



COMMUNITY AND CONTINUING EDUCATION

Winter 2019

Kalamazoo**VALLEY**[™]
community college



MISSION

The Community and Continuing Education Department at Kalamazoo Valley Community College provides innovative and relevant lifelong learning opportunities to community members of all ages. These classes emphasize personal enrichment, professional development and community outreach and are not a part of a degree completion program.

To review the ever-expanding list of Community and Continuing Education courses, visit www.kvcc.edu/community.

CONTENTS

- 5 REGISTRATION & GENERAL INFORMATION
- 6 WELLNESS & FITNESS
- 8 SUSTAINABLE FOODS, FARM & GARDENS
- 12 ART & NEW MEDIA
- 12 PERSONAL & PROFESSIONAL DEVELOPMENT
- 14 COMMUNITY CULINARY & NUTRITION
- 18 CORPORATE TRAINING
- 24 HEALTH CAREER ACADEMIES



COMMUNITY AND CONTINUING EDUCATION

Winter 2019

There are many benefits associated with life-long learning. Research suggests that those who continue to learn new skills live longer and happier lives.

Kalamazoo Valley Community College is pleased to present a stimulating schedule of winter semester classes for community members of all ages. These non-credit classes emphasize personal enrichment, professional development and community involvement.

REGISTRATION & GENERAL INFORMATION

1. How to register for courses:

- Online at www.kvcc.edu/community
- In person by visiting the College's Groves Campus at 7107 Elm Valley Drive
- By mail (please call to confirm course availability before sending a check.)
Make check payable to Kalamazoo Valley Community College and mail to the following address:
Kalamazoo Valley Community College
The Groves Campus
PO Box 4070
Kalamazoo, MI 49003-4070
- Need assistance call 269.353.1253

2. Confirmation: You will receive a confirmation and a receipt of payment within two weeks of registering. If you have an e-mail on file, confirmation will be received electronically.

3. Cancellations: The college may cancel courses due to low enrollment before the course begins. If you register for a course and it is canceled, you will be notified and you may receive a refund or apply your course fee to another course if space is available. If the college closes due to inclement weather or an instructor needs to cancel a session, a make-up day will be scheduled and registrants will be notified of change.

4. Refunds: You will be eligible for a full refund if you drop a course within three business days before the first session of the course. If you drop a course fewer than three business days before the course, fees will not be refunded.

5. Disabilities: In accordance with the Americans with Disabilities Act (ADAAA), the Office for Student Access provides academic accommodations and accessibility support. Please contact the office at 269.488.4397 for accommodation requests.

To review the ever-expanding course list, visit www.kvcc.edu/community.



WELLNESS & FITNESS

FITNESS CENTER BASICS

January 7 – May 4 | \$75

Course Times

Monday-Thursday	6:00 a.m. – 8:00 p.m.
Friday	6:00 a.m. – 6:00 p.m.
Saturday	9:00 a.m. – 3:00 p.m.

This 16-week program includes full access to Kalamazoo Valley's Wellness & Fitness Center (WFC), Free Weight Room and Open Swim time in the pool during regularly scheduled hours. Fitness Center employees are available to explain and demonstrate the multiple pieces of cardio, strength and flexibility equipment. Participants are encouraged to try out the various exercise programs installed by the manufacturer on each type of machine.

*Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009*

STOP OVER-COMPLICATING IT: TIME

January 15 | 5:30 - 8:30 p.m. | \$10

A common excuse as to why people don't work out is because they don't have enough time. Instructor Jeremy Mutchler will cover how to make time. No matter how busy you are, there's always time to live a healthy lifestyle.

Culinary/Allied Health Building, 418 E. Walnut St., Kalamazoo, MI 49007

MIND-BODY FUSION

January 15 – March 5 | Tuesdays 6:30 – 7:30 p.m. | \$60

Mind-Body Fusion is an energizing class taught by Elizabeth Huff Willis that draws on the wisdom of yoga, pilates, Tai Chi and meditation. Each class pairs uplifting music with choreographed movement to develop strength, flexibility, balance and mindfulness. Participants will leave feeling revitalized, full of joy, centered on their values and with deeper sense of self-compassion. Appropriate for ages 13+ and all levels of fitness.

*Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009*

STOP OVER-COMPLICATING IT: BASIC EXERCISE

January 22 | 5:30 – 6:30 p.m. | \$10

Learn basic exercise that you can do every day that will make a big impact on your strength and energy. Instructor Jeremy Mutchler will cover proper form, proper muscle utilization and different ways to do these exercises at home, with or without equipment.

Culinary/Allied Health Building, 418 E Walnut St, Kalamazoo, MI 49007

FIT KIDS

January 24 – February 28 | Thursday mornings, 11 – 11:45 a.m. | \$40

Fit Kids is a fun way for preschool children to wiggle their waggles away by developing their core strength, balance and large motor skills. Instructor Elizabeth Huff Willis incorporates kid-friendly music, obstacle courses, games, simple dance choreography, and yoga-stretching. Children will get a chance to practice following directions, taking turns, sharing and including others. Ages 3-5.

*Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009*

STOP OVER-COMPLICATING IT: FAILING

January 29 | 5:30 – 6:30 p.m. | \$10

Have you tried every diet imaginable? Bought every fitness DVD known to man, but continue to fail? It's because you may be doing all of these things for the wrong reason. Instructor Jeremy Mutchler will help participants explore the real reason to start a healthy journey. Once we find your true motivation, we will then create a lifestyle change that will last forever.

Culinary/Allied Health Building, 418 E. Walnut St., Kalamazoo, MI 49007



CREATIVE MOVEMENT

January 30 – March 20 | Wednesday evenings, 5 - 6 p.m. | \$120

Adult Creative Movement is a body-mind integration with a fusion of dance genres that is perfect for movers who want to develop coordination, body awareness, improvisation, and musicality. This stress relieving class is perfect for novice and less experienced movers as well as experienced adult dancers and will explore each student's individual creative process. This laid-back class taught by Remi Harrington is judgment-free for all body types and movement levels and is a safe and welcoming environment.

*Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009*

STOP OVER-COMPLICATING IT: HITTING YOUR GOALS

February 5 | 5:30 – 6:30 p.m. | \$10

Dive in to see what you are doing to hit your goals. Are you falling off somewhere? What might you be doing wrong? Is there something you can do better? These are some basic questions that we will dive into in this class. Creating a healthy lifestyle can be overwhelming when you try to do too much at once. We will make sure what you are doing is correct so you can continue to make progress and you hit your goals.

Culinary/Allied Health Building, 418 E. Walnut St., Kalamazoo, MI 49007

SUSTAINABLE FOODS, FARM & GARDENS

CIDERS & SYRUPS FOR WINTER WELLNESS

January 28 and February 4 | Mondays, 6 – 8 p.m. | \$60

Winter is the time when most of us are battling the dreaded cold and flu season. In this two-session class, local herbalist, Brenna Pixley, will teach a few simple and effective ways to build up your immune system and help your body heal more rapidly. Participants will also take home samples and recipes for products made in class that can be easily recreated at home.

Culinary/Allied Health Building, 418 E. Walnut St., Kalamazoo, MI 49007

MASTER RAIN GARDENER TRAINING COURSE

Feb 20-March 27 (No class Feb 27) | Wednesdays, 5:30 – 8:00 p.m. | \$45

The Kalamazoo area Master Rain Gardener Certification course is co-hosted by the Kalamazoo River Watershed Council and Kalamazoo Nature Center in partnership with Kalamazoo Valley Community College and Kalamazoo Valley Museum. This in-depth and in-person class will teach everything needed to create a living rain garden at your home or place of work. A rain garden mimics nature by letting rain water soak into the ground. It's a garden bed planted in a shallow depression with plants especially adapted for dry and wet conditions. Instructor Anna Kornoelje will lead you through all the phases, from locating and designing to planting and maintaining a beautiful and functional rain garden.

Week 1	Introduction to Rain Gardens
Week 2	Moving Dirt to Move Water and Site Selection Principles
Week 3	How To: Measuring, Planning, Digging, Sculpting
Week 4	Plant Designs: Rain Garden Plant Palette
Week 5	Present Your Plan
Optional	Rain garden tour (based on growing season)

Instructors will continue to be available as a resource to students as they begin digging and planting their rain gardens after the course has ended. An optional field trip will be offered during that time to check out established rain gardens throughout the community. As part of our Master Rain Gardener community, students will have access to plant sales, exchanges, and other continuing education opportunities.

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001

HERBAL HOUSEHOLD PRODUCTS

February 21 | 6 – 8 p.m. | \$30

Join local herbalist, Brenna Pixley, for a conversation about choosing products that are safe and natural – something that's becoming increasingly important for today's families. Brenna will demonstrate how to make some of these natural products and participants will get a chance to take home samples and recipes for products that they can easily recreate at home.

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001

BEEKEEPING 101

February 26 – April 2 | Tuesdays from 6 – 8 p.m. | \$140

Are you just beginning to keep bees or a first few-years beekeeper? This course is perfect for you! This is the first course of the three-part beekeeping series. Instructor Charlotte Hubbard will cover introductory bee biology, needed equipment, apiary preparation, options for obtaining bees, and how to get them into their new home. Basic beekeeping skills and challenges are also reviewed. The dates of this class make it unlikely we'll get into the hives in the apiary, although the class covers important fundamentals to prepare us.

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001

THE ETHICS OF EATING: DECODING SUSTAINABLE FOODS MARKETING CLAIMS

March 9 | Saturday, 9 a.m. – 12 p.m. | \$15

A recent Michigan State University poll found that food labels are influential in the food buying decisions of two-thirds of consumers and half of consumers would be willing to pay more for food items if their production had a less damaging impact on the environment. At the same time, the labels used to communicate these qualities on the foods we buy are confusing or even misleading. Instructor Mariel Borgman will go over the different certification programs and other food labels associated with food production with the goal of empowering food buyers to make informed decisions. Some of the terms covered will include: Organic, Natural, Non-GMO, Grass Fed, Pasture Raised, Cage Free, Antibiotic Free, Hormone Free, Local, Marine Stewardship Council and Fair Trade.

Culinary/Allied Health Building, 418 E. Walnut St., Kalamazoo, MI 49007

URBAN HOMESTEADING

April 3 – May 22 | Wednesday evenings 5:30 - 7:30 p.m. | \$140

Join us in revealing many of the ways to make more food with less from home! In an era of climate change and energy decline, we will benefit from being more involved in producing our own food to ensure access to the most nutritious and life supporting meals. But the secret is that it can be fun and easier than you think to care for your family, friends and city's ecology. Come join instructor Lee Arbogast in learning to make simple gardens (indoor and outdoor), planting perennial food crops, foraging wild edibles, preservation and fermentation of crops, husbanding urban livestock, cheese making, composting and mushroom cultivation. A class for all ages and all scales of land access (or not! Lots of ideas for dorm and apartment dwellers!).

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001

SPRING FORAGING AND HERB WALKS

April 18 – May 23 | Thursdays, 6 – 8 p.m. | \$90

Interested in identifying tasty plants growing right in your backyard? In this multi-session series, participants will meet up with local herbalist, Brenna Pixley, at a different local nature preserve each week for an adventure on a spring foraging walk. Participants will learn to identify tasty and useful plants, become more aware of seasonal and traditional parts of our diets and practices, and discuss native and invasive species and sustainable and ethical wild crafting techniques. First class will meet at the Food Innovation Center and students will be given a schedule of meeting places for the remainder of the sessions.

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001

BEEKEEPING 102

April 30 - June 4 | Tuesdays, 5:30 – 8 p.m. | \$140

This course is the second in the three-part beekeeping series. Weather permitting, we will work in the Kalamazoo Valley apiary each week, where we'll evaluate hive strength, health, and learn how to support growing colonies. Classroom review with instructor Charlotte Hubbard will cover swarming, splits, integrated pest management, and a further focus on biology through the season and keeping bees in SW Michigan.

Food Innovation Center, 224 E. Crosstown Parkway, Kalamazoo, MI 49001



ART & NEW MEDIA

VIDEO GAME ART WORKSHOP

JANUARY 20 – MARCH 3 | Sundays, 1 – 4 p.m. | \$200

In this video game art workshop with instructor Michael Begene, you will learn the basics of 3D modeling, texturing, animation, and how to integrate your work into a game engine and 3D viewer. Learning to work with a team is vital in this industry and participants will learn to work together to build beautiful asset packages for game environments. Knowledge of using a PC is important. Knowledge of using e-mail is a must. Knowledge of some Photoshop is helpful. Ages 15+

Center for New Media, Room 170, 100 E. Michigan Avenue, Kalamazoo, MI 49007

PERSONAL & PROFESSIONAL DEVELOPMENT

FAMILIES IN TRANSITION: HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

January 12 or March 16 | Saturdays, 9 a.m. – 12:30 p.m. | \$25

This educational program focuses on the effects of divorce on children and families. Participants will learn about the effects divorce has on children at different ages and how to help them adjust to the changes in their lives. Instructor Fritz Naylor will also lead discussions about the impact of divorce on parents along with suggestions for healthy coping and problem solving.

*Kalamazoo Valley Community College, Texas Township Campus, Room 1350
6767 West O Avenue, Kalamazoo, MI 49009*

SINGLE MOM'S SURVIVAL GUIDE

January 28 – March 18 | Mondays, 5:30 – 7 p.m. | \$120

Are you in the constant push-pull of being a nurturer and a provider? Is staying afloat consuming your time? Do you need community? If you answered "yes" to any of these questions, come and check out the Single Mom's Survival Guide! Instructor Remi Harrington will share information, build community and learn ways to navigate a system designed for two-parent households. Participants will take inventory of the social problems associated with single-parent households and explore how we can get the best out of our community so that we can model being our optimal best for our children. Open to all single parents. Children are welcome but you will be responsible for the supervision of your own children.

Anna Whitten Hall, 202 N. Rose Street, Kalamazoo, MI 49007

CONVERSATIONAL SPANISH

February 5 – March 26 | Tuesdays, 6 – 7:30 p.m. | \$120

Looking to travel to a Spanish speaking country or just interested in learning to converse with your Spanish speaking neighbors? Instructor Nancy Snyder will focus on conversation emphasizing pronunciation, vocabulary, and fluency. The course provides the knowledge, vocabulary, and basic grammar to communicate in Spanish.

Groves Campus, 7107 Elm Valley Drive, Kalamazoo, MI 49009

FAMILIES IN TRANSITION: HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

February 5 or April 16 | Course Times: Tuesdays, 6– 9:30 p.m. | \$25

This educational program focuses on the effects of divorce on children and families. Participants will learn about the effects divorce has on children at different ages and how to help them adjust to the changes in their lives. Instructor Fritz Naylor will also lead discussions about the impact of divorce on parents along with suggestions for healthy coping and problem solving.

Anna Whitten Hall, 202 N. Rose Street, Kalamazoo, MI 49007





COMMUNITY CULINARY & NUTRITION WINTER CLASSES

All Community Culinary & Nutrition courses offered at:
Culinary and Allied Health Building, 418 E. Walnut Street, Kalamazoo

BOOK CLUB: COFFEE AND CONVERSATION

Monday, January 7 | 5:30-7:00 p.m. | \$10

Join Holly Klamer, RDN, for a facilitated discussion of Marion Nestle's nonfiction classic, *What to Eat*. Participants will explore how the themes relate (or don't) to a healthy living journey. *What to Eat* has been called by many the definitive guide to making healthy and informed choices about food. Coffee and tea will be served with lively conversation.

FRESH PASTA MAKING HIGHLIGHTING NEW YORK AND ITALIAN SPECIALTIES

Wednesday, January 16 | 5:30-8:00 p.m. | \$65

Join Chef Michael Murray for an exploration of Italian cuisine, making two different styles of traditional Italian pasta in various shapes. Examine how preparations differ in Italian and New York styled dishes, and craft and enjoy a meal of regional specialties and accompaniments. Class includes hands-on pasta making and informative culinary demonstration.

MEAL PLANNING AND PREPARATION

Friday, January 25 | 5:30-7:00 p.m. | \$25

Tired of take out? Looking to improve your diet and save time and/or money? Join Chef Stephanie Hughes to learn how to plan a weekly menu, put recipe ingredients on a shopping list, cook efficiently and organize prepared food safely. You will leave this session ready to craft healthy, convenient food on your own.

FIT KITCHEN BOOTCAMP

Friday, February 1 | 5:30-7:00 p.m. | \$45

Do you ever feel inundated with new and ever changing diet claims? Pop-Paleo, Whole 30, Intermittent Fasting just to name a few! In this session we will examine varying diet claims and distill it all down to simple, sustainable, and balanced solutions for healthy eating and living. Facilitated by Chef Stephanie Hughes and Dietitian Holly Klamer, participants will sample delicious healthy food and leave with recipes and guidance to manage weight healthfully and sustainably.

HOW TO GET YOUR KIDS TO EAT HEALTHIER

Wednesday, February 6 | 5:30-7:30pm | \$35

Do you dream of a day when your kiddo asks for more kale? Adults – turn your veggie battles into victories! In this semi-hands-on session, Chef Jennifer Dykstra (of Kitchen House restaurant) will teach participants how to prepare dishes that are healthy and irresistible... to even the pickiest of eaters. We know the struggle is real, but it doesn't have to be!

COOKING FOR HEART HEALTH

Wednesday, February 13 | 5:30-7:30 p.m. | \$25

Join us to celebrate American Heart Month! Facilitated by Dietitian Takara Page and Chef Cory Barrett, this demonstration session will cover nutrition, cooking techniques, and recipes that will set you up for success. Sample Chef Barrett's creations and learn why cooking for the health of it matters.

BOOK CLUB: COFFEE AND CONVERSATION

Monday, March 11 | 5:30-7:00 p.m. | \$10

Join Holly Klamer, RDN, for a facilitated discussion of *New York Times* best seller Max Lugavere and Paul Grewal, MD's nonfiction guide, *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*. Explore how the themes relate (or don't) to your healthy living journey. Coffee and tea will be served with lively conversation.

PLANT BASED PLATES

Thursday, March 14 | 5:30-7:30 p.m. | \$25

Join us to celebrate National Nutrition Month, and explore plant based eating. Facilitated by Dietitian Takara Page and Chef Cory Barrett, this demonstration session will cover nutrition, cooking techniques, and recipes that will take your whole-food plant based régime to the next level. Simple, fun, nutritious and delicious!

FAMILY MEAL: RUSTIC ITALIAN COOKING

Wednesday, March 20 | 5:30-7:30 p.m. | \$35

Come together as a family, and join Chef Jennifer Dykstra (of Kitchen House Restaurant) to make a rustic Italian meal. Both demonstration and hands-on, participants will cook together in family groups. Nourishing and collaborative fun – food can be the ingredient that binds us together. Kids, parents, grandparents, and families of all kinds are encouraged to attend together.

SIMPLE AND DELICIOUS SAVORY BAKED GOODS

Friday, March 22 | 5:30-8:00 p.m. | \$65

Warm flat bread, savory vegetable tarts, cheesy focaccia; baking isn't always about dessert, and it doesn't need to be complicated. In this hands-on class, Chef Cory Barrett will guide you through simple baked creations that you can add to your repertoire for any occasion. Enjoy your creations at the end of class, and bring leftovers home to devour.

FRESH PASTA MAKING HIGHLIGHTING NEW YORK AND ITALIAN SPECIALTIES

Wednesday, April 3 | 5:30-8 p.m. | \$65

Join Chef Michael Murray for an exploration of Italian cuisine. Participants will make two different styles of traditional Italian pasta in various shapes. Examine how preparations differ in Italian and New York styled dishes, and craft and enjoy a meal of regional specialties and accompaniments. Class includes hands-on pasta making and informative culinary demonstration.

HEALTHY EATING ON A BUDGET

Thursday, April 11 | 5:30-6:30 p.m. | \$15

Instructors Corrine Bieber-Peak, RDN and Chef Cory Barrett will teach participants how to plan to avoid over purchasing at the store, how to save money while grocery shopping, and how to recognize community resources available to assist. Through discussion and food sampling, participants will discover that healthy eating can be affordable, simple, and delicious.

EXERCISE NUTRITION

Monday, April 15 | 5:30-7:30 p.m. | \$55

Join Dietitian Holly Klamer and Chef Stephanie Hughes to learn, cook, and outline the impact of intake on achieving your athletic goals. This fun and interactive session will provide tips on using whole-food, plant based eating to improve outcomes. Whether fine-tuning your plan to achieve your next personal record, or curious about navigating hydration and fueling options - come explore!

SPRING BAKING

Thursday, April 18 | 5:30-8:00 p.m. | \$65

Celebrate spring with beautiful hand crafted baked goods – made by YOU – with the expert guidance of Chef Cory Barrett. In this hands-on session, Chef Barrett will teach you how to create simple baked goods that feature the season. Enjoy your creations at the end of class, and bring leftovers home.

KIDS KITCHEN “FUN” FUNDAMENTALS

Monday, April 22 | 5:30-7:30 p.m. | \$25

Instructor: Chef Stephanie Hughes

Calling all kids looking to learn more about the fundamentals of cooking! In this session, kids (ages 9-17) will learn about food safety, knife skills, and basic cooking techniques. Students will leave this session equipped with the basic skills to cook confidently at home.

CULINARY EXPLORATIONS: CHINA

Tuesday, April 30 | 5:30-7:00 p.m. | \$35

Join Chef Xin Wang-Liu (of Pacific Rim Foods) for a sensational class on Chinese dumplings. In this hands-on session you will create your own dumplings! Craft the filling with fresh ingredients, practice your dumpling folding techniques, and mix up a delicious dipping sauce. Learn the magic boil and explore traditional Chinese cuisine with local expert Xin!

BOOK CLUB: COFFEE AND CONVERSATION

Monday, May 13 | 5:30-7:00 p.m. | \$10

Join Holly Klamer, RDN, for a facilitated discussion of Edward Lee's nonfiction chronicle, *Buttermilk Graffiti: A Chef's Journey to Discover America's New Melting-Pot Cuisine*. Explore what it means to cook and eat American food from author and Chef Edward Lee as he compiles stories from around the USA about American food. Coffee and tea will be served up with lively conversation.

AT-HOME FERMENTS

Friday, May 17 | 5:30-7:00 p.m. | \$25

Join Chef Stephanie Hughes and Dietitians Holly Klamer and Corrine Bieber-Peak, to learn about this ancient practice turned modern hot-topic - fermented foods. But, why are they good for us, and how can we make them safely at home? We will explore the connection to health and discuss and demonstrate safe fermentation techniques for home kitchens.

***This session is for the at-home fermenter only. Not for industry application.

MINDFUL EATING

Tuesday, May 21 | 5:30-7:00 p.m. | \$10

Ever find yourself eating mindlessly? Snacking on a couple of chips, and suddenly the whole bag is empty? Turn the unconscious to the conscious and learn how to eat mindfully and healthfully. Learn to enjoy the preparation and savor every bite. In this fun session with Darci Shimp, RDN, you will learn to contemplate the tastes, aromas, and thoughts that are associated with the food you consume.

THAI STREET FOOD

Friday, May 31 | 5:30-7:30 p.m. | \$55

Join Tip Maddux for an exploration of Thai street food. Beautifully crafted in cities that never sleep, vendors offer a tremendous variety of delicious cuisine day and night. Tip will demonstrate how to cook several common dishes in your own home - and we'll serve samples for participants to enjoy. No passport required for this delicious journey!

THE “PRESERVATION” OF FOOD

Tuesday, June 4 | 5:30-6:30 p.m. | \$10

Is the food you're eating filled with preservatives and additives? Ingredients you can't pronounce or identify? Do you wonder why food can be shelf stable for so long? Darci Schimp, RDN, will teach participants how to identify, navigate, and make the best food choices for healthy living. From historic preservation techniques for survival – to modern food engineering, explore the evolution of the “preservation” of foods.

CULINARY EXPLORATIONS: TRINIDAD AND TOBAGO

Thursday, June 13 | 5:30-8:00 p.m. | \$65

Join Chef Michael Murray for a hands-on exploration of the culture and cuisine of Trinidad and Tobago. Melding Caribbean, Creole/African, and Indian cultural and culinary traditions – this cuisine is full of flavor, spice, produce, and fresh seafood. Come hungry for this hands-on session and feast on the creations you cook in class!

BOOK CLUB: YOUTH EDITION

Monday, June 17 | 5:30-7:00 p.m. | \$10

Enroll your inquisitive youth to join Holly Klamer, RDN, for a facilitated discussion of Michael Pollan's young readers edition of *Omnivore's Dilemma*. Participants will explore how the themes relate (or don't) to their lives as consumers and eaters. Fruit infused water will be served up with lively conversation.





CORPORATE TRAINING WINTER CLASSES

*All corporate training courses offered at:
Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI 49009
Register at: www.kvcc.edu/programs/corporate_training*

PROGRAMMABLE CONTROL SYSTEMS – PROGRAMMING AND INSTALLATION

Jan. 8 and 15, 2019 | Tuesdays from 8 a.m.-5 p.m. | \$610

In this hands-on course, participants will learn how to install, setup, and write a program using Ladder Logic on a Programmable Control System (PLC) in the Groves Center Training Lab. The participant will demonstrate comprehension by installing a PLC into an existing system and program functioning inputs and outputs via Ladder Logic.

THE LEAN APPROACH TO LEAN

Jan. 17, 2019 | Thursday, 8 a.m.-12 p.m. | \$180

In his most recent publication Eric Gatmaitan brings together leadership and lean practices. This four-hour workshop led by Gatmaitan is a simple and practical guide for managers. It will de-mystify and unpack the usefulness of 5S processes – that are so much more than just cleaning and organizing. Managers will learn to synchronize organizational efforts, reduce fire-fighting in the workplace, building autonomous work teams, all while changing the role of supervisors from managing to coaching.

PROGRAMMABLE CONTROL SYSTEMS – TROUBLESHOOTING

Jan. 22, 2019 | Tuesday, 8 a.m. – 5 p.m. | \$290

In this hands-on course, instructor Ian Salo will teach participants to work with a Programmable Control System (PLC) in the Groves Center Training Lab. The participant will gain troubleshooting techniques to quickly identify the root cause of a fault in a system using a PLC and will demonstrate comprehension by troubleshooting multiple faults on a manufacturing line in the lab.

PRECISION MEASUREMENT

Jan. 29, 2019 | Tuesday, 8 a.m. – 12 p.m. | \$125

In this hands-on course, instructor Ian Salo will teach participants to accurately measure mechanical components with standard precision measurement devices. Anyone interested in learning how to read and use precision measurement devices is encouraged to register. Upon completion of the course, participants will be able to read and use the following precision measuring devices:

Dial Caliper | Dial Indicator | Micrometer | Feeler Gauge

READING INDUSTRIAL BLUEPRINTS WITH INTRODUCTION TO GEOMETRIC DIMENSIONING AND TOLERANCING

Feb. 7 and 14 | Thursdays, Feb. 7, 8 a.m. – 5 p.m., Feb. 14, 8 a.m. – 12 p.m. | \$350

Instructor Tim Daniel teaches Basic Industrial Blueprint Reading with Introduction to GD&T. The course is designed for individuals with no drafting background. Participants will learn drafting and blueprint reading procedures, alphabet of lines, auxiliary views, assembly drawings, title blocks, drawing changes and standard symbols. Emphasis is placed on actual industrial conditions and applications. Prior manufacturing experience and basic algebra skills are helpful, but not required. Participants must be able to perform basic math functions.

Upon completion, participants will be able to:

- Examine and discuss the importance of drafting and blueprint reading procedures.
- Identify and apply alphabet of lines, auxiliary views, assembly drawings and title blocks to an actual print.
- Examine the procedure of drawing changes and the importance of changes.
- Examine, discuss and apply standard blueprint symbols and how they apply to the print.

BASIC MECHANICAL

Feb. 12, 2019 | Tuesday, 8 a.m. – 5 p.m. | \$290

In this hands-on course, instructor Ian Salo will teach participants the fundamental principles of safe work practices, methods of maintaining and troubleshooting mechanical plant equipment and the competencies needed to recognize and report worn part conditions. Anyone interested that has some mechanical background is encouraged to register.

XMC-401: THE LEAN EXPERIENCE

Feb. 13, 2019 | Wednesday, 8 a.m.-5 p.m. | \$325

This fast-paced, eight hour workshop with instructor Eric Gatmaitan enables participants to learn and experience the methods to simplify, standardize, and improve the workflow. This is the Lean experience. A workflow at any department and industry requires the establishment of process standards, management of performance metrics, constant elimination of waste, and enhancing performance outcomes. In this workshop, a production assembly workflow will be used as a case study to immerse participants in a highly competitive team environment. Participants learn how to streamline the work flow, analyze performance outcomes, and apply process improvements. The fundamental lessons are packaged efficiently in short lectures and reinforced by two Kaizen events using the Plan-Do-Check-Act cycle.

MACHINE MAINTENANCE

Feb. 19-March 5, 2019 | Tuesdays, 8 a.m. – 5 p.m. | \$890

In this hands-on course, instructor Ian Salo will teach participants many of the skills needed for machine maintenance. This course will develop skills in performing both preventative and predictive maintenance and provide the participant the opportunity to perform motor repair/servicing. The Basic Mechanical Training is a prerequisite for this course. Safety-Toe Shoes are required.

INTERMEDIATE MICROSOFT EXCEL 2013

Feb. 20 and 27, 2019 | Wednesdays, 9 a.m. – 12 p.m. | \$230

Participants in this course taught by Sam Stolz will learn Intermediate Microsoft Excel 2013 techniques for use in the office setting. At the conclusion of this course, students will be able to: analyze data using formulas, manage Workbook Data, manage Data Using tables and analyze table data. This course is designed for individuals who have a solid working knowledge of Microsoft Excel 2013. Training materials will be provided to participants at the beginning of the program.

FAILURE MODE & EFFECT ANALYSIS (FMEA)

Feb. 21, 2019 | Thursday, 8 a.m. – 5 p.m. | \$290

During this 8-hour FMEA overview, instructor Tim Daniel will teach a systematic approach that identifies potential failure modes in a system, product, or manufacturing/assembly operation caused by either design or manufacturing/assembly process deficiencies. Participants will also learn how to identify critical design or process characteristics that require special controls to prevent or detect failure modules. Topics to be covered include:

- FMEA Development Background
- Responsibility for FMEA Development
- Process FMEA & Design FMEA
- The Importance of the Risk Priority Number
- Implementing Corrective Actions
- Evaluating FMEA Development
- Developing Control Plans

FUNDAMENTALS OF GEOMETRIC DIMENSIONING AND TOLERANCING (GD&T)

March 7, 14 and 21, 2019 | Thursdays, 8 a.m. – 5 p.m. | \$900

This course, taught by Tim Daniel, provides the necessary knowledge of Geometric Dimensioning and Tolerancing (GD&T), its application, and meaning. It is a must for anyone who will be required to use or understand shop prints and engineering drawings. Skill development will include basic recognition of geometric tolerancing symbols, understanding and application of all fourteen geometric tolerances, and datum reference frame development.

BASIC ROBOTICS

March 12, 2019 | Tuesday, 8 a.m. – 5 p.m. | \$325

In this hands-on course taught by Ian Salo, students will learn how to safely operate a 6-Axis FANUC robot and manually operate it in various modes such as Joint & World. Participants will also become familiar with opening and editing programs, commanding I/O, work with position registers, as well as creating some of their own basic material handling programs. With this baseline knowledge of programming, participants will be able to follow the flow of a more complex program with subroutines. Lastly, participants will learn how to use the functions within the teach pendant to aide in troubleshooting faults.

INTRODUCTION TO COMPUTER NUMERICAL CONTROL (CNC)

MARCH 19- 20, 2019 | Tuesday and Wednesday, 8 a.m. – 5 p.m. | \$615

This program, taught by Ben Ash, covers the fundamental principles of safe work practices. Course participants learn to operate 3 axis CNC milling machines and 2 axis CNC lathes. Participants experience the types and applications of common measuring instruments and cutting tools used in CNC machining and the use of various jigs and fixtures. The training also develops in the participants an ability to navigate the CNC machine control unit screens and software. Lastly, the participants are instructed in the process of changing out dull or broken cutting tools and performing secondary operations on manual operated saws, drill presses, and vertical milling machines. Participants receive approximately 25% classroom and 75% hands on laboratory instruction.

BASIC FLUID POWER

March 26, 2019 | Tuesday, 8 a.m. – 12 p.m. | \$125

Instructor Ian Salo will teach the fundamental principles, basic fluid power laws and principles, force, and power as they relate to fluid power and the capability to recognize the differences / similarities between pneumatic, hydraulic, and vacuum systems.

LEADERSHIP: COACHING ON THE FRONT LINE

April 16-May 14, 2019 | Tuesdays, 8 a.m. – 12 p.m. | \$750

This course, taught by Fred Brown, helps leaders improve in their evolving role and learn to build leadership skills through the use of: Feedback, Communication, Coaching, Improving, and Performance. This course is designed for anyone in a supervisory role, and the direct managers who support them. The managers attend an up-front orientation session where they are familiarized with the structure of the program, and are provided with tips and suggestions for coaching the supervisor through the core session that supervisors will complete.

Supervisors will attend four core sessions designed to increase their leadership skills. Between sessions, participants are asked to apply their skills, on the job, that were discussed in the prior session. The direct managers will meet with their respective supervisors between sessions to coach them in applying the concepts taught in class.

April 16	Leadership Role (8 a.m. - 12 p.m.), Manager's Overview (Manager's Only 12:15 -1:30 p.m.)
April 23	Coaching Others (8 a.m. – 12 p.m.)
April 30	Productive Communication (8 a.m. – 12 p.m.)
May 7	Performance Models (8 a.m. – 12 p.m.)
May 14	Wrap Up Sessions (Managers Only 8 a.m. - 9:15 a.m., Supervisors Only 9:30 -11:30 a.m.)

APPLIED FLUID POWER

April 16, 23 and 30, 2019 | Tuesdays, 8 a.m. – 5 p.m. | \$890

In this hands-on course taught by Ian Salo, participants will learn to apply the fundamental fluid power concepts learned in the Basic Fluid Power course. They will also be able to read fluid power schematics, operate fluid power equipment safely, and apply troubleshooting techniques to both hydraulic and pneumatic systems. The Basic Fluid Power training program is a prerequisite for this course.

ROOT CAUSE ANALYSIS – 8D PROBLEM SOLVING

APRIL 18 | Thursday, 8 a.m. – 5 p.m. | \$300

This 8-hour program taught by Tim Daniel is designed to cultivate analytical problem-solving thinking and the development skills to apply the structured 8-D Corrective Action approach at the individual and team level. Upon completion of this course, participants will be able to:

- Identify the benefits of the team approach to problem solving
- Discuss the use of problem solving tools (e.g., Fishbone diagrams, why-why analysis)
- Follow the structured problem solving process utilizing the 7-D and 8-D problem solving process
- Determine the usefulness of statistical tools (Gage R&R, Process Capability Studies, Design of Experiments) for investigation and corrective action verification
- Report on the findings from their team's investigative research and corrective actions

Companies are encouraged to send teams of co-workers to address an identified company problem. Participants will be given the problem solving tools and processes to implement at their site. Follow-up sessions can be scheduled to assure desired outcomes are achieved.

LEADERSHIP BEYOND THE FRONT LINE: ENGAGING OTHERS

April 23 and 30, May 7, 14 and 21, 2019 | Tuesdays, 12:30 - 4:30 p.m. | \$750

This course, taught by Fred Brown, will provide participants the opportunity to enhance and improve their leadership skills and to build on the tools and strategies offered in Leadership: Coaching on the Front Line. Helping others better themselves and improving their organization are main the foundations for being a leader. As a leader, your success is dependent on the success of the people you're leading. Leadership Beyond the Front Line: Engaging Others is aimed at giving leaders additional skills — by building on the successful Leadership Coaching on the Front Line. This 2nd leadership series will build on the following leader behaviors and skills. Delegation, Empowering and Motivating Others, Training Others, Managing Change and Influencing people. Previously attending Leadership: Coaching on the Front Line is a prerequisite for this course.

April 23	Becoming an Empowering Leader 12:30 - 4:30 p.m.
April 30	Delegating for Growth 12:30 - 4:30 p.m.
May 7	Developing Influence 12:30 - 4:30 p.m.
May 14	Managing Change 12:30 - 4:30 p.m.
May 21	Training Others 12:30 - 4:30 p.m., Manager's Review 4:30 p.m. - 5:30 p.m.

ELECTRICAL SAFETY

May 7, 2019 | Tuesday, 8 a.m. - 5 p.m. | \$290

In this hands-on course taught by Ian Salo, participants will learn to work safely around electrical equipment in an industrial setting. The units in the course address the safety rules of electricity which are a prerequisite to Basic Electricity, Advanced Electrical and Automated Control Concepts, and Sensors and Automated Electromechanical Devices courses. The participant will demonstrate comprehension by performing tasks on actual electrical and electronic controls of industrial equipment.

SIMPLE WAYS TO START USING BARCODE SCANNING

May 8, 2019 | Wednesday, 1 – 3 p.m. | Free

This two-hour FREE SEMINAR with instructor Eric Gatmaitan will delve into the usefulness and value that barcode scanning can have at your organization. Designed for office and manufacturing environments, participants will be introduced to a simple implementation and use of barcode scanning. Enroll today in to learn how you can get started with barcode scanning for less than \$50 and the efficiency it can provide.

BASIC ELECTRICITY

May 14, 21, 28 and June 4 and 11, 2019 | Tuesdays from 8 a.m. - 5p.m. | \$1195

During this majority hands-on course taught by Ian Salo, participants will learn the basics of electricity as applied in the industrial setting. The units of study fully address industrial electrical principles providing a foundation for more advanced electrical and equipment control topics. The participant will demonstrate comprehension by performing tasks on actual electrical and electronic controls of industrial equipment. The Electrical Safety Course is a prerequisite of this course.

ADVANCED ELECTRICAL AND AUTOMATED CONTROL CONCEPTS

June 18 and 25, 2019 | Tuesdays, 8 a.m. – 5 p.m. | \$610

With an emphasis on hands-on learning, instructor Ian Salo will teach advanced electrical and automated control concepts. The participant will demonstrate comprehension by performing tasks on actual electrical and electronic controls of industrial equipment. The Electrical Safety and Basic Electricity courses are prerequisites for this course.

SENSORS AND AUTOMATED ELECTROMECHANICAL DEVICES

July 9 and 16, 2019 | Tuesdays, 8 a.m. – 5 p.m. | \$610

Participants in this class taught by Ian Salo will learn to operate and diagnose automated electromechanical devices and sensors in the Groves Center Technical Training Lab during this hands-on course. The participant will demonstrate comprehension by performing tasks on actual electrical and electronic controls of industrial equipment. The Electrical Safety, Basic Electricity, and Advanced Electrical and Automated Control Concepts courses are prerequisites for this course.



HEALTH CAREER ACADEMIES

PHLEBOTOMY TECHNICIAN ACADEMY

Academy starts April 23, 2019

Kalamazoo Valley Community College's Phlebotomy Technician Academy is a ten-week course. The academy is in partnership with Bronson Hospital.

Students in the academy will receive training to work as phlebotomy technicians and they will work to become prepared to gain national certification through the American Society for Clinical Pathology. Phlebotomists are crucial members of many clinical teams. Students will learn to draw blood from patients and prepare it for diagnostic testing. Phlebotomists work in labs, hospitals, doctor's offices, medical surgery centers, nursing homes, and in many other settings.

Classes are held at Kalamazoo Valley's Culinary and Allied Health Building in downtown Kalamazoo Tuesday, Wednesday, and Thursday from 4:30-8:30 p.m. Clinicals run from 7:00 a.m. - 3:30 p.m. at Bronson Hospital the last three weeks of the course.

Course Fee: \$1,400

This program is eligible for funding through the Kalamazoo Promise, Veteran Education Benefits and Michigan Works!

Course Location

Culinary/Allied Health Building, 418 E Walnut St, Kalamazoo, MI 49007

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.

PATIENT CARE ACADEMY

Dates TBA

Certified Nurse Assistants and Patient Care Assistants are in extremely high demand. Kalamazoo Valley Community College's Patient Care Academy prepares individuals for these in demand healthcare positions.

Students who successfully complete the academy are eligible to take the State of Michigan examination to become a Certified Nurse Assistant (CNA). CNAs are qualified for multiple job opportunities with good starting salaries. CNAs are employed by nursing homes, home healthcare agencies, hospitals, retirement communities, hospice and private homes.

This fast-paced, seven-week program, held on nights and weekends, provides classroom instruction, hands on practice in a lab, real world clinical experience and acute care observation experience at a local hospital.

Classes are held Tuesdays and Thursdays from 5-9pm and Saturdays 8:00 a.m.- 4:30 p.m. Clinical/Observation hours vary and are held on those same days but during the times of 6:30 a.m.- 4:00 p.m.

Course Fee: \$1,400

This program is eligible for funding through the Kalamazoo Promise, Veteran Education Benefits and Michigan Works!

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.

DENTAL RADIOGRAPHY

May 3, 4, 10 and 11, 2019

Dental radiographs are an integral part in the interpretation of dental abnormalities and diseases. Taking high quality radiographs helps to ensure an accurate and timely diagnosis. As new techniques are developed, the dental practitioner must remain well-informed of these changes and capable of performing radiographic procedures proficiently. This course is designed to help prepare dental assistants on the basic principles and current techniques of dental radiography.

Course Content Includes

- Radiation health protection techniques
- Processing procedures
- Anatomical landmarks & pathologies
- Mounting survey of dental images
- Placing and exposing dental images

This twenty two hour course is approved by the State of Michigan Department of Community Health. The course also complies with the Michigan Practice Act that states Dental Assistants must take radiographs under general supervision if they have completed a course in dental radiography that is substantially equivalent to courses taught in approved RDA or RDH programs.

Course Fee: \$575

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.

PARAMEDIC REFRESHER TRAINING

Saturdays & Sundays, Feb. 9, 10, 16, 17, 23 & 24, 2019 | 8 a.m. – 6 p.m.

This program is offered as part of the Emergency Medical Technology Program of Kalamazoo Valley Community College.

This course is designed around the curriculum for a Paramedic Refresher program. Participants will review each of the 6 subsections of the National Registry of the EMTs Paramedic exam as outlined by the national objectives for refresher programs. Students will also spend time in the practical skills lab reviewing each of the practical exam stations. This course is open to licensed paramedics as a refresher course or to paramedic students.

Requirements

You will be required to provide a copy of your license before being admitted to the course. Students who successfully complete this 54 hour course will have met the CE requirements for NREMT recertification and for MDCH license renewal.

Course Content Includes

- EDTLA
- Adult & Pediatric Intubation
- Dynamic & Static Cardiology
- Oral Stations
- IV Therapy
- IV Bolus Administration
- Intraosseous Infusion
- Traumatic Patient Management
- Pediatric Medication Administration

Registration

Register on-line or print a registration form at:
www.kvcc.edu/academics/emergencymedic/continuinged.htm

Call 269.353.1253 to register by phone. For questions regarding course content and licensure, contact Dan Benard at 269.548.3231.

Registration deadline: February 2, 2019.

Course Fee: \$475

Course Location

Culinary/Allied Health Building, 418 E Walnut St, Kalamazoo, MI 49007

BASIC EMT REFRESHER TRAINING

January 19, 20, 26 & 27, 2019

This course is open to licensed Basic EMTs as a refresher course or to EMT students, and will follow the national curriculum for refresher courses at the Basic EMT level. The course will review each subsection of the national curriculum including the subtest of the National Registry of EMT's (NREMT) written exam. The course also includes AHA Healthcare Provider CPR recertification.

Requirements

You will be required to provide a copy of your current license before being admitted into the course.

Course Content Includes

- Traumatic Patient Management
- Medical Patient Management
- Upper Airway Adjuncts/Suction
- BVM Ventilation
- EDTLA
- Bleeding Control
- Shock Management
- Rigid Splinting/KED
- Traction Splinting/LSB

The course is 36 hours and includes the practical instruction which allows students who complete the course successfully to recertify their NREMT status and obtain re-licensure through MDCH. Those who will benefit include: EMTs needing MDCH refresher course; EMTs needing to recertify NREMT status; those EMTs who have attempted three times and failed at the NREMT exam, and who need to complete this class to pursue exam opportunities.

Registration

Register on-line or print a registration form at:
www.kvcc.edu/emt

Call 269.353.1253 to register by phone. For questions regarding course content and licensure, contact Dan Benard at 269.548.3231.

Course Fee: \$350

Course Location

Kalamazoo Valley Community College, Texas Township Campus, Room 4130
6767 West O Avenue, Kalamazoo, MI 49009

Kalamazoo**VALLEY**TM community college



Texas Township Campus
6767 West O Avenue
PO Box 4070
Kalamazoo, MI 49003-4070
269.488.4400

Arcadia Commons Campus
202 North Rose Street
PO Box 4070
Kalamazoo, MI 49003-4070
269.373.7800

The Groves Campus
7107 Elm Valley Drive
PO Box 4070
Kalamazoo, MI 49003-4070
269.353.1253

Bronson Healthy Living Campus
PO Box 4070
Kalamazoo, MI 49003-4070
269.488.3300

www.kvcc.edu/community

 [kvcareerandcommunityeducation](https://www.facebook.com/kvcareerandcommunityeducation)

 [kv_career_community_education](https://www.instagram.com/kv_career_community_education)