



SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

WINTER TERM

STARTS JAN. 6, 2025

Leading and inspiring lifelong learning



**Take a class with us!
Create a 'Love Cake'
in a Bento Box**

OCCI Chef Instructor Alison Murphy demos piping skills for Baking & Pastry students Neila K-W, Lily Isom, and Ivan Dante

Human Services: One Degree, Many Paths

Southwestern's newest degree program, Associate of Applied Science in Human Services, will graduate its first cohort of students this spring. Already, they are planning their future careers and how they want to serve the community. What draws people into the Human Services field? Some answers might surprise you.



Anna (Carder) Perry - Coos Campus

Anna Perry once thought she'd like to be a teacher. She tried college in 1989 enrolling in fall term at SWOCC. But life just didn't cooperate for her to continue. It was after working for many years in the school districts, assisting children dealing with disabilities and behavior challenges, that she took the leap. Those years spent at the South Coast Educational Service District and the North Bend School District fueled her hunger to figure out what a child needs. "Behavior became my curiosity!" Perry said.

"My degree is a goal I finally see coming to light. Now I want to go back to working with kids locally and bringing all that I've learned to the community I love."

Born in Japan to an American dad and Japanese mother, at 10 Anna immigrated to Oregon. She ended up in the foster care system. She would spend the next seven years bouncing between eight different homes. Sometimes she was removed from a living situation without any explanation. A case worker would pick her up from school and take her to a new home. "I felt a lot of embarrassment. Wondering what was wrong with me that people didn't want me," she remembers. "But as I matured, I tried to take with me one positive lesson learned from each home situation and use it in my life."

Ultimately, these experiences led Anna into a career working to understand and help children.

"I've been really impressed with how my schoolwork and classes have organically complemented each other. From my Interpersonal Communications class with Dr. Ali Mageehon to Psychology with Cheryl Davies, and my Human Services classes with Dr. Lewis. They really have this curriculum figured out! They have the right people with the right experience sharing their knowledge."

"My education at SWOCC has given me confidence. I understand so much more, and I have grown with new skills, knowledge, and experience all centered around mental health and behavioral issues."



Whether working with individuals facing mental health challenges, addiction, families in crisis, or marginalized communities, social workers and counselors play a crucial role in supporting and empowering people to overcome obstacles and build better futures. Southwestern is committed to educating these future professionals!

To learn more about the Human Services degree contact Dr. Jenn Lewis at 541-888-7249 or by email at jennifer.lewis@socc.edu.

Read what our featured students have to say about their instructor Dr. Lewis:

"Professor Lewis is the heart and soul of my decision to continue my education. Her kindness, caring heart, and dedication have surpassed my expectations. I want to thank her for her compassion as we've navigated many challenging subjects." - Anna Perry

"She's an amazing teacher bringing tons of experience with her. She's very supportive and understanding. She's always there encouraging me when I am struggling with an assignment or just in general. She makes everyone feel included and doesn't want to leave anybody behind." - Ashley Cook



Ashley Cook - Curry Campus

The day we interviewed Ashley Cook for this feature coincidentally happened to be a significant milestone in her life. Nine years ago, she got clean, after spending more than half of her life struggling with addiction. To get away from a bad situation in California, family members helped her start over in Brookings.

Homeless, with only a backpack and a skateboard, it's here she found St. Timothy's Episcopal Church - which proved to be a pivotal connection for her. She started engaging at the church, getting meals, showers, and volunteering for whatever needed to be done. Eventually, she landed a job cleaning hotel rooms.

"I want to be the person for struggling teens that I wish I had when I was their age."

Slowly, slowly she got her life back: a driver's license, a place to live, her kids! Narcotics anonymous was her main support resource. One of their mottoes resonated with her, "we only keep what we have by giving it away." After losing both her father and brother in drug-related deaths, Ashley gained a new perspective and felt compelled by a desire to give back and be of service to others.

So, she signed up for school. "I knew I wanted to do something useful, but I was scared to change. I'm too old. It's too hard, I would think."

Eventually Ashley met with Val Cowan, the Curry Campus Academic Advisor. When Val learned about Ashley's background, and desire to become a drug and alcohol counselor, she knew the Human Services degree would be a perfect match.

Have there been challenges? Of course. "I would be feeling down on myself. This is hard. I'm not doing well . . . then I'd turn in a paper and get an A and think, 'Wow, I can do this.' I also struggled with using technology. I wasn't tech savvy, so I had to learn all of that, too. But John and Val at the Curry Campus were always there for me. And Dr. Lewis is amazing!"

"Now I'm addicted to learning and I want to keep going, perhaps earn my bachelor's so I can work with young adults or at-risk teens. I'm ready!"



Introducing Chef Alison Murphy

Our New Baking & Pastry Arts Instructor

Chef Alison Murphy brings more than 15 years of pastry experience to Southwestern's Oregon Coast Culinary Institute, where she shares her passion for the craft with aspiring chefs. Originally from California, Chef Murphy has worked in renowned kitchens, including The Plumed Horse and Houston Country Club, and aboard Royal Caribbean International's *Oasis of the Seas* and *Allure of the Seas*. She holds a Bachelor's Degree in Fine Arts from the University of California, Santa Cruz, and a Baking Arts Certificate from The Professional Culinary Institute in Campbell, California.

Chef Murphy's career highlights include competing as part of the 2006 ACF Student Team National Championship and serving as an apprentice for ACF Culinary Team USA at the 2008 Internationale Kochkunst Ausstellung (IKA) in Germany. She earned the prestigious title of ACF National Pastry Chef of the Year in 2013 and represented the U.S. as Pastry Chef for Culinary Team USA in Luxembourg in 2014.

"What I hope to impart to my students is the importance of staying curious and pushing themselves beyond the kitchen basics. Pastry arts is about precision, yes, but also imagination and collaboration. My goal is to inspire them to embrace every learning opportunity and strive for excellence."

Take a cake class with Chef Alison Murphy!
See page eight for:

WRAPPED UP IN LOVE BENTO CAKES

To learn more about our programs TEXT or CALL 541-240-8227 | SWOCCbound@socc.edu

Workforce & Job Trainings

COOS CAMPUS

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

Maritime Training

For a complete list of maritime trainings offered by



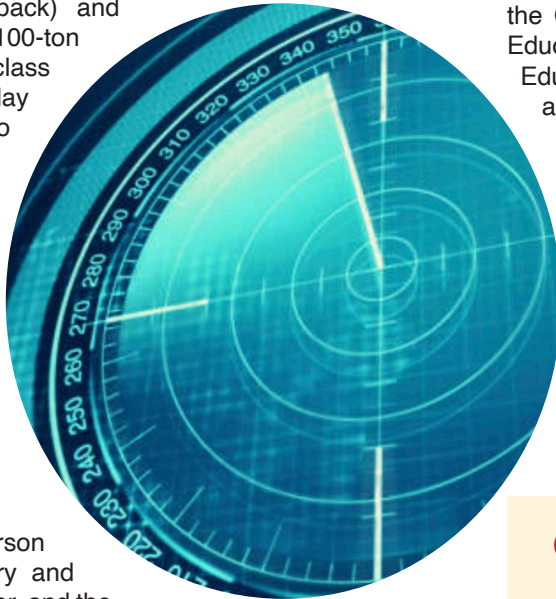
Columbia Pacific Maritime

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

All classes take place at 2140 Newmark Ave, Coos Bay

MARI 0281 MASTER 100-TON

This 10-day, in-person class includes both the OUPV (six-pack) and Master 25, 50, and 100-ton captain licenses. The class is scheduled Monday through Friday over two consecutive weeks on the following dates:
January 6-17
Jan 27-Feb 7
February 17-28
March 10-21
Cost: \$1,300



MARI 0399 RADAR OBSERVER UNLIMITED

This four-day, in-person class covers the theory and operation of marine radar, and the application of marine radar for navigation and collision avoidance. The class is scheduled Monday through Thursday over the following dates:
January 20 - 23, 2025
February 10 - 13, 2025
March 3 - 6, 2025
Cost: \$700

MARI 0001 ABLE BODY SEAMAN (AB)

This five-day, in-person class is for any AB rating. The class covers traditional seamanship terms and skills, including the marlinespike seamanship knot and splice demonstration. The class is scheduled Monday through Friday over the following dates:
January 13 - 17, 2025
March 17 - 21, 2025
Cost: \$800

IND 0905 65 MARINE SAFETY

The US Coast Guard Auxiliary will conduct an eight-hour boating safety education course in Coos Bay. The course covers 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. Additional provisions apply to youths. The class is taught by certified US Coast Guard Auxiliary and Oregon State Marine Board instructors. Pre-registration is required. To register for the class, please call (541) 267-6152. Cost: \$15
Day: March 15, April 19, May 17, 2025
Time: 8:00am-5:00pm



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

Learn more about all our programs:
Text or call 541-240-8227
SWOCCbound@socc.edu

Job Training

RE 0100 65 REAL ESTATE BROKER LICENSE COURSE

This accelerated course prepares you to qualify for the Oregon Real Estate Broker's License Exam in just ten weeks. It is a hybrid course, combining live lecture with the 150-hour on-line home study to meet the Oregon Real Estate Agency (OREA). The course and instructor are certified by the OREA.

For more information call Stacey Harrison at 503-551-4467 or email: stacey@sts.careers.

Location: Zoom Cost: \$695

- First Tuesday Class: January 14, 2025 from 6-9 pm
- One all-day Saturday class: March 15 from 9-5.
- Last Tuesday Class: March 18 from 6-9 pm

RE 0177 01 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 the course. Taught by an experienced Property Manager. For information call 503-551-4467 or email: stacey@sts.careers. All materials provided.

Location: Zoom Cost: \$629

- Day: Tuesdays Time: 6:00pm-8:00pm
- First Tuesday Class: January 21, 2025
- Last Tuesday Class: March 4, 2025

Supporting Military Families

SWOCC graduate Jaime Freed completed her accounting degree over the summer, but she's still on campus. A U.S. Navy veteran, Jaime volunteers in the Veterans Center on the Coos Campus. This month, she helped grow the SWOCC Foundation Military Families Scholarship with others, fundraising enough to fund one more scholarship next year.

"I'm really dedicated to try to get veterans out of isolation and to help some of our most vulnerable members become happy, successful members of society."

Jaime, who's a mom and owns a start-up business, said she has been fortunate and is committed to helping military families with education.

"Education is a good way to go. One, it helps veterans socialize. Two, it helps veterans get good job skills and good jobs."



Jaime Freed & daughter Celeste Weawke

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 these programs:

CERTIFICATES

- Accounting Clerk and Entry-Level Accounting Clerk
- Baking and Pastry Arts
- Childhood Education and Family Studies, Preschool Children, Education and Development I and 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)

FOR MORE INFORMATION

Contact Philip Metz
541-888-7153
philip.metz@socc.edu

Community Classes

Southwestern's Community Education offers lifelong 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. Winter term classes are 11 weeks long from Jan. 6, 2025 to March 20, 2025 unless otherwise indicated by a date(s).

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS DEC. 11

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

The Arts

ART 0257 65 CERAMICS BASICS

Explore in a studio setting the art of working in clay. In this course, students are guided to develop skills with hand-building and wheel-throwing techniques. Perfect for beginning and intermediate potters.

Instructor: Annie Pollard

Location: Eden 5

Day: Tue

Cost: \$129

Time: 6:00pm-9:00pm

ART 0259 65 ADVANCED CERAMICS

An independent study course for potters and clay artists, who have a good understanding of basic techniques, to gather together to learn from each other, share ideas, and create new pieces. You will

define your own learning goals

and work towards them in a supportive environment. Because there is a wide range of skill level and technique focus among students, emphasis is placed on individual development and one-on-one attention. 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-3:30pm



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: 6:30pm-8:00pm

Special Interest

G 025CB 65 REGIONAL GEOLOGY

– CAPE BLANCO FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Cape Blanco and Brookings. Some of the highlights are stops at: Cape Blanco, Cape Sebastian, Arch Rock, Rainbow Rock overlook, Harris Beach 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.

Instructor:

Ron Metzger

Day: Saturday

1/25/2025

Time:

7:15am-6:30pm

Location: Itinerary in

Canvas & sent via email

Cost: \$60 (includes transport, participants bring lunch)



Community Classes

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS DEC. 11

G 025DU 65 REGIONAL GEOLOGY

– DUNES FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Yachats and Horsfall Beach. Some stop highlights include volcanic features at Smelt Sands Beach, Devils Churn, Strawberry Hill and Heceta Head. Then transitioning into the Oregon Dunes National Recreation Area with stops at Oregon Dunes Day Use and Horsfall Beach. 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.

Instructor: Win McLaughlin

Day: Saturday 2/1/2025

Time: 7:30am – 5:30 pm

Location: Itinerary in Canvas & sent via email

Cost: \$60 (includes transport, participants bring lunch)



G 025DU 66 REGIONAL GEOLOGY

– DUNES VIRTUAL FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Coos Bay and Yachats. The course consists of a virtual field trip.

Instructor: Win McLaughlin

Location: Online-On Demand

Cost: \$60

WR 0100 65 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 autobiography is sure to be something cherished. This course will introduce you to the techniques of writing an autobiography.

Instructor: Sally Harrold

Location: Zoom

Day: Tue

Cost: \$105

Time: 11:30am-1:50pm

NEW

WR 0107 65 UNBRIDLED CREATIVES

In this online creative writing/literature course you will learn about the beauty and nature of horses and the ways in which they have inspired wonder, awe, and creativity in human beings all around the world. This course offers the opportunity to analyze literature inspired by horses as well as to write your own nature inspired written works. This course is intended to empower you to experience deeper meaning, purpose, connection, and creativity in your life through the study of horse-themed literature and creative nature writing.

Instructor: Caterina Tadlock

Location: Zoom

Day: Sundays 1/12/25-3/9/25

Time: 10:30am-12:30pm

Cost: \$150

Time:

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

Day: Thurs

Cost: \$50

Time: 6:00pm-7:20pm



SCHOLARSHIP FUNDRAISER

January 31, 2025

A night to celebrate our awesome culinary students, excellent cuisine, and Oregon wines! Auction includes adventures and more.

6:00-8:00pm
OREGON COAST
CULINARY INSTITUTE

Tickets:
socc.edu/give



COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS DEC. 11

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

Day: Fri, Sat, Sun 3/28/25-3/30/25

Time: Fri 5:00pm-8:30pm, Sat 7:00am-4:30pm, Sun 12:00pm-4:30pm

TEAM OREGON: MOTORCYCLE RIDER TRAININGS

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.

Instructor:

Michael Heinen

Location:

Newmark 201

Cost: \$199

Day: Sat, 3/29/25

Time: 7:00am-4:30pm



DRIV 0620 65 AARP SMART DRIVER COURSE

This course is for all ages and 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 541-260-1539.

Location: Eden 1

Instructor: Bryan Tooley

Day: Tuesday 3/4/25

Time: 9:30am-4:00pm

Cost: AARP members \$20, non-members \$25, check or cash is payable to AARP at the class.

Cooking



CRT 0143 65 TAMALES

If you are ready to learn how to make the most delicious and authentic tamales then you will want to attend this class. You will learn all the tips and tricks for making your own tamales from scratch, and finally steaming them to perfection. Various options for stuffing will be reviewed from meat to vegetarian. You'll leave being confident

that you will be able to recreate them at home time and time again.

Instructor: Chef Randy Torres

Location: OCCI Hollandaise Kitchen, room 121

Cost: \$89

Day: Sat 12/14/24

Time: 9:00am-12:00pm

CRT 0104 65 WRAPPED UP IN LOVE BENTO CAKES

This course will guide you through stacking, filling, frosting, and decorating a mini cake and then packaging it along with a few other treats to gift to someone special. This course is ideal for anyone who loves to treat their friends and family to heartfelt surprises and wants to expand their knowledge on basic cake decorating and piping techniques. This course focuses on the acquisition of decorating techniques and does not focus on specific recipes. The recipes covered will be shared with students to create again at home.

Instructor: Chef Alison Murphy

Location: OCCI Hollandaise Kitchen, room 121

Cost: \$89

Day: Sat 2/8/25

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.

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS DEC. 11

CRT 0140 65 SOUP DU JOUR

This class will explore a surprise soup chosen by one of our chefs. The soup will either be a clear or thick soup. Clear soups include flavored stocks, broths, and consommés, and include soups such as chicken noodle soup and French onion soup. Thick soups include cream and purée soups, such as bisques or cream of tomato soup. Stock or broth is the basic ingredient in clear soups.

Instructor: Chef Randy Torres
 Location: OCCI Hollandaise Kitchen, room 121 Cost: \$89
 Day: Sat 1/25/25 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.

**FIND A LIST OF
COMMUNITY CLASSES
FOR BOTH CAMPUSES HERE:**

*Including
changes,
additions,
and updates.*



Fitness & Recreation

PE 0509 01 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: Tue, Thur
 Time 5:30pm-6:20pm



PE 0505 01 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 0503 01 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, Thur Time: 12:00pm-12:50pm

Did you know...

You can take an undergraduate course at Southwestern without seeking a degree or certificate. And, if you take the class for 'no credit' you only pay half price! If you're 65 or older and take a class for no credit, tuition is FREE. Fees are still applicable. To learn more call the Student Success Center at 541-888-7352.

Search all classes here:



Curry Campus

JOB TRAINING & COMMUNITY CLASSES

To register: Call 541-813-1667 • Email 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 and click on Degrees & Certificates.

Or scan here:



Job Training

EMT TRAINING OFFERED AT THE CURRY CAMPUS

Southwestern Oregon Community College is offering Emergency Medical Technician - Part A, the first of two classes to train individuals to certify as an EMT. If you're passionate about helping others and thrive in fast-paced environments, this career offers the opportunity to provide critical care when it matters most.

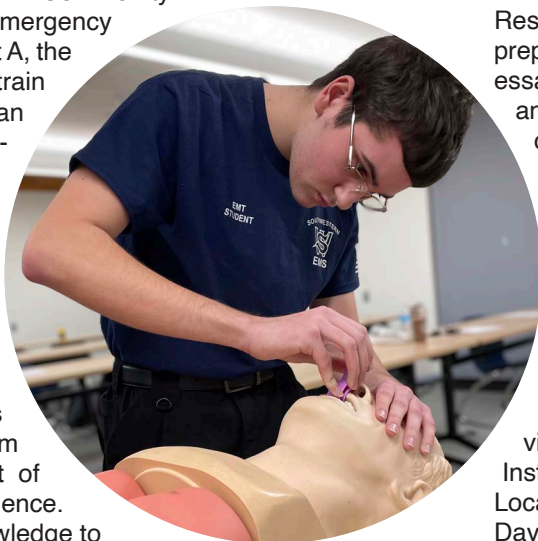
This training combines five credits of classroom learning with one credit of hands-on lab experience. You'll gain essential knowledge to recognize the signs and symptoms of illness and injury, along with mastering proper emergency care procedures. Through practical skills development, you'll build confidence in your abilities, while cultivating a compassionate approach to patient care.

Classes Start January 7, 2025, and are scheduled on Tuesdays and Thursdays starting at 6:00pm. Lectures will be available via Zoom, and labs will be held on site at the Curry Campus at 96082 Lone Ranch Parkway in Brookings. Emergency Medical Technician - Part B will be offered at the Curry Campus during spring term 2025. These two classes combined provide the opportunity to earn an EMT License in just two terms.

Tuition assistance is available to those who qualify.

For more information and to register email:

julie.ryan@socc.edu



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, skills, 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 and 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: Tue 2/4/25

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: Tue 12/17/24

Cost: \$105

Time: 9:00am-1:00pm

HE 0533 98 AHA BLS HEALTHCARE PROVIDER

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Tue 3/4/25

Cost: \$105

Time: 9:00am-1:00pm

CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS DEC. 11**CHILDCARE PROVIDER TRAININGS**

Offered through Southwestern's
CARE Connections Childcare Resource & Referral

Classes available at no cost online or in-person and help prepare individuals to become licensed, or ERDC Listing in-home childcare providers. Orientation Part 1 for both trainings is offered online at the Oregon Center for Career Development at occd.educadium.com.

Classes scheduled in Curry County include the following.

Introduction to Registered Family Child Care – Part 2 (licensing training)

- Thursday, January 9, 12:00 – 3:00 pm
- Thursday, February 13, 12:00 – 3:00 pm
- Thursday, March 13, 12:00 – 3:00 pm

ERDC Child Care Provider – Part 2 (accepting state pay)

- Thursday, January 16, 12:00 – 1:30 pm
- Thursday, February 6, 12:00 – 1:30 pm
- Thursday, March 6, 12:00 – 1:30 pm

For more information or to register contact 541-888-7957 or qualitychildcare@socc.edu.

Fitness

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 of falls and fractures and is suitable for ambulatory individuals who are at beginner and intermediate exercise levels.

Instructor: Lisa Reed

Location: Langlois Lions Club

Day: Mon, Fri

Cost: \$89

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.

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Days: Tue, Thur

Cost: \$63

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

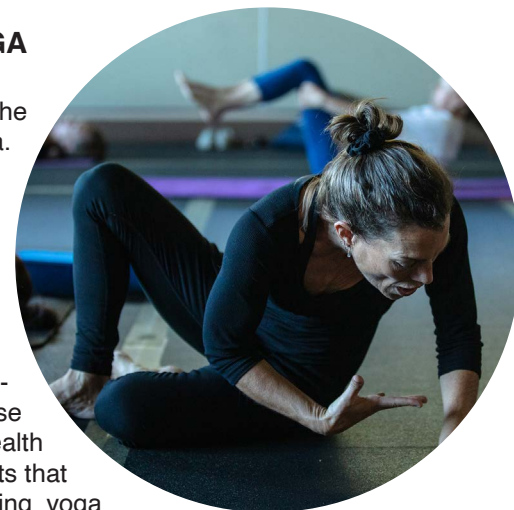
Instructor: Mariann "Luna" Weed

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 118

Days: Thur 1/30/25 – 3/13/25

Cost: \$70

Time: 1:30pm-3:20pm

Writing

ENG 0150 99 WHAT MAKES A GOOD STORY

Whether seasoned, aspiring, or a novice writer, you will learn basic writing techniques and untangle the mysteries that make a story come alive! You will be bringing home a first chapter that will have you hungry to write the next chapter and the next, and the next! Most importantly, you will walk away with a confidence that your fears and doubts have vanished. In their place, you will have gained a priceless gift of courage to write your story and maybe even change the world! This is an online class.

Instructor: Judy Howard

Location: Online via Canvas

Cost: \$94

Day: Thur 1/6/25 – 2/6/25

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 109

Cost: \$75

Days: Sat 2/8/25 & 2/22/25

Time: 10:00am-12:50pm

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

Cost: \$90

Day: Mon, Wed

Time: 1:00pm-3:20pm

HE 0591 99 MEDICARE 101

In this class students will learn about the four parts of Medicare: Medicare part A, B, C, and D. They will learn about the timelines surrounding Medicare enrollment and the policies. An in-depth presentation on Medicare Advantage Plans and Medicare Supplements will be provided. Students will leave the class with the tools to make informed decisions on what type of plan best fits their own or a family member's needs.

Instructor: Becky Holm

Location: Curry Campus 137A/B

No Cost

Day: Mon 12/16/24

Time: 2:00pm-3:20pm

Special Interest

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 the history of ASL, the deaf community in

North America, and deaf education.

Instructor: Bj Farris

Location: Curry Campus 206

Cost: \$115

Days: Tue, Thur

Time: 4:00pm-5:20pm

IND 4100 68 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

Cost: \$139

Days: Scheduled online

IND 4100 99 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: Curry Campus 137A/B

Cost: \$149

Day: Tue, 3/18/25

Time: 9:00am-1:00pm



Meet SWOCC's newest board member

Jeremy Skinner never imagined himself volunteering on the SWOCC Board of Education. These days he is attending meetings, learning about fiscal policies and strategizing on community college issues and advocacy.

"I signed on because I believe in what the college is doing and believe it is doing a good job. I would like to contribute to that," Jeremy said.

His path to SWOCC actually started in 1979. He was born in Gold Beach. A lot of people who have children here, just assume they will move away when they finish high school. Jeremy did. They hope their children will move back, but most never do, except Jeremy.

After high school and thinking he would go into science, as a botanist, he moved away for college. First to attend Portland State and then University of Washington, and there switched to a different science – library science. That led him to a job working with archives and rare books. He wasn't particularly happy, and he and his wife, Phoebe, a teacher, decided to move

closer to family. He got the job managing the Gold Beach Public Library.

When you live in a small town, you get asked to volunteer. He started on the College's budget committee and before long agreed to fill a vacancy on the SWOCC Board. He believes the College is an economic driver, particularly in training the health care workforce.

"The demographics have changed a lot since I grew up. When I was growing up, the graduating class at Gold Beach High School was 70. Now it's 30 or 35," he said. "There are fewer families that have middle class jobs."

He likes that SWOCC has a campus in Curry and provides a way for young people to train for better jobs that help them afford to live here. He wants to see even more connection between the College and high schools. It helps young people gain familiarity with college and job training, and be more confident.

Over time, more older people on fixed incomes have moved to the region, and



Jeremy is one to ask: "How do we serve these folks? How do we include them?" He's pleased to see the community education programs at the campus and in the future would like to see more engagement in arts and culture. He expects to have time to work on that. He's not going anywhere.

"I want to have a job that impacts people on a daily basis. I want to give back to the community in the work I do. It's not a chore. It's fun. And, it's a beautiful place, too."

EXPLORE GROW CREATE

With The Friends of Curry Campus

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

January 9, 2025

Discover the Natural World of

Costa Rica!

February 13, 2025

Greenhouse & Garden
WITH
MASTER GARDENERS

March 13, 2025

Imaginative
Creative
Writing

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.



SBDC helps local businesses expand into global trade

The Small Business Development Center (SBDC) at Southwestern now is providing no-cost advising and training to small businesses that want to engage in international commerce activities. These services at the Coos and Curry Campuses are possible thanks to a partnership with the Oregon SBDC Global Trade Center.


The project aims to increase small business awareness and engagement in international trade and facilitate access to state/federal resources, and other related services for small businesses who are exporting and importing. The state-funded project aligns with the priorities outlined in the Business Oregon Strategic Plan and the Strategic Priorities of the Oregon SBDC Network, said SBDC director Derek Tonn.

“Essentially, our goal is to take products and services produced in the region and find new regional and international markets for those products,” Tonn said.

“Seven of Oregon’s 20 ports are located on the south Oregon coast, creating opportunities for businesses to “import dollars” from other regions of the state, country and overseas.”

Our local SBDC reached out to Global Trade Center staff in 2023 seeking ways to create a partnership and serve more small businesses in our coastal communities. With 75% of consumers and 95% of the world’s population outside the United States, expanding to international markets makes sense to many small businesses selling products and services.

Tonn and Gayle Goldstone, who is the business advisor at the Curry Campus, are currently engaging in training to enable them to become Certified Global Business Professional credentialed staff. They plan to serve dozens of small businesses each year in western Douglas, Coos, and Curry counties.



Interested in learning more about participating in this opportunity?

CONTACT US:

Derek Tonn, Director SBDC | 541-888-7297 | derek.tonn@socc.edu

Gayle Goldstone, Curry Campus Advisor | 541-813-1674 | gayle.goldstone@socc.edu



MORE INFORMATION AT:
oregonsbdc.org/southwestern-sbdc

Free
Training

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 FOR FALL TERM 2025!

EARN A BOLI-APPROVED CERTIFICATE IN TWO TERMS

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

TO APPLY: Email swocccworks@socc.edu

SOUTHWESTERN OREGON COMMUNITY COLLEGE

TRIO

STUDENT SUPPORT SERVICES

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.

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

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

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

SOUTHWESTERN
Oregon Community College
1988 Newmark Ave.
Coos Bay, OR 97420

ECRWSS

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POSTAGE
PAID AT
COOS BAY, OR

RESIDENTIAL POSTAL CUSTOMER

STEAM PATHWAYS Lecture Series

FREE

SAVE THESE DATES:

ENGINEERING – JAN 14/6pm

Solar PV Panels:
Salvation or Snake Oil?

GEOLOGY – FEB 11/6pm

Oregon's Rimrock Draw
Rockshelter

BIOLOGY – MAR 11/6pm

Sea Otters in Oregon:
Road to Return

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
For more information contact Krystal Hopper Meyers
541-888-7416 | krystal.hopper@socc.edu

www.socc.edu ■ 541-888-2525

COOS CAMPUS

1988 Newmark Ave., Coos Bay, OR 97420

CURRY CAMPUS

96082 Lone Ranch Parkway, Brookings, OR 97415

GET YOUR GED

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FREE! 



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NOW



Attend
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Person

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M-Th 9-11am
M-Th 12-2pm
Tu-Th 5-8pm

Curry Campus
M-Th 12-2pm

Attend
By
Zoom



For more info call
541-888-1593

Help a local student achieve their goals! www.socc.edu/give

Students who receive scholarships complete their studies at a rate 25% higher than those who don't receive this support. 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 _____

Email Address _____

Address _____

City/State/Zip _____

General Nursing Welding Culinary

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