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### Online Learning

**Online Learning**

the solution for today's busy adult

Convenient - Affordable - Effective

Take a course on topics ranging from A-Z Grant Writing, Photography, to Web Design and more all from the comfort of your home or office at times that are convenient for you.

Each course comes equipped with a knowledgable and caring instructor, lively discussions with your fellow students, and practical information that you can put to immediate use.

For more information visit our website!

www.ed2go.com/napa

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UPPER VALLEY CAMPUS
The Upper Valley Campus (UVC) is a small and intimate, designated center of Napa Valley College, which is part of the California Community College system. UVC is situated on a beautiful 6.9-acre campus that serves the community of St. Helena and the greater Napa Valley by offering fee-based, noncredit and limited credit classes. The UVC also features the Napa Valley Cooking School’s Food & Wine Enthusiast program.

NAPA VALLEY COLLEGE COMMUNITY EDUCATION PROGRAM LEARNING STATEMENT
After attending a Napa Valley College Community Education class, students will be able to use the information received from the class for personal and/or professional development, including a better understanding and/or mastery of specific stated subjects and/or skills.

NAPA VALLEY COLLEGE
Mission
Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Approved by the Board of Trustees November 15, 2012

Values
Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:

- student success
- responsibility
- inclusivity
- creativity
- respect for others
- openness to new ideas
- adaptability
- honesty
- health and wellness
- integrity

Approved by the Board of Trustees, November 13, 2008

Institutional Learning Outcomes
Students who receive a degree from Napa Valley College will demonstrate the following:

- Communication & Collaboration
- Critical Thinking & Information Competency
- Global Awareness & Civic Responsibility
- Personal Responsibility

Follow us on Instagram and Facebook!
napavalleycollege
@nvcollege
thenapavalleycookingschool
@napavalleycookingschool
ONLINE REGISTRATION PROCESS

1. Go to www.napavalley.edu

2. Select WebAdvisor at the top of the page.

3. On the WebAdvisor page, scroll down and select the large WebAdvisor box.

4. Scroll down and select the yellow Continuing Education button. DO NOT LOGIN. The Continuing Education option allows you to register for these classes without logging in to WebAdvisor.

5. Then select “Register and Pay for Continuing Education Classes”.

6. Enter ONLY the 5-digit course number, in the Course Code Number field, scroll to the bottom of the page and click “Submit”. DO NOT FILL IN ANY OTHER FIELDS * If you don’t know the course number or would like to register for multiple classes, do not enter any information, scroll to the bottom of the page and click “Submit”.

7. Check the “Select” Box(es) in the first column of the class list and then click “Submit.”

8. Complete the Personal Identification page information. At the bottom of the page, check the box “YOU MUST CERTIFY IN ORDER TO PROCEED...” and then click “Submit”.

9. You will be asked a couple of general questions before the Pay for Class page opens. On the Pay for Class page, click on the “Choose one of the following” dropdown. Select “Register Now (Checkout)”.

10. Choose “Payment Type” from the dropdown menu and enter your payment information, then click “Pay Now”.

VISIT WWW.NAPAVALLEY.EDU/UPPERVALLEYCAMPUS
NONCREDIT CLASSES (NO FEE)

Napa Valley College offers noncredit classes and programs to provide students with access to a variety of courses at no cost in order to assist them in reaching their personal, academic and professional goals. Noncredit instruction serves as a key contributor to “open access” for students with diverse backgrounds. Textbooks and materials fees may apply.

**English as a Second Language (ESL) - Inglés Como Segundo Idioma**

Learn practical English in a friendly, supportive environment! Students will learn useful vocabulary relating to living and working in the US. Students will have many opportunities to converse with their classmates using the new vocabulary. Phonics for reading and spelling, grammar, and verb conjugation are introduced. Today is the best day to begin your English studies! Registration will take place in class.

Aprende inglés práctico en un ambiente amable y de apoyo! Los estudiantes aprenderán el vocabulario útil que se relaciona a la vida y el trabajo en los EEUU. Los estudiantes frecuentemente tendrán oportunidades para conversar con sus compañeros de la clase con el nuevo vocabulario. Estudiarán los fónicos para leer y deletrear inglés, la gramática, la conjugación de los verbos estarán introducidos. Hoy es el mejor día para empezar con tus estudios del inglés. Inscribase en la clase.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>75365</td>
<td>Napa Valley Adult Education</td>
<td>6/28/22</td>
<td>7/28/22</td>
<td>Tue-Thu 6:00-8:00pm</td>
<td>Pesko</td>
</tr>
<tr>
<td>77433</td>
<td>Online</td>
<td>6/21/22</td>
<td>7/21/22</td>
<td>Self-Paced</td>
<td>Howe</td>
</tr>
</tbody>
</table>

**PREPARATION FOR COLLEGE ESL**

This course is designed for non-English-speaking students who are interested in eventually pursuing studies at a college level. This course will help to prepare students for Napa Valley College’s credit ESL classes. The emphasis is on basic grammar and vocabulary which the students will need to begin to function in a college environment. Literacy in native language is recommended.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>END DATE</th>
<th>DAY/TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>75209</td>
<td>Hybrid: Main Campus Room 1432/Online</td>
<td>6/13/22</td>
<td>7/28/22</td>
<td>Mon/Wed 9:00-11:30am</td>
<td>Klieman</td>
</tr>
</tbody>
</table>
NONCREDIT (NO FEE): CLASSES FOR OLDER ADULTS

Visual Expression #77811

This noncredit course provides older adults with the opportunity to expand their knowledge of the visual arts through the study of various artistic techniques, tools and materials. In addition to hands-on projects, students will also explore the role of art in current and past cultures.

Jun 8-July 27
Wed, 9:30-12:30pm
Upper Valley Campus, St Helena
Wright, Room 8

NONCREDIT (NO FEE): Professional Development
Safe Space Training for Educators

This course prepares members of K-16 educational institutions to create safe learning environments for LGBT students and meets the training requirements for “Safe Space” programs.

#77913                #77914
Jun 16                Jun 17
Thu, 5:30-8:20pm      Fri, 5:30-8:20pm
Online                Online
Darlington            Darlington

Looking for a team building activity or a unique way to gather with family and friends?

How about a Private Cooking Class at the Napa Valley Cooking School.

Our chefs will work with you to design a special menu that features your favorite “wish I could cook that” items. Then, you and your party show up for a hands-on class taught by one of our talented chefs. You’ll cook and then sit down to enjoy a meal together - something perfect for this holiday season or any time of the year.

Please contact elena.sirignano@napavalley.edu for pricing and menu options
This semester, we will continue to offer a series of in-person Food Enthusiast classes with limited enrollment.

If you see a class you’re interested in we recommend you sign up quickly. Of course your health and safety is important, so depending on circumstances a class may need to be cancelled due to any changing Covid 19 situation at class time.

**Napa Valley Cooking School Instructors**

**Pat Burke**
Pat Burke is a Napa resident with a long career of Nationwide BBQ awards to his honor. Born in Oakland, CA, he learned to enjoy BBQ at an early age. Fascinated with its history and many styles, he began cooking competitively in the professional BBQ circuit in 2001. His love for cooking brought him to share his passion at the Food and Wine Enthusiast Program at Napa Valley College in 2017. Pat has also been a Chef for the Oakland Raiders football team during their NFL training camp at the Napa Valley Marriott.

**Roline Casper**
Owner of Roline’s Uniquely Filipino restaurant since 2009, Roline graduated valedictorian from the Napa Valley Cooking School in St. Helena. Her mission is “To Educate & To Promote Filipino Culture Through Our Food”. Her first book, “The Easy Filipino Cookbook: 100 Classics Made Simple”, which was released in March 2020, was a #1 New Release on Amazon.

The dishes that she creates are reminiscent of her travels around the world and inspired by those she met along the way.

**Toni Chiappetta**
Toni was raised in Connecticut. by parents who worked in the food industry and has worked in restaurants mainly on the east coast before coming to Napa. She studied music in Boston before attending culinary school at the Cambridge School of Culinary Arts and an intensive 6 week study with Albert Kumin. She was a pastry chef at Table 29 and Bistro Don Giovanni before striking out on her own with Sweetie Pies Bakery in 1994. The bakery started as a small operation in rented kitchen space before moving to its current location in Sept of 2000.

**Traci Dutton**
Traci Dutton is a beverage, food and hospitality expert based in the Napa Valley. With over 20 years of tenure as a sommelier, consumer and professional educator, and beverage specialist at the Culinary Institute of America’s California Campus (CIA), she has continued to build relationships in all areas of the industry, create and track trends & shifting tastes, and hone the service & hospitality skills that are the foundation of her work ethic. Today Traci continues her work with the CIA while consulting, writing and running her own vintage cookery & libations store, Heirloom Variety, located in Calistoga.

**Greg Miraglia**
Greg Miraglia is a longtime educator and food/restaurant blogger who brings his many years of culinary expertise and passion to the Napa Valley Cooking School, gained from his time as a cook for the Napa Valley Wine Train and in the Napa Valley Cooking School Professional Chef Program. In addition to his work in the culinary arts, Greg is also a radio program host and producer on Outbeat Radio, a weekly LGBT program on KRCB Radio.
Chef Ranida Sunshine Thammarin

Ranida Sunshine Thammarin was born and raised in the city of Udon Thani in Northeastern Thailand, as the youngest of five sisters. She graduated with a degree from Le Cordon Blue in Paris. In 2006 she moved to San Francisco, a move that changed her life. She started hosting pop-up dinners, as well as teaching Thai Cooking and Baking & Pastry Classes in her home, a converted church. She has taught more than a thousand classes in the past 10 years, sharing her passion for cooking. She’s quoted as saying “Teaching for me is an experience beyond just a job - it’s more like a chance to meet people and cook together - it’s fun and rewarding”

Chef Elena Sirignano

With over 25 years in the industry as a chef, sommelier, culinary instructor, bean-to-bar chocolate maker, manager, and specialty foods entrepreneur on both the East Coast and in the Napa Valley, Chef Elena has been part of the Napa Valley restaurant scene since 1992, where she has worked with Thomas Keller as a member of the original French Laundry kitchen team and has been part of both front and back of the house operations at Bistro Don Giovanni, Pat Kuleto’s Martini House, Bouchon, and Bouchon Bakery. An experienced culinary instructor, Chef Elena has taught at Delaware Technical & Community College and the Culinary Institute of America Greystone and COPIA. She is the founder/owner of Mayacama Chocolate.

Italian Wines & Cheeses to Pair #77863

Andiamo!! Wine is produced in every single region of Italy so it’s hard to know where to start. We’ll give you lesson #1 right here: no matter where you start, it’s delicious! But also “un poco” complicated. In this class we’ll taste wines from classic regions and grape varieties as well as those from off the beaten path, plus a few of the over 350 grape varieties that are “authorized” by the Italian government. And, because all this hard work is bound to make you hungry, let’s explore a few of the timeless “formaggio” of Italy and think about the best way to serve, pair and enjoy them. Pre-registration required.

Hands-On

Jun 17
Fri, 6:00-8:00pm
UVC Teaching Kitchen, St Helena
Dutton
$95

Thai Street Food #77839

Come join us for a fun class making the Simple and Delicious and Authentic Thai food that you can make easily at home. Have fun making four delicious Thai street food courses – Gyoza, Mango Salad, Pad See Ew, and Kanom Krook. All menus or recipes can accommodate any dietary restriction. Pre-registration required.

Hands-On

Jun 18
Sat, 12:00-3:00pm
UVC Teaching Kitchen, St Helena
Thammarin
$145

Please note the Napa Valley College refund policy:

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A $5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.
Three Essential Techniques for Making Delicious Cocktails #77840

While there are so many ways to make cocktails and so many people creating these delicious libations, each one with their own “twist” on the drink. There are three techniques to be mastered that will prepare you to make thousands of different cocktails. Shaking, stirring and muddling will be covered in this class step by step the way the best mixologists do it. We’ll cover other key secrets such as: What is good ice? Does fruit really need to be fresh? How many bitters are too many bitters? We’ll discuss ways to make the most of summer with tips and tricks for DIY flavored spirits, fresh from the garden garnishes and easy ways to entertain with cocktails. **Pre-registration required.**

### Hands-on
- **Jun 24**
- **Fri, 6:00-8:00pm**
- UVC Teaching Kitchen, St Helena
- **Dutton**
- $65

Wine Tasting: Back to Basics #77841

When you listen to an expert talk about wine do you ever think, “Are they making this up? What are they talking about? Am I just bad at this?” Well, we believe that almost anyone can be a good wine taster with a little guidance and lots of practice. In this tasting class we will learn to identify the basic building blocks of wine and describe their level of intensity, discuss ways to harness your experiences to build a vocabulary for aromas and flavors, and most important, give you a clear way to describe the wines you like and a kind way to describe the wines that you don’t like. You will find your voice when talking about wine and never again say, “I don’t know anything about wine.” **Pre-registration required.**

### Demo-Tasting
- **Jul 9**
- **Sat, 10:30am-12:30pm**
- UVC Teaching Kitchen & Rm 9, St Helena
- **Dutton**
- $65

Vegetarian and Vegan Thai #77842

A perfect menu for vegan and vegetation lovers. Hands on mastering the most popular Thai soup - Tom Kha, Fresh Spring Roll, Basil Eggplant and Kanom Krook. Come to join us for another fun Thai cooking class with Sunshine making really popular vegetarian and vegan Thai dishes! **Pre-registration required.**

### Hands-On
- **Jul 16**
- **Sat, 12:00-3:00pm**
- UVC Teaching Kitchen, St Helena
- **Thammarin**
- $145

Perfect Summer BBQ Meal #77843

Beautiful summer evenings are almost upon us! Looking for main and side dishes to captivate your guests? Chef Pat will show you how to prepare some classic BBQ recipes along with tasty salads, sides, and appetizers for your Perfect Summer BBQ Meal! Let’s EAT! **Pre-registration required.**

### Hands-on
- **Aug 6**
- **Sat, 11am-2:00pm**
- UVC Teaching Kitchen, St Helena
- **Burke**
- $150
French Wines & Cheeses: How to Pair  #77844

Fromage extraordinaire! While we know that great cheese can come from all over the world, what other country has nearly 250 classified, regulated and protected by law? In this tasting class we will learn “the eight families of cheese,” sample examples, learn how to select, store and serve, and discover your favorite way to pair French wines with the cheeses you love. Beret is optional. Pre-registration required.

Hands-on
Aug 12
Sat, 6:00-8:00pm
UVC Teaching Kitchen, St Helena
Dutton
$95

Sweet and Savory Galettes  #77845

Looking for something perfect for a lunch with friends or casual dinner? Learn how to make a galette from scratch, starting with the perfect pie dough. The menu will include savory options with seasonal vegetables, regional cheeses, and even some plant-based meat substitutes. For dessert, we will feature use of fresh stone fruits. This class includes dinner. Pre-registration required.

Hands-on
Aug 13
Sat, 5:00-8:00pm
UVC Teaching Kitchen, St Helena
Miraglia
$135

Simple Delicious Thai  #77846

Come join Ranida Sunshine Thammarin to learn how to make Fun delicious authentic Thai cuisine - Golden Bag, Thai Chicken Salad, Pad Kea Mao, Mango Sticky Rice. All the menus can accommodate any dietary restrictions. Pre-registration required.

Hands-on
Aug 20
Sat, 12:00-3:00pm
UVC Teaching Kitchen, St Helena
Thammarin
$145

Register Online 24/7
Directions on Page 3
Online Courses

Learn from the comfort of home!

Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

You can complete any course entirely from your home or office, any time of the day or night.

Napa Valley College Not-for-Credit

Courses include:
• Expert Instructor
• 24-Hour Access
• Online Discussion Areas
• 6 Weeks of Instruction
• Hundreds of courses to choose from
• Monthly start sessions

Beginning Writer’s Workshop
Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively.

Grammar Refresher
Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Writing Essentials
Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Write Your Life Story
Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

Spanish for Medical Professionals
Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Effective Business Writing
Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Discover Sign Language
Discover the fun of learning sign language and using your hands to communicate with Deaf people.

Start Your Own Edible Garden
Learn how to grow delicious, nutritious fruit and vegetables in your own backyard.

For more information, additional classes, or to enroll visit: www.ed2go.com/napa
ARTS AND CRAFTS

Animal Party/Pet Portraits

Let’s face it, we all know who the family favorite is and it’s time to pay tribute to that special someone. In this four-week class we will paint an homage to honor the personality, love and loyalty of our furry friends. Worried that Mr. Lucky or Little Miss Sunshine won’t keep still for their portrait? We will work from photos and capture their essence in paint. During class, we will look at how animals have been portrayed throughout art history and create painted studies in preparation of our final painting on canvas. Just Say MEOW/WUFF! Bring photocopies of your pet and your painting supplies to first class. A $20 materials fee due to instructor first class which includes gesso prepared paper for painted studies.

Pre-registration is required.
Jun 7, Jun 14, Jun 21, and Jul 5
Tue, 9:30am-12:00pm
UVC, St. Helena
Willis, Rm 8
$275

One Day Printmaking: Experimental Monotype

See what Degas loved about this accessible printmaking process in this one, two or three-session printmaking class. It is a great time to get back into the light filled art studio at the Upper Valley campus. We will explore a painterly additive process, an abstract subtractive approach and use photo and organic material as resource. For beginner and experienced printmakers who are looking to create a small series of unique prints and have access to the Takach press. Leave with a collection of prints suitable for framing. Six people max. $25 materials fee due to instructor first class which includes all inks, most paper, and other supplies for the class. Pre-registration is required.

#77847
Jun 11
Sat, 9:30am-2:00pm
UVC, St. Helena
Willis, Rm 8
$140

#77848
Jul 9
Sat, 9:30am-2:00pm
UVC St. Helena
Willis, Rm 8
$140

#77849
Jul 30
Sat, 9:30am-2:00pm
UVC, St. Helena
Willis, Rm 8
$140

#77850
Jun 11, Jul 9, & Jul 30
Sat, 9:30am-2:00pm
UVC, St. Helena
Willis, Rm 8
All 3 classes for $360

SEWING

Quilters’ Workshop

Interested in joining a community of quilters this spring? Want to start a quilting project as a beginner but unsure of how to go about it? Need some extra help in realizing or finishing a current quilting project? Bring your own materials, tools, patterns, and interest to this low key weekly gathering of local quilters.

Register Online 24/7
Directions on Page 3

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the start of the class.
in our beautiful light-filled Art Room in St. Helena and work together under the guidance of experienced quilter and St Helena native Julie Bolander. Pre-registration is required.
June 6-July 28
Mon, 12:30-5:00pm
Upper Valley Campus, St. Helena
Bolander, Rm 8
$28

OUTDOORS

Ecological Gardening for All Levels #77853
This gardening class will take place in the Napa Valley Main Campus Student Garden and Greenhouse space, and will cover many aspects of gardening, with a focus on food production and regenerative and ecological gardening techniques. We will work together to reinvigorate, tend, and harvest from the student garden space on the main campus. Through lectures and hands-on experiential learning, students will explore the fundamentals of organic gardening and ecological agriculture, covering seed starting, crop planning, soil management, water management, fruit tree care, composting, pollinators, permaculture and more. This class is taught by Rachel Kohn Obut, who has nearly two decades of farming experience, and runs a Napa-based farm producing food and flowers and edible landscaping business. Students are to email the instructor before the first day of class for more information at rachel@littlemoonfarmnapa.com. A $25 materials fee due to instructor first class. Pre-registration is required.
Jun 10 & 24, Jul 8 & 22
Fri, 9:00-11:00am
Main Campus, Napa
Kohn Obut, Rm 836
$100

WRITING AND STORYTELLING

Storytelling with Ian McIver #77856
Storytelling is the interactive art of using words and actions to reveal the elements and images of a story while encouraging the listener’s imagination. Storytelling happens in many situations and cultures from kitchen-table conversation, telling stories to grandchildren, to giving a presentation in front of a group of people. No writing is required. You will learn the art and skill of sharing stories in a group. You will be able to pass and share your stories and skill in this art onto your children, grandchildren, friends and family. Stories can be made up, ones you’ve read from well-known fairy tales, or have experienced yourself. You will be supported and guided each step of the way in a safe and inspiring environment.
Jun 9-Jun 30
Thu, 1:00-3:00pm
UVC, St. Helena
McIver, Rm 8
$100

Introduction to Screenwriting for Television or Movies (Online) #77857
In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. And, you’ll get an inside look into the business of selling your script to agents and producers. The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online Professor of Publishing for Harvard. The webinar login information, along with a detailed tutorial to
To set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Jul 16
Sat, 7:00-8:00am
Online
Krusemark
$35 (Class fee includes materials fee)

Beginner’s Guide to Getting Published (Online) #77858

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor’s desk. You will discover how to:

• become a “published” writer overnight
• submit manuscripts the correct way
• find the right publisher for your work
• write irresistible query letters
• determine when and how to get an agent
• 100 ways to make money as a freelance writer

If you really want to succeed, this step-by-step workshop is a must!

The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.

Pre-registration is required.

Jul 16
Sat, 11:00am-1:00pm
Online
Krusemark
$55 (Class fee includes materials fee)

Explore 50 Different Self-Publishing Options (Online) #77859

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must first attend “Beginner’s Guide to Getting Published”) And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options. You will leave with a rated description of 50 self-publishing companies. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.

Pre-registration is required.

(Note: prerequisite requirement: Beginner’s Guide to Getting Published)

Jul 16
Sat, 1:00-2:00pm
Online
Krusemark
$35 (Class fee includes materials fee)

Using Amazon’s Kindle Direct to Self-Publish your Book for FREE #77860

Whether you’re looking to publish a paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and
upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

**To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.**

Pre-registration is required.

**Jul 16**
**Sat, 2:00-3:00pm**
**Online**
Krusemark
$35 (Class fee includes materials fee)

### Writing for Online Blogs, Magazines, and Websites (Online) #77861

You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- $1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

**To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.**

Pre-registration is required.

**Jul 16**
**Sat, 3:00-4:00pm**
**Online**
Krusemark
$35 (Class fee includes materials fee)

### Meet the Agent/Publisher Q&A – Get Your Manuscript Critiqued #77862

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children’s book. (Optional: You can then send your manuscript for a professional critique (for a critique fee of $50 for up to 25 double-spaced pages + $1/ page thereafter, and a list of publishers/agents who are interested in your type of work.) The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online Professor of Publishing for Harvard.

**To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.** Pre-registration is required.

**Jul 16**
**Sat, 5:00-6:00pm**
**Online**
Krusemark
$35 (Class fee includes materials fee)

Please check your class description for email instructions
MUSIC AND DANCE

Swing Dance #77864

Learn the All-American Swing! Swing is a fun and versatile dance, a 6-count version of the original “Lindy Hop” a dance created by the legendary Frankie Manning in the 1920’s at the Savoy Ballroom in Harlem. Originally danced to the swing and jazz music of big bands such as Benny Goodman, Cab Calloway and Duke Ellington, the Swing is a dynamic, athletic dance. By the mid 1930’s, the Swing was widely danced in the U.S. and Europe through the end of World War II. In the 1990’s Frankie Manning was brought out of retirement and the Neo-Swing revival began. This created a whole new generation of Lindy Hoppers and Swing dancers. Whether you like big band music, contemporary swing, or Rock & Roll, Swing rolls with it all and is one of the easiest dances you can learn! Pre-registration is required.

Jun 8-Jul 13
Wed, 6:30-7:30pm
Main Campus, Napa
Gai, Rm 601A
$100

Beginning Blues Harmonica #77867

Got the “Blues?” Beginning Blues Harmonica will get you jammin’ immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica “cry, laugh, wail, and scream!” No previous musical experience or harmonica training is required, only a love of the blues and desire to play the harmonica! Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. There will be a $15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Jul 16
Sat, 12:15-1:45pm
Upper Valley Campus, St. Helena
Broida, Rm 8
$35

Healthy Harmonica #77868

We will play the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Breathing is our foundation when playing harmonica and for a healthy, vibrant living! No previous musical ability is required—only a desire to have fun and feel more healthy and alive! Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. There will be a $15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Jul 16
Sat, 10:30am-12:00pm
Upper Valley Campus, St. Helena
Broida, Rm 8
$35

Harmonica Combo—Healthy Harmonica & Beginning Blues Harmonica #77869

Interested in Healthy and Beginning Blues classes? Sign up for both classes. Students will need a major diatonic harmonica in the key of “C,” available in class for $11 if you don’t have one. There will be a $20 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

Register Online 24/7
Directions on Page 3

VISIT WWW.NAPAVALLEY.EDU/UPPERVALLEYCAMPUS
Ukulele for Beginners

This fun class will include the basics of the ‘ukulele. Each student must have their own ‘ukulele. We will learn: ‘ukulele tuning, basic strumming, Hawaiian language and singing all in an engaging class. This class will be taught by Kumu Kawika Keikiali’i Alfiche (Hula Master) of Hāalau o Keikiali’i & Kaululehua Hawaiian Cultural Center Napa & San Francisco. **Pre-registration is required.**

#77871  #77872  
Jul 8-29  Jul 9-30  
Fri, 7:30-8:30pm  Sat, 11:30am-12:30pm  
UVC, St. Helena  Main Campus, Napa  
Alfiche, Rm 8  Alfiche, Rm 142  
$50  $50

Hula-Hawai’i’s Dance for Beginners

We celebrate the cultural dances of Hawai’i, the furthest north of all the Polynesian Islands in the Pacific. Come share in this class of both traditional and modern Hula-Hawaiian Dance for both men & women. Hula is the language of the heart and therefore the heartbeat of the Hawaiian people. These are the words of our last King Kawika Kalākaua who returned hula into the public eye after being banished by missionaries for some 50+ years (1820-1870). This fun gathering will include basics of: hula, language, history, geography, chanting, singing and more! This class will be taught by Kumu Kawika Keikiali’i Alfiche (Hula Master) of Hāalau o Keikiali’i & Kaululehua Hawaiian Cultural Center Napa & San Francisco. **Pre-registration is required.**

#77865  #77866  
Jul 8-29  Jul 9-30  
Fri, 6:00-7:00pm  Sat, 10:00-11:00am  
UVC, St. Helena  Main Campus, Napa  
Alfiche, Rm 8  Alfiche, Rm 601A  
$50  $50

**WELLNESS**

**Meditation in Everyday Life #77873**

For beginners as well as seasoned practitioners, this class will explore the benefits of meditation in everyday life. We will review basic approaches to meditation, discuss how to make space and especially time in your day to meditate, and explore how to bring the attitude of mindfulness - clarity, compassion and curiosity - into the practice of living. Come join us to discover how the value of meditation can be felt not only on the cushion but also at work, in relationships and most importantly within ourselves. **Pre-registration required.**

Jun 9  
Thu, 7:00-9:00pm  
Main Campus, Napa  
Specterman, Rm 838  
$45
LIFE PLANNING

Understanding Reverse Mortgages #77874

Reverse mortgages are designed for homeowner’s aged 62 or older that would like to utilize a portion of their home equity to increase income and cash flow without having to make a required monthly repayment. The HECM reverse mortgage is governed by HUD and insured by FHA with many consumer protections in place. You’ll learn the best way to maximize their benefits, pros and cons, eligibility, and options for receiving funds. Do you think you know and understand how reverse mortgages work? This course is going to provide the real facts, clear up any preconceived thoughts or misconceptions, and show example scenarios with the utilization of a reverse mortgage. **Pre-registration is required.**

Jul 26
Tue, 12:30-4:30pm
UVC, St. Helena
Schwartz, Rm 8
$30

Four Pillars of a Successful Retirement

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and focuses on issues that are important to people at or near retirement. Topics include:

- how to potentially enhance retirement income, including Social Security
- which types of investments are appropriate to generate retirement income
- how to make appropriate health-care decisions, including paying for potential long-term care, and
- how to help manage taxes in retirement

We will also explore some options that enable you to transfer assets to other generations of your family. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. The fee includes a PDF version of the course workbook.

*To participate in this class, after registration PLEASE send an email to marta@jacobsonwealth.com. Your instructor will send you information on how to access the class.*

Pre-registration required.
#77876
July 11-14
Thu, 6:00-7:30pm
Online
Amaton/Jacobson
$49

PROFESSIONAL DEVELOPMENT

Make Money with a Virtual Assistant/Word Processing Business (Online) #77877

If you can type, then you can make money at home using your computer. (Participants should also attend “Explore 250 Legitimate Home-Based Business Ideas” immediately following to learn necessary legal aspects.) You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. The
webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Jul 14
Thu, 6pm-7:00pm
Online
Krusemark
$35 (Class fee includes materials fee)

**Explore 250 Legitimate Home-Based Business Ideas (Online) #77878**

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover:

* more than 250 legitimate home business ideas
* many ways to market your product/service
* mandatory legal documentation and how to take tax deductions (this workshop included!)

The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.

Pre-registration is required.

Jul 14
Thu, 7:00-9:00pm
Online
Krusemark
$55

**$Monetize$ Websites, Blogs, and Social Media with Affiliate Marketing (Online) #77879**

If you can type, then you can make money at home using your computer. Having already learned all about home-based business success. You will then discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

(Note: prerequisite requirement: Explore 250 Legitimate Home-Based Business Ideas)

Jul 16
Sat, 10:00-11:00am
Online
Krusemark
$35 (Class fee includes materials fee)

**Earn Extra Money Mystery Shopping (Online) #77880**

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend “Explore 250 Legitimate Home-Based Business Ideas” immediately before to learn necessary legal aspects.) You will learn how to sign up with legitimate mystery shopping companies for FREE, avoid the scams, create a
required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelenanapa.valley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Jul 14
Thu, 9:00-10:00pm
Online
Krusemark
$35

Save $Money$ with Extreme Couponing! #77882

Learn how to save $$$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you:
* where to find all different types of coupons, even for high ticket items
* how to find the best coupon apps and websites
* how to match coupons with sales for maximum savings

This workshop is taught by someone who has used many couponing secrets to save thousands. The webinar login information, along with a detailed tutorial to set up your free Zoom account, will be emailed the day before class.

To access this class, send an email to uvc_sthelenanapa.valley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. Pre-registration is required.

Jul 16
Sat, 6:00-7:00pm
Online
Krusemark
$35 (Class fee includes materials fee)

Become a Notary Public Livestream-Secretary of State Approved (Online) #77883

Take a livestream class and the official notary exam in-person! Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. Successful Notaries are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. This livestream seminar is designed specifically for virtual learning, and responds to the current demand in the field. You will be ready to take the official notary exam and practice as a safe and effective notary. Note: Must be at least 18 years of age. A serious conviction may disqualify an applicant.

The Official Notary Exam will take place at our St. Helena campus. Completion of this class entitles students to take the Official Notary Public Exam for up to 2 years after class completion, & repeat the class free of charge for one year. A Proof of Completion for educational requirements will be issued in class. Register for the official notary exam 15 days in advance. Use this link to view schedule and register: https://www.cpsshr.us/notary/exam_registration.php.

To participate in this class, after registration send an email to uvc_sthelenanapa.valley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.

Jul 5-7
Tue/Wed/Thu, 6:00-8:15pm
Staff, Online
$119 (Class fee includes materials fee)
Notary and Notary Renewal Information
All students: Must be at least 18 years of age.
Must provide proper ID after seminar to receive Proof of Completion (required):
State-issued Driver’s license or ID card
Canadian or Mexican Driver’s license
U.S. passport or a passport issued by a foreign government
U.S. military ID card
Payment of exam fee (paid separate from class fee):
New applicants and reappointments: $40.00
Applicants who have previously taken the exam and failed: $20.00
Remember to bring a #2 pencil

Renewing Notaries (Online) #77884
Take a livestream class and the official notary exam in-person. This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. You will be ready to take the official notary exam and practice as a safe and effective notary.
Notaries with a current commission are eligible for a three-hour class. Renewing Notary must take the exam prior to their commission expiration date or they will need a six-hour seminar to qualify.
Renewing notaries are welcome to join us for all 3 sessions but will only receive a Proof of Completion reflecting the class in which they are registered!
Register for the official notary exam 15 days in advance. Use this link to view schedule and register:
https://www.cpshr.us/notary/exam_registration.php
To access this class, after registration send an email to uvc_sthelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.
Jul 5-6
Tue/Wed 6:00-8:15pm & 6:00-7:00pm
Staff, Online
$75 (Class fee includes materials fee)

Become a Loan Signing Agent (Online) #77885
Make the most out of your notary commission by becoming a certified Loan Signing Agent. Our livestream seminar will teach you how to notarize loan documents and give you a simple strategy to launch your new business. Learn the information and tools you need to succeed as a Signing Agent. Our expert teachers are seasoned in the business; they’ll teach you the process of completing a signing, best practices in the industry, and how to get loan signing assignments. All you need is your smartphone to join. A certificate is awarded upon completion of the course. Topics include:
• Notarize a loan package from any bank successfully every time
• The dos and don’ts of the profession
• What to discuss with your clients
• How to develop your own business, Getting signed up with busy signing agencies
Prerequisite: You must be a Notary or have completed ‘Become a Notary Public’ seminar.
To access this class, after registration send an email to uvc_sthelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. Pre-registration is required.
Jul 19-21
Tue/Wed/Thu, 6:00-8:00pm
Staff, Online
$139 (Class fee includes materials & certificate)
GENERAL INFORMATION

Changes/Cancellations: The Community Education Office reserves the right to cancel, postpone or combine classes, and to change instructors should there be a need. When a class is canceled or changed, every reasonable effort will be made to notify enrollees by phone or e-mail.

Disabled Student Programs and Services (DSPS): To ensure that all students have an equal opportunity to develop their potential at NVC, the DSPS office provides assistance to students who have verified disabilities, including physical limitations or learning disabilities. Off-campus noncredit classes for personal enrichment are available, as are on-campus credit classes in basic English, math, and adaptive physical education. The college campus is physically accessible, and the technical and occupational labs are designed and equipped to accommodate students with special needs. For more information, please make an appointment with the DSPS Counselor, (707) 256-7220, in the General Counseling Center, Building 1300.

Drug-Free Campus: It is an objective of Napa Valley Community College District to achieve a drug-free educational environment. Any student or employee will be expected to behave in accordance with this objective because the use of illegal drugs is inconsistent with the policies of the district and the law of the state. Smoking is allowed is designated smoking areas only.

Fee-Based Classes: Classes which are ineligible for State support must be self-supporting through registration fees. Self-supporting classes are subject to enrollment minimums but are not subject to the noncredit attendance policies. Please see Refund Policy.

Mission: Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Noncredit State-Funded Classes: Courses eligible for support from the state are free to California residents. Some state-funded noncredit courses have optional materials fees, which are noted in the individual course entries. These optional fees are payable in class to the instructor, in most cases. If you do not want supplies you do not need to pay the fee. Material fees are not refundable. Classes fewer than 15 persons enrolled and IN ATTENDANCE at the first class meeting may be canceled. Once begun, minimum attendance of 10 must be maintained for the class to continue.

Open Classes: It is the policy of the Napa Valley Community College District that, unless specifically exempted by statute, every course, course section or class, the average daily attendance of which is to be reported for state aid, whenever offered and maintained by the district, shall be fully open to enrollment and participation by any person who has been admitted to the college. (Title V, Sec. 51006)

Parking Fees: Parking permits are required on all vehicles which park on the Main Napa Campus of Napa Valley College during the following hours:

- Monday through Thursday, 6 a.m. to 10 p.m.
- Friday, 6 a.m. to 5 p.m.

No permit is required on Saturdays, Sundays and college-recognized holidays. Semester parking permits can only be purchased via the internet by going to www.nvcpd.org and look for the parking permit link. To order your permit you will need to know your vehicle license number, make, model, color, and year of your vehicle. Daily parking permits can be purchased from the parking machines located throughout the college’s parking lots. Cars without parking permits or daily passes will be ticketed.

No permit is required at the Upper Valley Campus in St. Helena.

Prohibition Of Unlawful Discrimination: The College is committed to providing an educational environment free from discrimination and harassment. To that end, Board Policy D1130, Equal Employment and Educational Opportunities and Unlawful Discrimination, states that no person shall be unlawfully denied full and equal access to, the benefits of, or be unlawfully subjected to discrimination, in whole or in part, on the basis of ethnic group identification, national origin, religion, age, sex, gender, race, color, ancestry, sexual orientation, or physical or mental disability, or on the basis of these perceived characteristics or based on association with a person or group with one or more of these actual or perceived characteristics, in any program or activity offered by the Napa Valley Community College District.
Board Policy D1130 applies to application for and treatment in college employment, as well as admission, access, and treatment in college programs and activities, including but not limited to: academic admission, financial aid, educational services, and athletics.

To file a complaint of unlawful discrimination, individuals should contact Charo Albarran, Executive Director of Human Resources, Room 1339K, phone (707) 253-3366. Non-employment complaints must be filed within one year of the date of the alleged unlawful discrimination or within one year of the date on which the complainant knew or should have known the facts underlying the allegation of unlawful discrimination.

Publication Errors: Although we make every effort to avoid mistakes, this schedule of classes is not a contract. The college does not assume liability for errors, typographical or otherwise.

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A $5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.

Special Assistance: If you are interested in taking a Community Education course but have a disability that you feel might interfere with your classroom performance, contact the Office of Special Services, (707) 253-3080 to find out about reasonable accommodations available.

Visitors, Auditors, Children and Pets: Visitors or auditors are not allowed in any class. Except for designated parent education classes targeted to parents and children or classes designed for kids, children under the age of 18 are not allowed to attend Community Education classes unless special approval has been granted by the Community Education Dean. No pets are allowed on the grounds or in classes except for certified dogs assisting the disabled.

Waiting Lists: If an enrollment is received for an activity, which has been filled, the check will be returned and your name will be placed on a waiting list. If you are waitlisted, please do not go to the class unless contacted by our office. If space becomes available, you will be contacted.

Certified American Heart Association (AHA) Training Center with current, practicing professionals providing exceptional course training.

Instructor-led courses (in-person)
Blended courses (online portion with in-person Skills Sessions)

Healthcare Professionals (Nurses, First Responders, Doctors, and more)
- BLS Provider
- ACLS Provider
- PALS Provider

General Public (Workforce: Construction, Childcare, Caregivers, Health & Fitness, Hospitality, & more)
- Heartsaver First Aid/CPR/AED
- Heartsaver CPR/AED
- Heartsaver for K-12 Schools

General Community (Community Groups, New Parents, Babysitters)
- Family & Friends CPR

Visit our website for more information and to view & register for upcoming classes.
www.napacpr.com
Any student enrolled in the current semester at Napa Valley College can visit the Food Basket once every 30 days for groceries.

For more information please call the Office of Student Life at 707-256-7342 or visit: https://bit.ly/31vffXo

Food Basket Donations

The Napa Valley College Student Food Basket provides free groceries and is a direct response to the need among our student population for more resources to fight food insecurity. The realities of food insecurity are even more present in the lives of our students who are trying to function in the midst of the COVID-19 crisis.

The NVC Student Food Basket is funded through the generosity and kindness of donors from within our community. You can help make a difference in the lives of our students by donating to this vital student support program at https://bit.ly/2XyCyP9
Looking for a new team building activity or a unique way to gather with family and friends?

How about a Private Cooking Class at the Napa Valley Cooking School

Our chefs will work with you to design a special menu that features your favorite “wish I could cook that” items. Then, you and your party show up for a hands-on class taught by one of our talented chefs. You’ll cook and then sit down to enjoy a meal together - something perfect for this holiday season or any time of the year.

Please contact elena.sirignano@napavalley.edu for pricing and menu options