

**C4 Academy**  
c4academy.org  
classes@c4academy.org  
503.339.7076

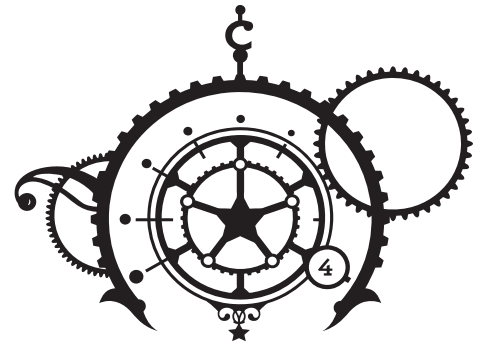
241 Commercial St NE  
Salem, Oregon 97301

## Directors

Christy Hey  
Alex Taylor  
**Class Coordinators**

Ryan Rogers  
**Program Director**

Carlee Wright  
**Associate Director**



**CLOCKWORKS**  
CAFE & CULTURAL CENTER

# Free Classes at C4 Academy!

C4 Academy, a learning academy that is part of the Culture Shock Community Project, a non-profit centered at Clockworks Cafe, is a community education organization aimed at connecting educators and students in the Salem area. The academy looks to provide new opportunities and growth for individuals of all ages through engagement in multi-disciplinary experience. During the months of June and July, we are focusing on promoting this exciting addition to Salem through providing free classes to the community! **So come down, drop in, and check us out!**

**All classes are at 6 pm unless otherwise noted. Paper and pen for note-taking suggested for all classes. American Sign Language Interpreter services available upon at least a 48 hour advance request. Schedule subject to change.**

---

## Class List:

- Instructor:** Alex Taylor  
**Class Name:** Basic Earring Class  
**Class Date:** June 22nd & July 19th  
**Ages & Class Max:** 12+/6

**Synopsis:** In this class you will learn how to make two simple pairs of earrings in an hour. This is a great introduction on basic techniques that will give you the skills to explore the enjoyment of jewelry making. No prior experience needed. **Materials provided.**

**Biography:** Alex Taylor is the owner of Bead Trunk and has over 17 yrs of jewelry making experience. With the ever-changing world of design and creativity she enjoys teaching others how to unlock their creative talents. Alex has lived in Salem for 20yrs and has been a part of the community and strives to continue to help make Salem a beautiful place by putting a smile on someone's face by learning that they too have the ability to create what comes from the heart.
- Instructor:** Christy Hey  
**Class Name:** Music for tots!  
**Class Date:** June 24th, July 1st, July 22nd, July 29th  
**Ages & Class Max:** 2-5 (parental supervision required)/8

**Synopsis:** In this one hour, parents will interact with their children and other parents and toddlers in a variety of musical activities that work to promote socialization, educational concepts, movement, motor skills, and language development. Activities involve singing, dancing, instrument playing, beanbags, scarves, and other visual tools. Come have fun and enjoy the gift of music with your children! **Materials provided.**

**Biography:** Christy Hey is a board certified music therapist (MT-BC) and currently works in the Salem area. She has a Masters in Music Therapy from Maryville University in St. Louis, Missouri and has been involved in promoting music therapy in the Salem area for the last year and a half. "Music for Tots!" has been offered in her home for the past nine months. For the past ten years, she has worked with a variety of ages and populations using music to promote healing and wellness in the community.

3. **Instructor:** Adrian Kuester  
**Class Name:** Landscape management  
**Class Date:** July 14th  
**Ages & Class Max:** All/15
- Synopsis:** Because it would be impossible to cover all the aspects of landscapes in one hour, This class will be more of a question, answer time. The discussion will be about practical solutions to landscape problems both lawn and garden, with an emphasis on proper pruning and organic and conventional lawn care. A photograph is always helpful and allows me to try and identify your problems.
- Biography:** Adrian Kuester is the owner of a local landscape management company and has been active in the landscape industry for over 30 years. From large scale irrigation installation , to golf course turf management and large scale commercial landscape maintenance . He is familiar with both the practical and not so practical methods of maintaining a landscape investment.
4. **Instructor:** Cira  
**Class Name:** Beginning Belly Dance with Tribal Influences  
**Class Date:** July 24th (11am)  
**Ages & Class Max:** 12+/10
- Synopsis:** Basic Belly Dance techniques that show isolation, basic foot work that can be done in the solo format or in a group dance. Come and enjoy moving your body to the beat of Middle Eastern music.
- Biography:** Cira has over 20 yrs of belly dance experience and has been teaching for 17 yrs in the Willamette Valley area. Her focus is on Traditional American Cabaret style of belly dance. Cira is a feature dancer at the World Beat Festival and other local events as well as a feature dancer in Portland area restaurants. Cira is known for her teaching the performance aspect of Belly Dancing and brings that to her students.
5. **Instructor:** Jason Gould  
**Class Name:** Intro to directing and digital filmmaking  
**Class Date:** June 25th , June 2nd, July 16th, & July 30th (6 pm – 9 pm)  
**Ages & Class Max:** 16+/25
- Synopsis:** Digital filmmaking is becoming easier and more accessible an art form. Where once you needed money and lots of equipment, now all you need is a decent digital camera, a script, actors, and a vision. This class will help you to learn how to turn that into a reality. Suggested reading: A Filmmaker's Handbook by Ascher & Pincus; Film Directing Fundamentals by Proferes. Attendance of all four sessions will provide the maximum filmmaking experience!
- Biography:** Jason Gould started making student films in the late 90s and has been working independently and in the industry on and off since that time. Having years of formal training on top of years of experience in the field and is in the process of starting his production company, Seditious Libel Productions.
6. **Instructor:** Emily Grosvenor  
**Class Name:** Blogging Basics  
**Class Date:** June 21st & July 12th  
**Ages & Class Max:** 18+/15
- Synopsis:** So you're curious about blogging? Now what? Blogging Basics will teach you the ins and outs of blogging for fun, promotion, and perhaps even for profit – and you'll do it all while developing your own, unique, writing voice. A basic understanding of the Internet is necessary for this course.
- Biography:** Emily Grosvenor is a writer, essayist and translator and recent transplant to Salem. In February of 2009, she launched her blog, Desperately Seeking Salem, which quickly rose to prominence and was voted "Salem's Best Blog." She teaches magazine writing in the University of Oregon's School of Journalism and Communication.

7. **Instructor:** Amanda Welch  
**Class Name:** Guitar Circle  
**Class Date:** June 28th & July 15th  
**Ages & Class Max:** 12+/6
- Synopsis:** Students will be able to have something new to play. Curriculum will change depending on the students' want/ability.
- Biography:** Amanda Suzan Welch, was born and raised in Charleston, SC. Her father made sure that she had a guitar at the age of five. She is self-taught and open to teaching and learning different styles and techniques.
8. **Instructor:** Summer Keightley  
**Class Name:** Vegan Cooking  
**Class Date:** June 23rd & July 26th  
**Ages & Class Max:** 12+/20
- Synopsis:** The vegan cooking class will give you basic information about how to construct easy and delicious healthy vegan meals. We will sample a variety of dishes as well as discuss the benefits of a plant-based diet.
- Biography:** Summer Keightley has been vegan since 2001. She has always had a healthy interest in cooking and baking which led her to running a home-based vegan baking business for two years. Since then, Summer has self-published one vegan cookbook and is finishing a second. She specializes in quick, healthy food.
9. **Instructor:** Krystle Withers  
**Class Name:** Basic Sign Language  
**Class Date:** June 30th , July 7th, July 14th & July 21st  
**Ages & Class Max:** all ages/30
- Synopsis:** Basic ASL class will teach you how to have a general conversation using ASL. Come explore this visual language...you will be surprised how fun signing can be! Attendance of all four sessions will provide the maximum sign language experience!
- Biography:** Born and raised in Salem, Krystle graduated from WOU with her BA in ASL and English interpreting. She has been practicing ASL for nearly 10 years.
10. **Instructor:** Whitney Moulton  
**Class Name:** What is the double bass?  
**Class Date:** July 8th  
**Ages & Class Max:** All ages/Any
- Synopsis:** Whitney Moulton plays and teaches all kinds of music with the "upright string bass." She will share her knowledge of the instrument, its' history, and its' players, and play examples of the great variety of music it is used in, from solos to orchestra repertoire.
- Class Name:** Evolution of Jazz Bass Playing  
**Class Date:** July 23rd  
**Ages & Class Max:** All ages/Any
- Synopsis:** Whitney Moulton plays and teaches all kinds of music with the "upright string bass." She will share her knowledge of the instrument, its' development in jazz, significant players, and demonstrate the styles and techniques of bass playing in jazz.
- Biography:** Whitney Moulton, bassist/educator, is a versatile musician. Within four years of moving to New York City, Whitney played and toured in a variety of settings, including with jazz artists Sarah McLawler, Carol Sudhalter, and many Count Basie Orchestra alumni. She performed in major venues such as Historic Minton's Playhouse, Birdland, Carnegie Hall, and Lincoln Center.
11. **Instructor:** Mary Collins  
**Class Name:** On the Mat  
**Class Date:** July 1st, July 15th, & July 29th (all @ 7 pm)  
**Ages & Class Max:** 14+/15
- Synopsis:** What moves you? Your spirit? Your muscles? (The frosted cupcake over there?) Come to a yoga mat to learn this, plus flexibility, strength, and patience. No experience required. Please wear loose clothing, bring a thin blanket and a yoga mat. Also please refrain from eating 20 minutes before class.
- Biography:** Mary Collins has lived in Salem since 1995, and continues to be delighted with the eclectic possibilities a small city offers. Mary is studying for certification as a personal trainer, and has incorporated yoga into her own life for 12 years.

12. **Instructor:** Leslie Grasa  
**Class Name:** Creating Personal Ritual – Honor Your Life with Ceremony & Celebration  
**Class Date:** June 29th (7 pm) & July 17th (3 pm)  
**Ages & Class Max:** 16+/15
- Synopsis:** What does ritual mean to you? In our society, rituals are often used to mark important chapters in our life stories – weddings, births, deaths...yet what about important life events that have no traditional rituals such as divorce, a new job, or reaching a personal milestone? Through storytelling, guided meditation, and shamanic journeywork, this class will encourage you to explore your life story and identify the chapters that need attention, healing, and honor. You will then learn tools to create a personal, powerful, healing ritual to celebrate your life and joyfully redefine your life story.
- Biography:** Leslie Grasa is a Reiki Master and Life Coach. With an MA in Theatre and over fifteen year's experience in event planning, ritual and ceremony have become powerful tools for her professionally and personally. She regularly uses ritual to celebrate, to grieve, and to help interpret and refine her personal journey in life. She is honored now to share some tips she has learned along the way.
13. **Instructor:** Carlee Wright  
**Class Name:** T-Shirts  
**Class Date:** June 28th (5pm)  
**Ages & Class Max:** 10+/12
- Synopsis:** Got a crowded closet of t-shirts that are just not quite the right fit? Then this class is for you! Come get inspired to refashion a t-shirt into something new! No skills required! Just a big shirt or two (or more), scissors, and enthusiasm! Supplies needed: large t-shirt and scissors.
- Class Name:** DIY Wallets  
**Class Date:** June 28th (5pm)  
**Ages & Class Max:** 10+/12
- Synopsis:** Got a crowded closet of t-shirts that are just not quite the right fit? Then this class is for you! Come get inspired to refashion a t-shirt into something new! No skills required! Just a big shirt or two (or more), scissors, and enthusiasm! Supplies needed: large t-shirt and scissors.
- Biography:** Crafting and sewing since she was knee high to a grasshopper, Carlee Wright holds a diploma in Design & Dressmaking, as well as New Media Arts and comes from a family of designers, seamstresses and milliners. In addition to being the Associate Director of the Culture Shock Community Project, Carlee designs, sews, Ceili dances, paints and plays Trixie in the Rocky Horror Picture Show. A native of Victoria, BC, Canada, she and her three kids have called Salem their home for almost 7 years.
14. **Instructor:** Dane Shepherd  
**Class Name:** Introduction to DJing  
**Class Date:** June 29th, July 6th, July 13th, July 20th, July 27th  
**Ages & Class Max:** under 21/any
- Synopsis:** In this class, you will be understanding components and processing for the typical Disc Jockey. A hands on experience for wannabe DJ's to practice on professional DJ gear provided by CLUB WORKS Sound & Lighting and American DJ / American Audio. Work with some of Oregon's Top Club DJ's for over 20 years in the industry and who have also trained most of today's younger professional Club DJ's. **May run longer than one hour.**
- Biography:** Dane Shepherd Owner / Operator of CLUB WORKS Sound & Lighting and I-5 Entertainment LLC has established these entertainment companies as leaders and pioneers for the day to day Restaurant & Lounge business owner. Working with the Top Manufacturers for DJ and Karaoke equipment for over 20 years Dane has cultivated many relationships which allows these companies to R&D NEW products and talent on the horizon.

15. **Instructor:** Randy Hartley  
**Class Name:** Fingerstyle Guitar  
**Class Date:** July 5th & July 28th  
**Ages & Class Max:** Any/Any
- Synopsis:** The primary focuses for the hour will be many (the number of topics and the depth of each topic will be determined according to the various levels of students' previous knowledge and the class size). There will be plenty of time allotted for students' individual questions through the entire length of the class.
- Biography:** Randy is a patient and friendly instructor. He has been developing, performing and teaching one of the world's largest solo guitar repertoires for 45 years. He has taught ages 3-85, beginners to pros, how to play pop, blues, classical, bluegrass, Latin styles, jazz, flamenco, gospel, country, reggae, rock, TV and movie themes and old standards. Randy can instruct to very advanced levels in music theory, note reading, song writing, arranging skills, and performance techniques. He can teach both flatpicking and finger-picking styles, and equip each student with the skills to play with other musicians or to play solo. Randy constantly studies great guitar players' techniques from every music genre. His number one mentor has always been Chet Atkins. He has attended master classes taught by classical guitar masters Christopher Parkening, George Sakellariou and Michael Lorimer, who were all students of Andre Segovia. He also attended a master class with flamenco guitar master Juan Serrano.
16. **Instructor:** Ursula Sperry  
**Class Name:** Intro to Knitting  
**Class Date:** July 10th & July 24th (both @ 3pm)  
**Ages & Class Max:** 12+/8
- Synopsis:** In this class, participants will work with Ursula to make a pot holder, tea cozy, or scarf. She will cover the basic fundamentals of knitting including cast on, purl, knit, increase/decrease, and shapes. **Materials not provided.**
- Biography:** Originally hailing from Detroit, MI, Ursula is a Mid-West native who transplanted in 2006. She's earned two degrees and has a passion for learning new things, and having new experiences. The best way to do that in her opinion, is to interact with new people as often as she can.
17. **Instructor:** Jessica Ramey  
**Class Name:** Experience Salem's Zine Scene!  
**Class Date:** July 7th 4:00 - 8:00 pm (during First Wednesday Art Walk)  
**Ages & Class Max:** any/any
- Synopsis:** Simply by having a table or two with sharpies, blank paper and clipboards, we will ask Salemites to create self portraits and answer a question about their life in Salem. Then we can collect all of their submissions and turn them into a community zine. The zines could then be featured at Clockworks. Participants reflect about their Salem experience and learn about zines. I will provide handouts about how zines are made and give some history about zines. Participants also are able to experiment using basic supplies to create self-portraits, which are both reflective of who they are and how they see themselves. When the entries are then assembled as a collective, each participant can explore the diversity that makes up Salem.
- Class Name:** Storytelling through Assemblage Art  
**Class Date:** July 20th 6:00pm - 8:00 pm  
**Ages & Class Max:** 12+/15
- Synopsis:** Experience the journey of creating art with everyday found objects. We'll explore the basic process of collage. Impromptu themes along with step-by-step instruction will guided you through the creative process. You'll leave with a completed assemblage art block and a story to share. **Please bring your scissors. All other materials will be supplied.**
- Biography:** Jessica's passion for art drew her to the University of Oregon where she graduated with a Fine Arts degree. Since then she has worked as a graphic designer and free lance artist. Dabbling in a little bit of everything, Jessica enjoys experimenting with new concepts and designs while teaching in the community.
18. **Instructor:** Kev Kohler  
**Class Name:** Teach me to draw  
**Class Date:** June 21st, June 28th, July 5th, July 12th, July 19th, & July 26th (all @ 7 pm)  
**Ages & Class Max:** any/20
- Synopsis:** A basic instruction for the beginner artist, this class is a must before taking on more advanced teaching. It explains how basic shapes and shadows create a world that perspective will enhance. Easy instructive lessons and practice will prove that anyone can be taught how to draw. Attendance of all six sessions will provide the maximum drawing experience!

**Biography:** Kev Kohler has been a technical illustrator and commercial artist. He was an illustrator for the 1st Marine Division and has a Bachelor of Fine Arts. He came to Oregon in 1984 to become the art director for Oregon State Parks. He has won several awards for his art and was featured in OPB's Oregon Art Beat in April 2006. He now is a freelance artist and owns a frame shop in Dallas, Oregon.

19. **Instructor:** Tim Mahoney  
**Class Name:** Daily nutrition for the average Joe  
**Class Date:** June 6th & June 20th (both 5pm)  
**Ages & Class Max:** any/any

**Synopsis:** In this class, you will learn about proper proportions, low glycemic vs. high glycemic index, the benefits of specific foods and vitamins, and examples of healthy meals. This class is designed to teach you healthy living through proper eating and exercise to increase your mental and physical well-being.

**Biography:** Tim Mahoney has a long and successful history in health and athletics. He has participated in Wrestling, football, soccer, and track, as well as achieving "Most Physically Fit Marine" during his tenure in the Marine Corps. For three years now Tim has studied nutrition through Exercise and Nutrition Works under the guidance of Lucho Crisalli, and is a certified sports nutrition specialist. He is an active runner, having most recently competed in the "Iris Festival Run". Tim is currently the Nutrition specialist and off skate strength training coach for the Cherry City Derby Girls. Most recently, Tim is the owner and trainer for his own CrossFit Box in Keizer on River Rd where he, along with his wife and three kids are helping change the health and well-being of the Salem/Keizer residents.

20. **Instructor:** Megan Crandall  
**Class Name:** Container gardening basics  
**Class Date:** June 23rd & July 14th (both @ 5 pm)  
**Ages & Class Max:** 16+/15

**Synopsis:** In this class, you will learn how to grow some fresh herbs for cooking. Whether you have a yard to plant or an apartment with container space, a Master Gardener will share when and where to plant and harvest herbs such as sage, rosemary, oregano, thyme, and basil.

**Biography:** Megan Crandall moved to Oregon from Southern Ohio three years ago. She enrolled in the Oregon State University Extensions Master Gardener certification course to learn how to garden in the different climate. She has been a gardener for more than 12 years.

21. **Instructor:** Troy Wenning  
**Class Name:** Shift Happens: Natural Strategies for Adapting to Rapid Change  
**Class Date:** July 9th  
**Ages & Class Max:** 18+/21

**Synopsis:** This workshop will feature Energy Psychology interventions to deal with varying degrees of stress gracefully & naturally, be it growing everyday stress, personal crisis or natural disasters.

**Biography:** Troy Wenning is a Reiki Master, Dynamic Energetic Healing Practitioner, & has had 10 years experience studying the I Ching & Mayan Calendar, as well as other personal development systems.

22. **Instructor:** Briana Lawson  
**Class Name:** Tell me a time when...  
**Class Date:** July 9, July 16, July 23 5pm  
**Ages & Class Max:** 18+/20

**Synopsis:** Are you having a hard time getting your resume to stand out? Do you freeze up in interviews when asked to rattle experiences from your past? Are you changing industries and are unsure how to make your past experience provide value to your future industry? Come learn some easy tips and tricks to gain confidence in writing your resume and surviving an interview. Be ready to think on your feet and learn from others in this interactive class.

**Biography:** Briana Lawson has spent the past decade as a consultant, successfully reinventing herself many times over as her interests and career goals have changed. She is passionate about doing what you love and making it pay off, through the use of creativity and fearlessness. More importantly than her formal education in Physics, Nursing and Culinary Arts, are her life skills. She's lived in 13 states, a few different countries and has called Salem home for a year now.

# FREE CLASS SCHEDULE

# JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

20

Emily Grosvenor  
*Blogging Basics*  
6pm

Kev Kohler  
*Teach me to Draw*  
7pm

Alex Taylor  
*Basic Earring Class*  
6pm

Megan Crandall  
*Gardening Basics*  
5pm

Summer Keightley  
*Vegan Cooking*  
6 pm

Krystle Withers  
*Beginning ASL*  
6pm

Carlee Wright  
*D/Y Wallet*  
5pm

Christy Hey  
*Music for Tots*  
6pm

Jason Gould  
*Directing/Filmmaking*  
6pm

Carlee Wright  
*Refashion 'd Tees*  
5pm

Amanda Welch  
*Guitar Circle*  
6pm

Dane Shepherd  
*DJ/VJ*  
6pm

Leslie Grasa  
*Creating Ritual*  
7pm

Krystle Withers  
*Beginning ASL*  
6pm

# FREE CLASS SCHEDULE

# JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Christy Hey <i>Music for Tots</i> 6pm Mary Collins <i>On The Mat</i> 7pm	2 Jason Gould <i>Directing/Filmmaking</i> 6pm	3
4	5 Randy Hartley <i>Fingerstyle Guitar</i> 6pm Kev Kohler <i>Teach me to Draw</i> 7pm	6 Tim Mahoney <i>Daily Nutrition</i> 5pm Dane Shepherd <i>DJ/VJ</i> 6pm	7 Jessica Ramey <i>Zine Scene</i> 4pm Krystle Withers <i>Beginning ASL</i> 6pm	8 Whitney Moulton <i>What is the Double Bass?</i> 6pm	9 Briana Lawson <i>Tell Me a Time When...</i> 5pm Troy Wenning <i>Shift Happens</i> 6pm	10 Ursula Sperry <i>Beginning Knitting</i> 3pm
11	12 Emily Grosvenor <i>Blogging Basics</i> 6pm Kev Kohler <i>Teach me to Draw</i> 7pm	13 Dane Shepherd <i>DJ/VJ</i> 6pm	14 Megan C. Gardening 5pm Krystle W. ASL 6pm Adrian Kuester <i>Landscaping</i> 6pm	15 Amanda Welch <i>Guitar Circle</i> 6pm Mary Collins <i>On The Mat</i> 7pm	16 Briana Lawson <i>Tell Me a Time When...</i> 5pm Jason Gould <i>Directing/Filmmaking</i> 6pm	17 Leslie Grasa <i>Creating Ritual</i> 3pm
18	19 Alex Taylor <i>Basic Earring Class</i> 6pm Kev Kohler <i>Teach me to Draw</i> 7pm	20 Tim M. Nutrition 5pm Dane S. DJ/VJ 6pm Jessica Ramey <i>Assemblage Art</i> 6pm	21 Krystle Withers <i>Beginning ASL</i> 6pm	22 Christy Hey <i>Music for Tots</i> 6pm	23 Whitney Moulton <i>Bass Jazz Evolution</i> 6pm	24 Cira <i>Bellydancing</i> 11am Ursula Sperry <i>Beginning Knitting</i> 3pm
25	26 Summer Keightley <i>Vegan Cooking</i> 6pm Kev Kohler <i>Teach me to Draw</i> 7pm	27 Dane Shepherd <i>DJ/VJ</i> 6pm	28 Randy Hartley <i>Fingerstyle Guitar</i> 6pm	29 Christy Hey <i>Music for Tots</i> 6pm Mary Collins <i>On The Mat</i> 7pm	30 Jason Gould <i>Directing/Filmmaking</i> 6pm	31