



# SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

FALL TERM  
STARTS SEPT. 16, 2024

*Leading and inspiring life long learning*

## Committed to student success

Meet our new faculty;  
tour new labs



Checking out our new ambulance simulator are:

Michael Seldon, Fire Science Program Faculty Director;  
Madi Ogle, Dental Assisting Instructor; Julie Ryan, Paramedicine Program Faculty Director

# Building Transformation

## Inspiring tomorrow's firefighters, paramedics, food producers, and dental

Southwestern is pleased to deliver year after year on our 64-year commitment to provide our students with exceptional teaching and learning environments.

Come fall term, we will celebrate completion of a \$5.5 million project to modernize 18,240 sq. ft. of space in historic Coaledo Hall and nearby Sumner Hall on the Coos Campus. This project culminates five years and \$43 million of infrastructure investment to update buildings, energy systems and teaching space on both the Coos and Curry Campuses.

Built in 1965, Coaledo Hall served as the College's science lab building until it was taken out of service in 2021 with the opening of advanced laboratories in Umpqua Hall. Today, Coaledo will become a new flexible learning space with technology-rich labs for Forestry and Agroecology.

The development closes the loop on creating a holistic center for Forestry and Agroecology students. They now can move with peers between collaborating in the classroom environment to working in the campus' urban forest/wetland environment and food production gardens.

A renovated Sumner Hall nearby, the site of former nursing labs, remains dedicated to training tomorrow's allied health professionals as the home for a re-envisioned Dental Assisting program and an ambulance simulation lab and classrooms to support Fire Science, EMS and Paramedicine.

Overall, this work helps the College hire and retain highly skilled faculty. It ensures residents from the south coast have access to college education and high-skill job training equivalent to that offered in metro areas. Ultimately, the result is a more economically healthier communities and families.

This current project was funded with a \$2.75 million capital grant from the Oregon Legislature matched with \$2.75 million from the U.S. Economic Development Administration.



To learn more about these career paths TEXT or CALL 541-240-8227 | SWOC

# professionals

## Mark your calendar Open House

Join us for a walk-through of newly renovated Coaledo and Sumner Halls. The College will celebrate with a community ribbon cutting and open house from 4:30 to 6 pm, Monday, Sept. 9. Meet our instructors and enjoy a VIP tour.



Julie Ryan returns to Southwestern as the EMS Program Director and Assistant Professor of Paramedicine. She holds a bachelor's degree from Linfield University and is a Nationally Registered Paramedic and an Oregon Licensed Paramedic. Previously she was a member of the Reach and Treat Team, providing advanced life support and technical rescue in wilderness environments, and holds Rope Rescue Technician and Advanced Swift Water Rescue certifications. Ryan served as a Flight Paramedic, a Paramedic for Bay Cities Ambulance, and most recently as a Firefighter/Paramedic for Cascade Locks Fire and EMS. With thirty years of EMS experience, she brings invaluable knowledge and lived experience to the table.

and health professionals. It will serve  
serve students pursuing careers in

st have access to more affordable  
more stable workforce, and

2.75 million in grant funds from the



Madi Ogle grew up in Sandpoint, Idaho, and attended Boise State University earning an Associate of Science degree. In 2020 she enrolled in SWOCC's Dental Assisting Program. Madi deepened her love for dental health, excelling in the program, and working as a licensed Oregon Expanded Functions Dental Assistant. While working in the field she was inspired to pursue other career opportunities and progressed through various roles at Southwestern: Campus Store, Student Success Center, and then to the Financial Aid office as the Student Employment Coordinator. Now in her new role as the Dental Assisting Instructor she brings a unique perspective and commitment to the education of dental professionals.



Michael Seldon brings over thirty years of career experience in emergency services disciplines including structural/municipal firefighting with the Coos Bay Fire Department, hazardous materials team technician, emergency room trauma technician, and ambulance-based emergency medical technician. He holds certifications in firefighter 1 and 2, fire officer, fire instructor, incident safety officer, vehicle extrication, heavy rescue systems and practices, pumper and aerial apparatus operator, and SCBA maintenance and repair. Seldon earned an Associate of Science degree in Public Fire Service and graduated from the fire academy at Rancho Santiago College in Santa Ana, California. He earned a Bachelor of Arts degree in Mass Media Communications - Radio/TV/Film from Long Beach State University.

# Workforce & Job Trainings

## COOS CAMPUS

To register: Call 541-888-7352 • Email [firststop@socc.edu](mailto:firststop@socc.edu) • Visit our office in Stensland Hall

## Maritime Training

For a complete list of maritime trainings offered by



Columbia Pacific Maritime

Visit: <https://colpacmaritime.com/>

All classes take place at 2140 Newmark Ave, Coos Bay

### MARI 0281 65 OUPV/MASTER 25, 50, 100-TON CLASS

This ten-day class will satisfy the Coast Guard exam requirements for a Master license. The Master is required to operate charter boats and other vessels carrying more than six passengers. Subjects include seamanship, navigation, rules of the road, and the federal regulations for both inspected and uninspected passenger vessels. Monday through Friday with a Saturday 10:00am to 2:00pm open study lab.

October 7-18

Cost: \$1,300

November 4-15

December 2-13

### MARI 0526 65 UPGRADE MASTER 100-TON TO 200-TON CLASS

The scope of this class is to provide instruction and assessment in the subjects of navigation general, deck general, safety, and environmental protection as appropriate for the upgrading of an MMC National Officer Endorsement Master not more than 100 GRT to Master or Mate not more than 200 GRT Near Coastal. Upon successful completion of this upgrade class the mariner will have the knowledge of navigation, seamanship, and federal regulations necessary to accept the responsibility for the safety of vessels less than 200 GRT on near coastal routes, including its cargo and passengers; be aware of the obligations under federal regulations concerning safety and protection of the marine environment; and be able to take the practical measures necessary to meet those obligations. Three days, Monday through Wednesday.

October 21-23

Cost: \$700

November 18-20

December 16-18

### MARI 0033 65 APPRENTICE MATE (STEERSMAN) OF TOWING CLASS

The scope of this course is to provide instruction in and evaluation of the rules and regulations for towing vessels and barges; and towing vessel terminology, hazards, and safety. This course is open to all mariners who either hold a license as Master not more than 200 tons, Apprentice Mate (Steersman), Mate (Pilot) of Towing; OR have satisfied the examination requirements for Master 200 tons within one year of completion of this course. Two days, Thursday and Friday.

October 24-25

Cost: \$500

November 21-22

December 19-20

## Job Training

### IND 4100 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT-approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Lakeview E

Cost: \$139

IND 4100 65 Day: 9/24

Time: 8:30am-1:00pm

IND 4100 66 Day: 10/15

Time: 8:30am-1:00pm

IND 4100 67 Day: 11/12

Time: 8:30am-1:00pm

IND 4100 68 Day: 12/10

Time: 8:30am-1:00pm

IND 4100 69 Online

Cost: \$145

### IND 0905 65 MARINE SAFETY

The US Coast Guard Auxiliary will conduct an 8-hour boating safety education course covering the basics of boating safety, required equipment, rules of the road, and Oregon boating laws. A test at the end of the course will qualify boaters for their Oregon Boater Education Card, under the Oregon Mandatory Boater Education Program. The Boater Education Card is required for all motorboat operators of all ages for boats over ten horsepower. The class is taught by certified US Coast Guard Auxiliary and Oregon State Marine Board instructors. To register call 541-267-6152.

Location: Columbia Pacific Maritime

Cost: \$15

2140 Newmark Ave., Coos Bay

Day: Sat., Oct. 5

Time: TBD



### RE 0100 65 REAL ESTATE BROKER LICENSE COURSE

This accelerated course prepares you to qualify for the Oregon Real Estate Broker License Exam in just ten weeks. This is a hybrid course, combining live lecture with 150-hours of on-line home study to meet the Oregon Real Estate Agency (OREA)

criteria. The course and instructor are certified by the OREA. For more information phone Stacey Harrison at 503-551-4467 or email [stacey@sts.careers](mailto:stacey@sts.careers).

Location: Zoom

Cost: \$695

Day: Tuesday

Time: 6:00pm-9:00pm

Dates: 9/17/24-11/19/24

Saturday class on November 23 from 9:00am-5:00pm.

### RE 0177 65 PROPERTY MANAGEMENT

Get prepared to take the State of Oregon Property Manager License Exam. This course is the fastest way to qualify to take the exam which covers the role of property managers, tenant relations, fair housing, lease agreements and more. You must attend all evening class sessions via Zoom, and have online capacity to complete the self-study portion of this course. Taught by an experienced Property Manager. For information call Stacey Harrison at 503-551-4467 [stacey@sts.careers](mailto:stacey@sts.careers).

Location: Zoom

Cost: \$629

Day: Tuesday

Time: 6:00pm-8:00pm

Dates: 10/12/24-11/12/24

Questions about our programs?  
Text or Call 541-240-8227

FIND A COMPLETE LIST OF CLASSES & DEGREE PATHS AT

[www.socc.edu](http://www.socc.edu)

### CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's

CARE Connections Childcare Resource & Referral

For information and to register call 541-888-7957

Classes are now being offered at no cost online:

- Department of Human Services Childcare Provider Orientation
- Family Childcare Provider Overview
- Recognizing & Reporting Child Abuse & Neglect
- Introduction to Childcare Health and Safety

# Get up to \$6,000 towards tuition!

## TUITION ASSISTANCE AVAILABLE FOR THESE PROGRAMS:

### CERTIFICATES

- Accounting Clerk
- Accounting Clerk, Entry-Level
- Baking and Pastry Arts
- Childhood Education and Family Studies, Preschool Children, Education and Development I
- Childhood Education and Family Studies, Preschool Children, Education and Development II
- Culinary Arts
- Dental Assisting
- Emergency Medical Services Technician I
- Emergency Medical Technology
- Forest Technology
- Geographic Information Systems
- Marketing
- Medical Assistant
- Pharmacy Technician
- Retail Management, Less Than One Year Certificate
- Supervision
- Welding
- Welding Assistant
- Welding Technician

### ASSOCIATE OF APPLIED SCIENCE DEGREES

- Nursing (2nd year only)
- Paramedicine (2nd year only)
- Welding (2nd year only)

If you are 18 or over, have a state-issued I.D., are legal to work in the U.S., and have applied for the FAFSA, you could be eligible for up to \$6,000 in tuition help.

### FOR MORE INFORMATION

CONTACT PHILIP METZ  
541-888-7153  
[philip.metz@socc.edu](mailto:philip.metz@socc.edu)

# Community Classes

Southwestern's Community Education offers life-long learning and personal enrichment opportunities to the community. Non-credit classes are provided by qualified instructors from our community. Course and section numbers are located before course title. Fall term classes are 11 weeks long from Sept. 16, 2024 to Nov. 27, 2024 unless otherwise indicated by a date(s).

**COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS AUG. 19**

**To register: Call 541-888-7352 • Email [firststop@socc.edu](mailto:firststop@socc.edu) • Visit our office in Stensland Hall**

## The Arts

### TA 0104 65 SAYING YES! INTRO TO THEATRE IMPROV

Saying Yes has never been easier! Join us in this fun, adventurous, and inspiring class where we create a safe space to explore the fundamentals of improvisational drama. No prior experience necessary. Improv is not only fun but can pave the way for limitless possibilities while providing expanded avenues for more courageous, spontaneous and creative moments in your life, along with more opportunities to listen, give, compromise and collaborate. All that, and guaranteed belly laughs. How amazing is that? So bring your curiosity and excitement, that spark of discomfort, and a willingness to embrace the unexpected and join in the fun! With improv there is no right or wrong, and no need to be anyone other than yourself. So say Yes, and join us. Instructor: Kellie Cronin

Location: Umpqua 184

Day: Wed

Cost: \$89

Time: 5:00pm-7:50pm

### MUP 0105 65 COMMUNITY CHOIR

The SWOCC Community Choir provides an opportunity for singers of all levels to participate in a musically rich, and socially engaging choral ensemble. The Community Choir will focus on providing a safe and stimulating environment for people of all backgrounds to learn, practice, and perform quality choral literature in a large group setting. Focus will be placed on healthy vocal production, musically inspiring performance, strong social connections, and effectively working with others. A wide variety of musical styles will be explored, and participants will present a concert performance at the end of each term. This is a non-auditioned ensemble, but the ability to match pitch is requested. Instructor: Ken Graber

Location: Sunset 2

Day: Mon

Cost: \$30

Time: 6:00pm-8:00pm

### ART 0257 65 CERAMICS BASICS - HAND BUILDING

For beginning and intermediate potters. Beginning potters create works of art through demonstrated and supervised basic hand building techniques that support exploration in a studio setting covering the processes of working in clay: designing, curing, finishing and firing. Intermediate students self-direct to enhance their skills with hand-building and/or wheel-throwing techniques with instructor support. Instructor: Annie Pollard

Location: Eden 5

Day: Tue

Cost: \$129

Time: 6:00pm-9:00pm

### ART 0259 65 ADVANCED CERAMICS

Create works of art through supervised mentoring of advanced techniques for advanced-level potters. Course cost does not include clay. Clay is purchased as needed in class through the ceramics department. Instructor: Aimee Bennett

Location: Eden 5

Day: Mon, Wed

Cost: \$209

Time: 12:30pm-3:20pm

## Special Interest

### G 025DB 65 REGIONAL GEOLOGY – DEPOE BAY FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Florence and Depoe Bay. Some of the highlights are stops at: Devil's Churn, mollusk fossils at Beverly Beach, Cape Foulweather, Devil's Punchbowl, Pillow Basalts at Depoe Bay and more. The course consists of a field trip arranged to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and special features unique to the region. Also offered as G145DB for credit. Instructor: Ron Metzger

Location: Itinerary and details sent via email and in Canvas

Cost: \$60 (includes transportation; please bring a lunch)

Date: Sat 10/5/24

Time: 7:45am-6pm

### G 025AG 65 REGIONAL GEOLOGY – AGNESS DIVIDE FIELD TRIP

A lecture in the field to highlight the significant geologic features of the coast range up and over the Agness Divide and along the Rogue River. Some stop highlights include pillow basalts near Bridge, several stops along the Powers Highway, Daphne Grove Campground, gravel bar on the Rogue River at Lobster Creek and more. The course consists of a field trip arranged to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and special features unique to the region. Also offered as G145AG for credit. Instructor: Win McLaughlin

Location: Itinerary and details sent via email and in Canvas

Cost: \$60 (includes transportation; please bring a lunch)

Date: Sat 10/12/24

Time: 7:45am-6pm

# Community Classes

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS AUG. 19

## HST 0212 65 AMERICAN CIVIL WAR STUDIES

Students will examine specific incidents and personalities in the context of social change during the American Civil War.

Instructor: John Hartman

Location: Eden 1

Cost: \$60

Day: Thursday

Time: 7:00pm-8:20pm

## **NEW** HM 0203 65 HORSE-GUIDED MINDFULNESS

This adult mindfulness class is supported by interaction with a small herd of horses. Participants will learn mindfulness, leadership, communication, and other personal development skills. Skills are taught and acquired through basic horsemanship. Participants will learn ground safety, grooming, leading, and safe handling. This is a ground work only course and does not guarantee riding or other mounted activities. Mounted activities are determined on a case-by-case basis depending on a variety of factors including participants' goals, safety, course progress. 18 years and older.

Instructor: Caterina Tadlock

Location: Sapphire Farms

Cost: \$250

89153 Upper Fourmile Lane, Bandon, OR 97411

Days: 9/21, 9/28, 10/5, 10/12

Time: 1pm-3pm

## CIS 0165 65 ARTIFICIAL INTELLIGENCE (AI): EMBRACING THE FUTURE TODAY!

This course unlocks the world of tomorrow which is being reshaped by artificial intelligence (AI). Starting with a quick look at the captivating history of AI, you will then learn to harness its power for creative pursuits – from writing, art and music, to transforming your home into a tech utopia, revolutionizing travel, and discovering the impact AI is having on health and longevity. If you're eyeing the future job market, we've got you covered with AI-driven opportunities. This course offers a blend of foundational knowledge, practical applications, and hands-on experiences. At the conclusion, you'll be equipped to harness the power of AI in various aspects of life and work. Sign up and start shaping your future today!

Instructor: Dr. Alla Sergueeva

Location: Stensland 201

Cost: \$50

Day: Thurs

Time: 6:00pm-7:20pm

## ASL 0501 65 SIGNED ENGLISH

Signed English is a manual language used to teach English to deaf or hard of hearing children and special needs persons. It is made up of American Sign Language and English signs. It is used primarily by educators of deaf and hard of hearing children, hearing families of deaf or hard of hearing children, and interpreters of the deaf who work in the educational environment. It is not intended as a substitute for the language of the deaf community but as a learning tool to help populations learn English in order to be able to communicate in written English in the American society.

Instructor: Kandy Bergquist

Location: Tioga 105

Cost: \$85

Days: Thurs

Time: 4:30pm-5:50pm

## DRIV 0620 65 AARP SMART DRIVER COURSE

This course offers you an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. For more information and to pre-register call 541-305-6454. Cost: AARP members \$20, non-members \$25, check or cash is payable to AARP at the class.

Location: Lakeview E

Day: Wed 10/16/24

Time: 9:00am-4:00pm

## TEAM OREGON: MOTORCYCLE RIDER TRAININGS

### DRIV 0622 65 BASIC RIDER TRAINING

Basic Rider Training is a fifteen-hour (three-day) course for novice riders to build fundamental street-riding skills and strategies. Training motorcycles and helmets are provided. For individuals with no riding experience, this is the recommended course. Registration must take place prior to the date of the class at <http://team-oregon.org/>.

Instructor: Michael Heinen

Location: Newmark 201

Cost: \$229

Days: Fri, Sat, Sun 9/20-9/22/24

Times: Fri 5:00pm-8:30pm, Sat 7:00am-4:30pm,

Sun 12:00pm-4:30pm

### DRIV 0623 65 INTERMEDIATE RIDER TRAINING

This is an eight-hour course for riders who already know how to get underway, turn, shift and stop a motorcycle or scooter. This one-day course builds fundamental street-riding skills and strategies. Training motorcycles and helmets are provided. For riders with limited riding experience or those who haven't ridden in some time, IRT is the recommended course. This course meets Oregon's requirement for riders 21 or older who want to earn a motorcycle endorsement. Registration must take place prior to the date of the class at <http://team-oregon.org/>.

Instructor: Michael Heinen

Location: Newmark 201

Cost: \$199

Day: Sat 9/21/24

Time: 7:00am-4:30pm

### BOT 0221 65 FUNGAL ECOLOGY

From the forest to the classroom, you will learn to identify common mushrooms in Western Oregon. The main objective is to provide you with a broad overview of this kingdom of organisms. You will be part of robust classroom discussions to learn about fungal diversity, the role of fungi in decomposition, and other roles in the forest and across bioregions. Participate in field trips to learn to identify, harvest, and prepare wild mushrooms, followed with lab identification techniques and an opportunity to taste the culinary value of our region's wild mushrooms.

Instructor: Micha Silvius

Locations: TBD

Cost: \$219

Day: Lecture (5) every other Wednesday 9/18-11/15

Time: 5:30pm-7:20pm

Day: Field Trip (4) every other Friday 10/4-11/17

Time: 10:30am-4:00pm

## COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS AUG. 19

**AG 0502 65 GARDENING THE SOUTH COAST**

Join us for a fun course focusing on sustainable vegetable production and organic practices for growing and sharing nutritious food. Students will gain hands-on experience. Learn the proper use of tools, harvesting, processing, and preparation of the variety of crops grown on the Southern Oregon Coast. Build healthy soils, season extension techniques, proper pruning and planting times, and selection of seed.

Location: Sitkum 9

Instructor: Maria Farinacci

Cost: \$200

Day: Tue

Time: 1:30pm-4:20pm

**PE 0503 65 PILATES® EXERCISE**

Pilates® is a body-conditioning routine that helps build flexibility and muscle strength. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, as well as improving coordination and balance.

Instructor: Melissa Loudenbeck

Location: Rec Center 121

Cost: \$105

Days: Tue, Thurs

Time: 12:00pm-12:50pm

**PE 0505 65 TURBO KICK**

Turbo Kick is a combination of intense kickboxing moves, as well as a unique blend of intense interval strength and endurance training all perfectly choreographed to high-energy and motivating music. Turbo Kick requires no previous kickboxing experience or equipment.

Instructor: Melissa Loudenbeck

Location: Rec Center 121

Cost: \$105

Days: Mon, Wed

Time: 5:30pm-6:20pm

**PE 0509 65 ZUMBA®**

Zumba® Fitness is a global brand that fuses fitness, entertainment and culture into an addictive dance-fitness class. Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

Instructor: Tina Woodworth

Location: Rec Center 131

Cost: \$95

Days: Mon, Wed

Time: 5:30pm-6:20pm

## Fitness & Recreation

### **NEW** PE 0231 65 SCIENCE OF STRETCHING™ TARGETED FLEXIBILITY TRAINING

Increase your range of motion and train your body to experience its full potential – at any age! Join us for the Science of Stretching™ – a targeted mobility training method that works to open up your body, address locked hips, tight hamstrings, stiff back, and more. We incorporate various techniques including classic yoga poses informed by modern science and provide a safe and pragmatic approach as we stretch the muscles and start changing the fascia. You will see and feel incredible results and be well on your way to a fuller and richer life in your flexibility, mobility and well-being journey.

Instructor: Kellie Cronin

Location: Rec Center

Cost: \$75

Day: Mon/Thurs

Time: 5:00pm-5:50pm

### **PE 0234 65 INTERNATIONAL FOLK DANCE (BEGINNING)**

Tour the world one dance step at a time in this beginner-level class for people 12 years of age and older. Dancers will learn dances from Eastern Europe, Israel, Turkey, Portugal, and various other countries. The suggested dress is cool, comfortable clothing.

Instructor: Stacy Rose

Location: Rec Center 121

Cost: \$69

Day: Wed

Time: 6:30pm-8:20pm

**PE 0507 65 YOGA FOR HEALTH – BEGINNER**

Restorative, therapeutic yoga practice, safe and comfortable. Improve posture, balance, strength, flexibility and stress reduction while calming and quieting the mind. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center 121

Cost: \$75

Day: Mon

Time: 1:00pm-2:15pm

**PE 0506 65 YOGA FOR HEALTH – INTERMEDIATE**

A more challenging yoga practice with restorative and therapeutic benefits. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center 121

Cost: \$75

Day: Wed

Time: 1:00pm-2:15pm

## Culinary Arts

**CRT 0185 65 PERFECT PASTA (HAND MADE PASTA)**

What's better than eating pasta made from scratch? In this hands-on class you will gain the skills needed to whip up a fresh batch of pasta. Learn how to prepare the dough, roll out the noodles, and cook them to perfection. The chef will provide instruction on a variety of common pastas that you will be able to achieve both in the class and later in your home.

Instructor: Chef Chris Foltz

Location: OCCI Hollandaise Kitchen Room 121

Cost: \$89

Day: Saturday 9/28/24

Time: 9:00am-12:00pm

**CRT 0160 65 BREAD BASICS (SOFT ROLL, BAGUETTES, CIABATTA AND PRE-FERMENTS)**

Bread making is an art. In this course you will learn the basics of this art along with several types of breads that you will be able to recreate at home. This basic course will review the mixing of ingredients that involves many chemical reactions that take place in order to give you the final product.

Instructor: Chef Chris Foltz

Location: OCCI Hollandaise Kitchen Room 121

Cost: \$89

Day: Saturday 10/19/24

Time: 9:00am-12:00pm



**COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS AUG. 19**

**CRT 0150 65 HOLIDAY DINNER BASICS (TURKEY/ TURDUCKEN, PRIME RIB, SIDES)**

The holidays are about family, celebrations, and of course, delicious food! Our chefs will walk you through how to create holiday masterpieces that you can recreate in your own kitchen. Your family and friends will be in awe as you whip up a one-of-a-kind holiday dish. Dishes you'll learn will be a variety of chef-chosen recipes of savory dinners, appealing appetizers, delicious desserts, and more. You'll want to host the next holiday just so you can show off your cooking and baking skills.

Instructor: Chef Chris Foltz

Location: OCCI Hollandaise Kitchen Room 121 Cost: \$89

Day: Saturday 11/16/24 Time: 9:00am-12:00pm

Please Note: As a safety precaution students attending cooking classes must wear pants and closed-toe shoes. Menu items are subject to change up to the day of the class, based on availability, costs, and shipping times. Due to this we are unable to provide information on specific dishes.

**Languages**

**NEW JPN 0506 65 LEARN JAPANESE USING ANIME**

Many people are familiar with Japanese Anime and are watching Anime on a regular basis. This fun class will choose and focus on one Anime series, and use its episodes as a teaching tool for learning vocabulary, grammar, and culture. Throughout the course, students will delve into the intricacies of Japanese language and culture by immersing themselves in Anime.

Instructor: Jeff Lamb

Location: Eden 1

Day: Tue/Wed



Cost: \$50

Time: 6:30pm-7:20pm

**Decisions**



**What's next?**

Graduating with a college degree significantly increases your earning potential!

Thanks to grant-funding, SWOCC's Team REAL is recruiting male students ages 18-24 to participate in a unique opportunity to benefit from extra support in college, including:

- ➔ Mentoring and advising
- ➔ Workplace internships
- ➔ Community-based learning opportunities

Find out more about Team REAL and if you (or someone you know) qualify by calling 541-888-7312.

SOUTHWESTERN OREGON COMMUNITY COLLEGE

**TRIO**  
STUDENT SUPPORT SERVICES

TRIO Student Support Services provides **FREE** services including:

- Tutoring
- Advising
- Transfer Planning
- Career Counseling
- Private Study Area
- Financial Aid/Scholarship Assistance

For more information or to see if you qualify call us at 541-888-7419.

The Student Support Services (SSS) program is one of the TRIO projects funded by the U.S. Department of Education, Division of Special Services for the Disadvantaged, Title IV, Higher Education Act of 1965. 100-percent of annual program costs (\$360,708) are provided through a grant by the U.S. Department of Education.

# Curry Campus

**JOB TRAINING &  
COMMUNITY CLASSES**

To register: Call 541-813-1667 • Email [curryfirststop@socc.edu](mailto:curryfirststop@socc.edu) • Visit us on the Curry Campus

For a complete list of degrees available at the Curry Campus go to [www.socc.edu/curry](http://www.socc.edu/curry) and click on Degrees & Certificates.

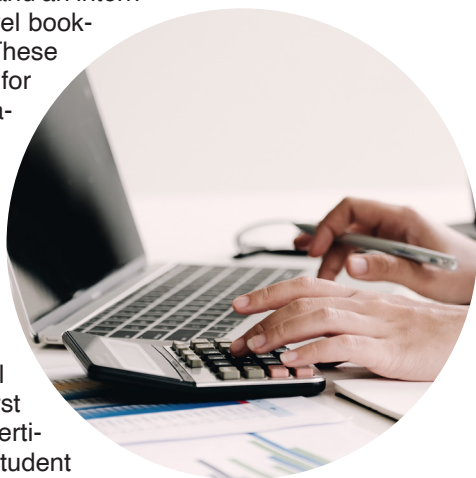
Or scan here:



## Job Training

### **NEW** ENTRY-LEVEL BOOKKEEPING CERTIFICATE

Complete three classes and an internship to earn an entry-level bookkeeping certificate. These classes prepare people for positions that require basic bookkeeping skills and provide a basic understanding of accounting principles and procedures, spreadsheets and QuickBooks accounting software. Upon completion of this certificate, students will be ready to take the first level of QuickBooks certification. Contact the Student Success Center at 541-813-1667 or [CurryFirstStop@socc.edu](mailto:CurryFirstStop@socc.edu) to make an appointment to talk to an advisor and learn more about this certificate.



### HE 0509 99 STANDARD FIRST AID & CPR/AED

This course follows the International Liaison Committee on Resuscitation (ILCOR) standards, and OSHA requirements to prepare the student with knowledge, skill, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing, CPR, how to use personal protective equipment, how to use an Epinephrine Auto-Injector, and how to operate an Automated External Defibrillator (AED). CPR/AED and First Aid certification is given upon completion of course requirements. This is a stand-alone training that will help you gain employment or maintain employment in fields where safety of others is paramount such as early childhood educators, exercise instructors, mariners, public safety/security, and others. Instruction provided on infant, child, and adults.

Instructor: Amber Espinoza  
Location: Curry Campus 137A/B  
Day: Thur 9/26

Cost: \$79  
Time: 9:00am-1:00pm

### HE 0533 99 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR to victims of all ages, as well as other life-saving skills, in a wide variety of in-hospital and out-of-hospital settings. American Heart Association cards will be issued upon successful completion of the course.

Instructor: Amber Espinoza  
Location: Curry Campus 137A/B  
Day: Thur 10/24

Cost: \$105  
Time: 9:00am-1:00pm

### IND 4100 69 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT-approved safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield  
Location: Zoom/Canvas  
Days: Scheduled online

Cost: \$145

### CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's  
CARE Connections Childcare Resource & Referral

Classes are available at no cost online or in-person and help prepare individuals to become licensed, or ERDC Listing in-home childcare providers. Classes scheduled in Curry County include:

- DHS Orientation (ERDC), Thursday, November 7, 12:00m-1:30pm
- Childcare Overview, Thursday, November 14, 12:00pm-3:00pm

For more information or to register contact 541-888-7957 or [qualitychildcare@socc.edu](mailto:qualitychildcare@socc.edu).

## Culinary Arts

### CRT 0107 99 THE MYSTERY OF SOURDOUGH

This two-part class teaches you how to make simple sourdough bread with step-by-step instructions. Learn how and what to feed your starter, how to store it, and what to make with the discard. You'll leave the class with a sourdough starter and ideas and recipes for utilizing the discard. Please bring a mason jar with lid or sealed container to transport your sourdough starter home. The second part is Sourdough Day – celebrate and share the sourdough you made at home. Bring your bread and something to share (soup, sandwich fixings, salad). Sample breads, share recipes, and ask questions.

Instructor: Karen Perry

Location: Curry Campus 137A/B

Days: Wed 10/2 & 10/16

Cost: \$45

Time: 5:30pm-7:00pm

## Fitness

### PE 0227 99 AMERICAN TRIBAL STYLE

#### BELLY DANCE

American Tribal Style belly dance originated in San Francisco in the early 1980s and has become popular all over the world. There are influences from Flamenco, Egyptian belly dance, and ballet. The format is improvisational and involves learning a series of fast and slow moves and is danced in formation with other dancers, led by one dancer in the front. This class will teach those moves and their “cues” and participants will practice and then dance those moves in groups of two to six dancers. The movements in belly dance provide a total body workout, cardio exercise, flexibility and strengthening. It's joyous, fun and totally addicting! The instructor will provide some hip scarves for class, or students may bring their own.

Instructor: Mariann “Luna” Weed

Location: Curry Campus 137A/B

Day: Thur

Cost: \$85

Time: 5:30pm-6:20pm

### PE 0502 99 BETTER BONES AND BALANCE®

Better Bones and Balance® is an exercise program that was developed and tested by researchers at Oregon State University. This program targets strength and balance through key exercises shown to reduce the risk for falls and fractures, and is suitable for ambulatory individuals who are at beginner and intermediate exercise levels.

Location: Langlois Lions Club

Day: Mon, Fri 10/7-11/29

Instructor: Lisa Reed

Cost: \$45

Time: 9:00am-10:20am

### PE 0570 99 LOW-IMPACT AEROBICS

This class uses easy-to-follow dance steps and rhythmic movements that are choreographed to upbeat music. It's a fun way to get moving while improving your cardiovascular system, muscle strength, flexibility, balance, and boost your overall fitness level. This is a great class for active seniors no matter your level of fitness. Mats are not supplied and are needed for floor exercises.

Location: Curry Campus 138A/B

Days: Tue, Thur 10/15-11/26

Instructor: Mary Whitaker

Cost: \$32

Time: 8:30am-9:50am

### PE 0504 99 TAI CHI

This course in Tai Chi is a gentle, relaxed non-sweat, personal exercise (translated as the “Grand Ultimate”) for any age. The ‘Yang Form’ will be taught along with ‘Chi Gwa’ (circulating breath) and ‘Silk Cocoon Chen’ (fine intertwining energy). This course is noncompetitive and will start with the basics, and then individuals will progress at their own rate.

Instructor: Deane McConnell

Location: Curry Campus 137A/B

Day: Tue

Cost: \$63

Time: 10:00am-11:20am

### PE 0504 98 TAI CHI

Location: Curry Campus 137A/B

Day: Tue

Cost: \$63

Time: 5:30pm-6:50pm

### PE 0506 99 YOGA FOR HEALTH

An introduction to the Hatha physical yoga. Includes the background, safety precautions, and value of yoga. Stretching postures, proper breathing techniques, and stress reduction will be emphasized. This course will focus on the health and wellness aspects that are gained in making yoga an integral part of everyday life.

Instructor: Leslie Caswell

Location: Curry Campus 138A/B

Days: Mon, Wed

Cost: \$88

Time: 8:30am-9:50am

### PE 0506 98 YOGA FOR HEALTH

Location: Curry Campus 138A/B

Days: Wed

Cost: \$68

Time: 5:30pm-6:50pm

## Writing

### WR 0100 99 WRITING YOUR AUTOBIOGRAPHY

Who better to tell your story than YOU? Come and learn how to put together all of your stories into a book. Your story is sure to be something cherished. This course will introduce you to the techniques of writing an autobiography or memoir. Instruction will include method, style, and organization. You will collaborate with your classmates and the instructor in class in order to develop writing techniques.

Instructor: Coral Anderson

Location: Curry Campus 137A/B

Days: Mon 9/23-11/4

Cost: \$70

Time: 6:00pm-7:50pm

### WR 0115 99 INTRODUCTION TO GRANT WRITING

This Introduction to Grant Writing course provides a basic understanding of grant writing and the foundations of project development. We will cover how to prepare your organization to apply for grants and identify local sponsors and small grants to consider. The course is open to all but geared toward smaller non-profits.

Instructor: Alisa Green

Location: Curry Campus 137A/B

Days: Sat 10/5 & 10/19

Cost: \$75

Time: 10:00am-12:50pm

## Special Interest

### AG 0503 99 WHAT IS AGROECOLOGY?

Living in balance with the planet is ever more critical. Our relationship with our environment takes many forms. One form, agroecology, is a current topic of interest. What is agroecology? What's the difference between agroecology and all the other similar disciplines, such as permaculture, sustainable agriculture, regenerative agriculture, horticulture, Master Gardener, agroforestry, biodynamic agriculture, biomimicry, and others? The course will provide definitions and descriptions, and put agroecology into a context. Scale will also be discussed – individual vs. community vs. the commercial scale and maintaining local food supply chains. Must be 15 years or older to participate.

Instructor: Linda Pope

Location: Curry Campus Room 206

Days: Tue 10/1 & 10/8

Cost: \$30

Time: 6:00pm-8:00pm

### AG 0504 99 SUSTAINABILITY FOR EVERYONE!

Moving the world toward living sustainably is more and more a critical component of our future. Each small step, each activity, each person makes a difference. This introductory course describes the many facets of the topic and how they may be approached. The concept of restoration is introduced. In the second half of the class, students will play the game Paved Paradise: A Tiny House Ecovillage Board Game (developed by the instructor), played over local maps to ground change in our local environment. Must be 15 years or older to participate.

Instructor: Linda Pope

Location: Curry Campus Room 206

Days: Tue 10/15 & 10/22

Cost: \$30

Time: 6:00pm-8:00pm

### ASL 0501 99 AMERICAN SIGN LANGUAGE

Introduces the natural, signed language of American deaf people. Includes instruction in proper sign formation, American Sign Language (ASL) grammar and vocabulary, expressive and receptive skills. Emphasis on history of ASL, the deaf community in North America, and deaf education.

Instructor: Bj Farris

Location: Curry Campus 206

Days: Tue, Thur

Cost: \$115

Time: 4:00pm-5:20pm

### ART 0147 99 COLOR DRAWING

This course is designed to teach the fundamentals of color theory applied to colored pencil and marker drawings. Using elements of design, students will learn to combine different color combinations of the color wheel to produce works that enhance drawing mark-making techniques.

Instructor: Gary Christensen

Location: Curry Campus 138A/B

Day: Mon, Wed

Cost: \$90

Time: 1:00pm-3:20pm

### BOT 0224 MUSHROOM IDENTIFICATION

This course instructs students in the identification of local wild mushrooms; their basic characteristics; positive identification of edible and non-edible species; preparation for food; and methods of preserving will be stressed.

Instructor: Bob Burch

Cost: \$55

### BOT 0224 99 Brookings

Location: Curry Campus 137A/B

Day: Lecture Fri 11/15

Day: Field Trip Sat 11/16

Time: 6:00pm-9:00pm

Time: 9:00am-1:50pm

### BOT 0224 98 Port Orford

Location: Port Orford City Hall, Council Chambers

Day: Lecture Sat 11/16

Day: Field Trip Sun 11/17

Time: 6:00pm-9:00pm

Time: 9:00am-1:50pm

## Friends of Curry Campus Speaker Series

Second Thursday of every month | Noon to 1 pm | Curry Campus Community Room

The Travel Lectures

September 12, 2024

GREECE!

October 10, 2024

AUSTRALIA

November 14, 2024

EGYPT

December 12, 2024

European  
Holiday Markets

Talks are free and sponsored by the Friends of Curry Campus. Check the News section of our website for upcoming talks in the series. For more information contact the Curry Campus at 541-813-1667.

## Southwestern's Small Business Development Center



## Business Spotlight

# RHR Heating LLC

Mike and Crystal Manes are the new owners of RHR Heating LLC in North Bend. They provide residential and commercial services for heating and air conditioning installation and repair, refrigeration maintenance and repair, and natural gas installation for gas units in Coos, Curry and Douglas Counties, and beyond.

Mike had worked for the previous owner of RHR Heating for over seven years. He loved his job and one day Mike was asked if he would be interested in taking over the business (the previous owner was thinking about retiring). Mike's answer was a resounding "yes."

Mike and Crystal were wondering where to start, but knew they would need a loan so they went to their bank. The bank told them they would need a business plan and referred them to the SBDC. They had never crossed paths with the SBDC before.

Crystal contacted the SBDC in Coos Bay and met with Mary Loiselle, a Business Advisor. Mary explained all the resources that available to them, including LivePlan, an online business plan software program. Mary walked Crystal through all the steps to writing their business plan. Over the next several months, Crystal and Mary met regularly to complete the business plan. Throughout the process, Mary introduced Crystal to different lenders they could work with. Funding options can become overwhelming and Crystal learned that sometimes one lender would not be able to help but another one would.

Crystal's advice to others as they go through this process is, "Don't get discouraged. Just keep working on your business plan and work with your advisor."

As Crystal worked through the business plan, she was able to forecast three years into the future how the business would potentially operate. It was insightful to see areas that needed to improve and how small changes could make a huge difference in the month-to-month operation of a business.



After several months, the business plan was complete. Now they were ready to present their plan to lenders and work through the funding process. With the help and support of different lenders in our community, the Manes were able to close on their business at the end of November 2023 and become the new owners of RHR Heating LLC.

Mike said, "Our customers have known me for years, I have been the face of the company. Now we're the owners!" Crystal added, "If you want to buy or start a business like we did, go to the SBDC. They have professionals that can help you in every area of starting a business, writing a business plan, and helping you find the right lender. I highly recommend their services."

**Want to start a small business?  
Need help creating a business plan?**

Contact Us:

**CURRY CAMPUS**

Gayle Goldstone

541-813-1674

[gayle.goldstone@socc.edu](mailto:gayle.goldstone@socc.edu)

**COOS CAMPUS**

Derek Tonn

541-888-7297

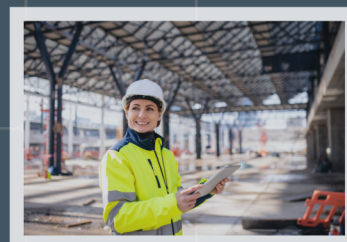
[derek.tonn@socc.edu](mailto:derek.tonn@socc.edu)

**LEARN MORE AT:**  
[oregonsbdc.org/southwestern-sbdc](https://oregonsbdc.org/southwestern-sbdc)

**FREE!**

# SWOCC WORKS

## Construction & Heavy Equipment Operator Pre-Apprenticeship Program



### CLASSES HELD ON THE COOS & CURRY CAMPUSES

- Entry-Level Construction Skills
  - OSHA Safety Training
- Prepare for a Job in the Trades

**APPLY NOW! – CLASSES START SEPT. 16**

**EARN A BOLI-APPROVED CERTIFICATE IN TWO TERMS**

No experience necessary. Must be 16 years old to apply.

**GET STARTED:** Email [swocccworks@socc.edu](mailto:swocccworks@socc.edu)

# Pharmacy Technician Certificate Program

**COMPLETELY ONLINE - CLASSES START SEPTEMBER 16**

- Short-term career training: complete in 10 months
- Diverse job duties
- Hands-on work
- Variety of workplace settings
- Daily interaction helping people
- Stable industry
- Positions open locally



**Tuition help available.**  
See page 5 for details.

Studying to become a Pharmacy Tech gives you practical skills in medication management and patient care, both vital in healthcare settings. It opens doors to a stable career with opportunities for growth in the expanding pharmaceutical industry.

## PHARMACY TECH JOB OUTLOOK

### ANNUAL JOB OPENINGS

- Southwest Region: 19
- Oregon: 445

### 2023 ANNUAL WAGE STATS

Southwest Region average annual: \$47,000

- Starting \$36,400
- Experienced \$62,000

Oregon average annual: \$48,000

- Starting \$38,000
- Experienced \$62,000

For an overview of the program and classes you'll take scan code:



If you are interested in becoming a Pharmacy Technician contact us to get started:

**Text or Call 541-240-8227**  
**SWOCCbound@socc.edu**

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# STEAM PATHWAYS Lecture Series

FREE

SAVE THESE DATES:

**ENGINEERING – SEPT. 18/6pm**

**Design: The Ultimate Human Activity**

**ASTRONOMY – OCT. 10/6pm**

**Astrophotography**

**GEOLOGY – OCT. 15/6pm**

**Death Valley Geology/Photos**

**CHEMISTRY – NOV. 7/6pm**

**Coffee Chemical Physics**

**BIOLOGY – NOV. 12/6pm**

**Life in the Marine Crustal  
Biosphere**

**PHYSICS – NOV. 21/6pm**

**The Physics of Anime**

**Coos Campus: Umpqua Hall Lecture Room  
Curry Campus: Watch Party in Community Room**

Watch a live stream of lectures at  
[www.youtube.com/@SouthwesternOR/streams](http://www.youtube.com/@SouthwesternOR/streams)  
For more information contact Krystal Hopper Meyers  
541-888-7416 | [krystal.hopper@socc.edu](mailto:krystal.hopper@socc.edu)

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Tu-Th 5-8pm

**Curry Campus**  
M-Th 12-2pm

For more info call  
**541-888-1593**

**Help a local student achieve their goals!** [www.socc.edu/give](http://www.socc.edu/give)

Tax-deductible scholarship donations help make college possible for local students. Give online or clip this form and send a check payable to SWOCC Foundation, 1988 Newmark Ave., Coos Bay, OR 97420.

Name \_\_\_\_\_

Date \_\_\_\_\_ Phone \_\_\_\_\_

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Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

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Information in this publication was believed to be correct at press time; however, information is subject to change without notice.