175  
**Instructor:** Leann Buboltz, Leann has been designing and creating beaded jewelry for seven years. Her pieces are created through the inspiration of color and nature. She feels that when you look around and finally ‘see’ the color, you then start to ‘feel’ the color. Designing jewelry gives her a sense of purpose and a feeling of peace, thus the name “Designs by Leann-Piece by Peace.”  
**Fee:** $39

Peoyote Stitch Beading (Intermediate)

**Dates:** Wednesday & Thursday, April, 16 & 17  
**Time:** 6:30 - 8:30 p.m.  
**Room:** F175  
**Instructor:** Leann Buboltz  
**Fee:** $39
Photoshop Advanced Work
Already know some of the basics of Photoshop? Create a new reality, learn multiple image combinations, and prepare your images for printing and publication. Learn when and how to use those mind boggling filters!

**Dates:** Tuesdays, April 1 - 22  
**Time:** 6:00 - 8:00 pm  
**Room:** F139  
**Instructor:** John Rohrer  
**Fee:** $79

---

**Health and Well Being**

---

**Forever Young**
Is it possible to reverse the aging process? Can we grow younger? In this class you will learn that it is possible to look, feel and be younger. John Oestreicher will present anti-aging studies and how other cultures have reversed the aging process. Learn natural, holistic and practical techniques that will help you tap into the “fountain of youth” that is already within you.

**Date:** Monday, March 31  
**Time:** 6:30 - 8:30 pm  
**Room:** H109  
**Instructor:** John Oestreicher  
**Fee:** $30.00

---

**From Clutter to Comfort (How to Clear Your Home, Head, and Heart)**
Are you wishing to simplify your life? Do you want to regain a sense of balance in your home, head and heart? Is clutter robbing you of peace of mind? Are you unsure of how or where to begin living life on purpose?

Join us as we discuss the thoughts, feelings and behaviors which trap us emotionally and physically. This class will examine how and why we hold on to clutter. This clutter often manifests itself as emotional burden, mental stress and physical disorganization. We will explore how to simplify and clear the clutter - from home, head and heart - and begin living a life of greater intention, in a space of improved utility. Class will consist of presentations with handouts, exercises and discussion. A gentle and non-judgmental approach will be used, with attendees encouraged to participate at their level of comfort.

**Dates:** Wednesday, March 19 & 26  
**Time:** 6:30 - 8:30 pm  
**Room:** F175  
**Instructor:** Pamela Hertel, MS, LCSW, LPC, licensed psychotherapist and professional organizer  
**Fee:** $89

---

**Healthy Sleep**
Relaxation expert John Oestreicher will teach you how to fall asleep easily and quickly. Learn to sleep soundly and release the endless monkey-mind chatter to create a restful night. Learn about natural, holistic and practical techniques that help you develop a calm and peaceful mind for longer and healthier sleep.

**Date:** Monday, March 3  
**Time:** 6:30 - 8:30 pm  
**Room:** H109  
**Instructor:** John Oestreicher  
**Fee:** $30.00

---

**Learning the Game of Golf**
Bring a friend and learn the game of golf in 6 short lessons! Course includes everything you’ll need to know to step onto a golf course and play with confidence: etiquette, rules of golf, selection of appropriate golf clubs and balls. On the last night, you’ll play nine holes at CNC Links Golf Course. Bring your own clubs.

**Dates:** Tuesdays and Thursdays: June 10 - 26
Meditation Training
Relaxation expert John Oestreicher has been meditating for 25 years and teaching meditation for eight years. In this informative and relaxing class, participants will learn: the benefits of meditation, how and when to meditate, focused attention, and how to slow down and release the mind’s endless chatter. Students will practice meditating and each individual will receive a customized meditation based on their goals and energy scan.

- **Date:** Monday, April 14
- **Time:** 6:30 - 8:30 pm
- **Room:** H109
- **Instructor:** John Oestreicher
- **Fee:** $30.00

Mindful Living — Essential Oil Workshop
Learn about the amazing world of essential oils. What is an essential oil? How are essential oils produced? What is a carrier oil? Learn what to look for when purchasing essential oils, where to buy quality essential oils at an affordable price, how to safely use essential oils on adults, children, and pets, and 101 common ways to incorporate essential oils into your life. Those attending will have an opportunity to create a romantic essential oil spray...just in time for Valentine’s Day. Additional blends will also be available for an additional charge (blends start at $10).

- **Date:** Wednesday, February 12
- **Time:** 5 - 8 pm
- **Room:** F231
- **Instructor:** Patti Jo Wagner
- **Fee:** $30 (Additional materials fees of $10 payable to the instructor the first night of class)

Mindful Living Yoga
Experience yoga naturally with Lake Michigan as your focal point, as the sound of water, warmth of the sun, and gentle breezes bring you back into balance.

- **Dates:** Thursdays, June 19 - July 24
- **Time:** 10:30 - 11:30 am or 5:30 - 6:30 pm
- **Location:** Behind UW-Manitowoc overlooking beautiful Lake Michigan.
- **Instructor:** Patti Jo Wagner, E-RYT, Owner of Mindful Living Yoga
- **Fee:** $49

Reiki: Heal Your Life - Group Reiki Seminar and Session
Reiki is practiced in approximately 800 hospitals and clinics in the United States and is part of England’s National Health Service. In this class, Reiki Master/Teacher John Oestreicher will describe Reiki and discuss the many rewards his clients have reported, including; relaxation, stress reduction, pain relief and improved health. Following the discussion, students may choose to participate in a group Reiki session, which is designed to allow many people to experience Reiki at the same time. Anyone may benefit from this class, including those experiencing symptoms of fibromyalgia, cancer and depression.

- **Date:** Monday, April 21
- **Time:** 6:30 - 8:30 pm
- **Room:** H109 & Gym
- **Instructor:** Reiki Master/Teacher John Oestreicher
- **Fee:** $30.00

Reiki I
The Usui system of Reiki is one of the easiest natural healing systems known today. It is also the most effective way to transfer Universal Life Energy. This class teaches basic aspects of Reiki in order to perform hands-on healing
with the Reiki Ray. The history, principals and ethics of Reiki are discussed and the chakra system is also examined. Students are attuned to Reiki I in a four-step process. Students will complete a self-healing session, give a full session and receive a full session. Join us for this introductory exploration of this powerful energy. Please wear comfortable clothing and bring a mat/blanket and pillow/towel.

No Prerequisite required. Manual and certification as a Reiki I practitioner provided.

Dates: Thursdays, February 6 - 13
Time: 6:00 - 8:30 pm
Room: County Board Room/L151
Instructor: Gina Armstrong, National and State Licensed Massage Therapist, Reiki Master, and owner of Therapeutic Massage Works, LLC, and Balance on Buffalo, LLC.
Fee: $175, Limited to 8 students - Register early!

Reiki II
Deepen your journey into Reiki. In this course, you will receive three healing symbols within your attunement that will help take your Reiki practice to a higher level. These symbols will (respectively): strengthen the effects of Reiki for you and bring protection to others; bring mental and emotional healing to a deeper level; allow Reiki to travel over time and space so you can send Reiki to people, places and situations from a distance. Students will perform a session from a distance, give a full session and receive a full session in class with the new symbols. Please wear comfortable clothing and bring a mat/blanket and pillow/towel.

Prerequisite: Reiki I. Manual and Certification as a Reiki II practitioner provided.

Date: Thursday, April 10
Time: 6:00 - 8:30 pm
Room: County Board Room/L151
Instructor: Gina Armstrong, National and State Licensed Massage Therapist, Reiki Master, and Owner of Therapeutic Massage Works, LLC, and Balance on Buffalo, LLC.
Fee: $175, Limited to 8 students - Register early!

Simply Feng Shui
This course offers an approach to Feng Shui that is easy, fun and remarkably effective. You will learn everything you need to begin applying the ancient Chinese art of placement and design to your home and workplace. Course includes a brief overview, practical solutions for everyday “problems” and a how-to guide.

Dates: Thursdays, March 13 - 27
Time: 6:30 - 8:30 pm
Room: F175
Instructor: Pamela Oestreicher is trained in the BTB school of Feng Shui, as developed by Grandmaster Professor Thomas Lin-Yun. She has been practicing in Southeastern Wisconsin for the past 12 years and is based in Kohler, Wisconsin.
Fee: $49

Language
Basic Traveler’s Spanish
This is a basic course in Spanish for travelers in conjunction with the campus-sponsored trip to Spain in May. The course will introduce you to basic greetings, farewells, conversational expressions, and skills needed for travel in Spain. The emphasis will be on speaking and understanding Spanish.

Dates: Tuesdays, March 4 - April 15
Time: 5:30 - 7:30 pm
Room: H109
Instructor: Dr. Roland Baldwin, retired UW-Manitowoc Dean and co-leader for the trip to Spain.
Fee: $89

6
Investing Basics for Women
This course is designed for women investors who want to make better decisions about their personal financial assets. We will explore the most common investment types including stocks, bonds, CDs, mutual funds, index funds, ETFs, and annuities. You will learn the basics of how to evaluate investments in light of your long-term goals and risk tolerance. You’ll gain insight on what questions to ask your financial advisor when discussing investment choices.

Whether you are invested in a retirement account such as a 401K or IRA, or in a bank or brokerage account, you will receive tools to increase your investment knowledge and reduce your investment fears. Leave the course feeling like a ‘smart shopper’ of financial products.

Please note that the information in this course will be general in nature. The instructor will not give advice on any securities that you own or may purchase, and will not recommend any specific investment strategies.

Dates: Wednesday, April 23 & 30
Time: 7:00 - 9:00 pm
Room: H109
Instructor: Laura O’Shea, MBA, MS Ed., former stockbroker with a national investment firm.
Fee: $49

Professional Development

Introductory/Intermediate or Advanced Microsoft Excel 2007/2010 or 2013
Become proficient in using Microsoft Excel and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Master advanced features of Microsoft Excel, including charting and PivotTables, Slicers, Sparklines, and other advanced Excel features; discover how this powerful MS Office program can boost your productivity. Read the full descriptions of the Introductory, Intermediate, and Advanced Microsoft Excel courses online to pick the course that’s right for you!

Date: 6 week course starts February 19 or March 19
Time: Online and at your convenience 24 hours a day
Instructor: Chad Wambolt, graduate of Boise State University, where he obtained his bachelor’s degree in accounting. He has spent his entire professional career in the finance field, working for both privately and publicly held companies with sales ranging from $500 million to $3 billion. His knowledge of Excel’s capabilities has helped organizations streamline processes and save countless hours of labor!
Fee: $99, register at: www.ed2go.com/uwman/

Whole Brain Health and Fitness
How do you ‘exercise’ your brain? Research is showing that there are changes in the brain’s neurons up to 20 years prior to signs and symptoms of brain health issues. Data from the CDC shows that 87% of people believe they can delay cognitive impairment, but less than 8% of these individuals are receiving the information on strategies to accomplish this. This course is designed to provide participants the opportunity to gain further understanding of brain function, identify what types of activities are therapeutic and address current standards of mental fitness programs. Participants will engage in hands on activities and exercises as well as the execution of a brain health ‘fair.’ Whether you want to help improve your own mental fitness, or facilitate the mental fitness of others, this program can benefit you!

Date: Wednesdays, March 12 - April 2 (Health Fair on April 16)
Time: 6:00 - 8:00 pm
Room: H109
Instructor: Lisa Heisler, OTR, CAPS, CDCS
Fee: $99
Trips and Travel

Chicago - Chinatown Food Tasting & Cultural Walking Tour

Our guided Chinatown Food Tour visits five locations in the historic Chinatown community. Included in the ticket price are: Canton cuisine and dim sum from Triple Crown, Mandarin cuisine and Beijing Peking duck from Lao Beijing, Szechuan cuisine from Lao Sze Chuan, loose leaf tea from Ten Ren Tea & Ginseng Co., and pastries from Saint Anna Bakery. There will be free time after the tour to shop and explore the area on our own. There is a lot of walking on this tour, but all fitness levels are welcome. Wear comfortable clothing and shoes. Tour takes place rain or shine.

Date: Thursday, May 15
Time: Departs UW-Manitowoc campus at 7:15 am, returns at approximately 9:30 pm
Fee: * $129 per person, includes transportation and guided taste tour.

Group size is limited so register early!

Group leaders: Suzanne Lawrence, Director of Continuing Education, UW-Manitowoc, and Jane Donlon, UW-Sheboygan

* About the ticket price – why is it more expensive than previous food tours?

While we visit a total of five tasting locations and restaurants on the Chinatown Food Tour, three of them are sit-down tastings that last 30-45 minutes each with a full-portion dish, allowing plenty of time to carefully observe the pageantry and traditional etiquette of ancient Chinese customs as each meal is served at the dining table. The slightly higher ticket price reflects the larger, more expensive portion sizes than you’ll experience on our other food tours.

New York City Theatre Trip

A collaborative trip with UW-Fox Valley, June 4 - 8, 2014

Immerse Yourself in the Culture and History of Spain

This 10-day community education travel program to Spain allows participants to connect with Spain’s unique history, breathtaking architecture, cultural traditions and socio-educational progress. Program destinations include: Madrid, Toledo, Seville, Cordoba, Granada, Malaga, and more!

Dates: May 25 - June 3

Application and Deposit Due: February 1, 2014. Full application and itinerary available from the Continuing Education Office.

Tour leaders: Dr. Roland Baldwin, retired UW-Manitowoc Dean, and Suzanne Lawrence, Continuing Education Director.

Cost: $3,650 double occupancy (All inclusive tour price includes ground transportation to and from Chicago, round trip airfare from Chicago, lodging based on double occupancy, daily breakfast, welcome and departure dinner, travel coach to various cities and sites, museum admissions, services of a professional tour guide, medical and evaluation insurance, taxes and tips).

Online Courses

Ed2go

Be sure to check out our personal and professional enrichment classes through Ed2go. These online classes provide a wide range of offerings (over 300!). Those of you who are not familiar with Ed2go online classes will be pleasantly surprised with how easy it is to get started, the flexibility one has as a student, and the level of course content. We find that when people sign up for Ed2go they usually become repeat customers.

We invite you to check out the wide variety available at www.ed2go.com/uwman/

SOLD OUT
How to Register for a Continuing Education Course

Registration and payment may be submitted to the Office of Continuing Education by mail, phone, fax, online, or in person no later than one week prior to the start of class, but earlier registration is recommended. You may call to reserve a spot in any class, but payment must follow within five working days to hold the reservation.

Office of Continuing Education, UW-Manitowoc
705 Viebahn Street, Manitowoc, WI 54220-6699
phone: (920) 683-4702
fax: (920) 683-4776
www.uwmanitowoc.uwc.edu/community
You may also register in person at the UW-Manitowoc Office of Continuing Education, Founders Hall, Rm F107.

Registration Confirmation/ Refunds/ Class Cancellation
Confirmations are sent via email or phone a week before the start of class, you may also call to confirm your registration. CE classes will be held unless the UW-Manitowoc campus is closed for severe weather. If a course is canceled due to low enrollments, notifications and a full refund will be sent.

Registration Form

Name ____________________________________________________________
Street Address ___________________________________________________
City __________________________________ State _____ Zip _____________
Phone (H) __________________________________ Cell __________________
e-mail address ____________________________________________________

Course __________________________________________________________
Start Date ______________________________ Fee ______________
Course __________________________________________________________
Start Date ______________________________ Fee ______________
Course __________________________________________________________
Start Date ______________________________ Fee ______________

☐ Check If paying by check, please make check payable to “UW-Manitowoc.”
-or-
Credit Card Number _____________________________________________
☐ MC ☐ Visa Exp. Date __________________ 3-digit code ___________
Receipt Needed ☐ Yes ☐ No (on back of your card)

Signature _______________________________________________________________________

Gender  ☐ Male  ☐ Female
Age  ☐ Under 18  ☐ 18-34  ☐ 35-49  ☐ 50-64  ☐ 65+