

# FREE CLASSES IN SEPTEMBER

*- schedule & details -*

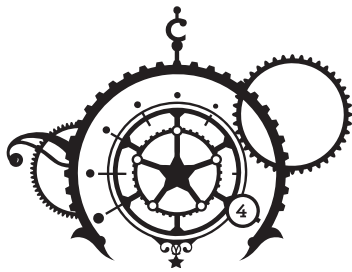
*Culture & Community Courses  
At Clockworks Cafe  
241 Commercial St. NE*



**CULTURE  
SHOCK**  
COMMUNITY PROJECT



**CLOCKWORKS**  
CAFE & CULTURAL CENTER



**C4 ACADEMY** @ Clockworks Cafe & Cultural Center  
classes@c4academy.org | 503.339.7573 | www.c4academy.org

Class Coordinators: Christy Hey & Alex Taylor  
Program Directors: Ryan Rogers & Carlee Wright

C4 Academy is a grassroots learning annex created by community members, for community members. The classes, whose focus can be from a myriad of disciplines, are brought to us by professionals and experienced community members, and designed to be direct learning experiences for those who attend. C4 Academy returns to the roots of true education, hearkening back to the Greek "academy" where masters of disciplines share their knowledge with willing and eager members of the community. The primary design of these classes is to give students a useful or interesting new skill or perspective. The C4 Academy looks to provide new opportunities and growth for individuals of all ages.

C4 Academy is a part of the Culture Shock Community Project (a 501(C)3 nonprofit, Salem based organization) and is housed in the nonprofit Clockworks Cafe & Cultural Center.

*Please see calendar for start times. Most classes start at 6 PM and are approx. 1 hour unless otherwise listed. All classes subject to change.*

### **Basic Earring Class**

**Instructor:** Alex Taylor  
**Class Date:** September 14th  
**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 & 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 the heart.*

### **Music for Tots!**

**Instructor:** Christy Hay  
**Class Date:** September 22nd  
**Ages & Class Max:** 2-5 (parental supervision required)/8  
**Synopsis:** In this hour class, 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, & language development. Activities involve singing, dancing, instrument playing, beanbags, scarves, & other visual tools. Come have fun & 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.*

### **Intro to Directing & Digital Filmmaking**

**Instructor:** Jason Gould  
**Class Date:** September 25th (3-6 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.

**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.*

### **Blogging Basics**

Emily Grosvenor  
September 27th  
18+/15  
**Instructor:** So you're curious about blogging? Now  
**Class Date:** what? Blogging Basics will teach you  
**Ages & Class Max:** the ins and outs of blogging for fun,

**Synopsis:** 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.*

### **Guitar Circle**

**Instructor:** Mandi Welch

**Class Date:** September 10th, September 24th

**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 (Mandi) 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.*

### **Vegan Cooking**

**Instructor:** Summer Keightley

**Class Date:** September 8th & 29th

**Ages & Class Max:** 12+/15

**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.*

### **On the Mat**

**Instructor:** Mary Collins

**Class Date:** September 2nd, 16th & 30th (7- 8:30 pm)

**Ages & Class Max:** 14 – 60/20

**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.*

### **Intro to Shamanic Journey**

**Instructor:** Leslie Grasa

**Class Date:** September 18th (3 pm)

**Ages & Class Max:** 14+/25

**Synopsis:** Similar to prayer or meditation, shamanic journeying is an ancient way of communing with the spiritual world. Leslie will use a drumbeat and her voice to lead participants on a guided journey to connect with the loving guidance of Spirit, as well as their own inner wisdom. No prior journey experience is necessary.

**Biography:** *Leslie Grasa, Reiki Master, teaches Reiki, and Shamanic Healing, and offers healing sessions and life coaching for individuals and groups. She is honored to support others to explore, honor, heal, celebrate, and create the lives they dream of.*

### **Fingerstyle Guitar**

**Instructor:** Randy Hartley

**Class Date:** August 31st, September 7th, 14th, 21st, 28th (all at 7 pm)

**Ages & Class Max:** any/any

**Synopsis:** The primary focuses for the hour will be many, if not all of the following topics (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).

- Useful tips on holding the guitar in the one position that maximizes efficiency for both hands
- Useful tips on minimizing frustration and fatigue during practice
- Multiple techniques for the fingers of both hands
- How to quickly learn every note on the guitar
- How to recognize chord shapes up and down the neck

There will be plenty of time allotted for students' individual questions throughout the entire length of the class. Must bring own guitar.

**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, songwriting, arranging skills, and performance techniques. He can teach both flatpicking and fingerpicking 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. For more information, call Randy at 971-208-4193.

### **Container Gardening Basics**

**Instructor:** Megan Crandall

**Class Date:** September 7th & September 28th

**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.

### **Shift Happens:**

#### **Tools of Grace for Life's Pace**

**Instructor:** Troy Wenning

**Class Date:** September 17th

**Ages & Class Max:** all/21

**Synopsis:** Resistance to change is the common source of emotional pain. This workshop utilizes Energy Psychology strategies to integrate everyday life changes, big or small.

**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.

### **Fitness for Anyone**

**Instructor:** Andy Bolliger

**Class Date:** September 1st, 15th, 29th

**Ages & Class Max:** 0-100/no max

**Synopsis:** You at any age or fitness level can take control of your future health by understanding how your body works, we will teach you the fundamentals of fitness.

**Biography:** Owner of Crossfit Salem, College Athlete, Fitness Nut

### **Better Understanding Islam**

**Instructor:** Laurie Erikson

**Class Date:** September 11th , (2-5 pm)

**Ages & Class Max:** 3-99/35

**Synopsis:** A brief history of the Middle East to provide a backdrop on current events along with a glimpse into some of the cultures, the people and the Qu'ran.

**Biography:** Laurie A. Erickson, Master of Arts Degree in Interdisciplinary Studies (2006): Ethnic Studies, Women's Studies, Anthropology-with a Thesis Project- Islamic Movement Among African American Women, Speaker at the Oregon State University Conference on Culture and Gender (2003) Feminism In Islamic Culture, (2004) Rape of Black Women, Blues Music of the 1920's and Second Wave Feminism, Speaker/Instructor for AmeriCorps Symposium-Sleeping with Rodents (Living in Poverty)(2007)

### **Intro to Balloon Sculpting**

**Instructor:** Tom White

**Class Date:** September 2nd

**Ages & Class Max:** 8+/20-30

**Synopsis:** Learn how to make balloon animals and other fun shapes.

**Biography:** Tom White is a resident of Salem and performs as a singer and entertainer at Hospitals, retirement facilities and other institutions.

### **Artist Trading Cards - Make & Trade**

**Instructor:** Ronda Wymore

**Class Date:** September 8th & 22nd

**Ages & Class Max:** 13 yrs. & up/no max

**Synopsis:** In this class, we will make and trade Artist Trading Cards (ATC'S). We will make an edition of at least 2 cards during class, one to keep and one to trade (as desired.) ATC's are easy, fun, and they set your imagination free! ATC's are miniature "works of art" using mediums like rubber stamping, drawing or painting, collage, fabric, polymer clay, etc. The only hard and fast rules are they must be 2 1/2 X 3 1/2 inches in size, and must NEVER be sold, only traded or exchanged. I will bring card stock blanks that are pre-cut to the correct size, as well as some art supplies, papers and embellishments.

Students should bring (if possible) the recommended items below, as well as any of the optional items listed. Recommended items: (I will have a few to share) Scissors or paper trimmer, Adhesive (glue, tape, etc.). Optional items: (the more we have the more fun it could be), Magazines to cut up fibers/ribbons/fabric scraps, paper (even scraps), art supplies, scrapbook supplies clay supplies, etc., flattish hardware items, stickers, family photos (photocopies if you don't want to cut up originals) . . . Anything you think could be glued to a piece of paper!!! No artistic experience necessary!

**Biography:** *I am a "jack of all crafts" and have fallen in love with Artist Trading Cards as a way to produce miniature works of imagination using any technique under the sun!*

### **The Be Sweet Project**

**Instructor:** Austin Rowlander  
**Class Date:** September 9th & 16th  
**Ages & Class Max:** 2-98/15  
**Synopsis:** Make things. Give them to strangers. Share your story. Repeat.

**Biography:** *Austin is a community organizer and for the past 6 months, Austin has been raiding his neighbor's flower garden and the local Hallmark stores for things to give to strangers to make them smile. Questions? austin.rowlander@gmail.com*

### **How to Solve a Rubix Cube**

**Instructor:** Kelly Williams Brown  
**Class Date:** September 9th & 30th (7 pm)  
**Ages & Class Max:** All ages/5 (requires — literally — hands-on instruction)  
**Synopsis:** There's more than one way to solve a Rubix Cube, but I only know one, which I will in turn transmit to you, step-by-step. It's likely that this class will take more than one session to completely solve the cube, depending on the student. Must bring own Rubix cube!

**Biography:** *K. Williams Brown can solve a Rubix cube in usually under 5 minutes. She's been solving them since the summer of 2007, when her little sister taught her how.*

### **Southern Charm and Manners 101**

**Instructor:** K. Williams Brown  
**Class Date:** September 1st (7 pm)  
**Ages & Class Max:** All ages/10  
**Synopsis:** Lots of people think of manners as which fork to use, but the truth of the matter is that manners gives us a structure, a way to interact with others that makes them feel comfortable and

welcome. In this class, you'll learn how (and why) to write a superlative thank-you note, how to hand out dreadful insults without others noticing, why manners can make all the difference when searching for a job and, as a bonus, how to make pimiento cheese to serve and impress guests at the last minute.

**Biography:** *K. Williams Brown was raised in Louisiana and Texas, went to etiquette school as a child and still sends out thank-you notes for all occasions. She is an entertainment reporter.*

### **DIY Children's Portraiture**

**Instructor:** Anati J. Neiffer  
**Class Date:** October 2nd (3 pm)  
**Ages & Class Max:** 16+/20  
**Synopsis:** Teaching parent photographers (or aspiring photographers) the basics of children's portraiture. Learn not only how to technically compose images in your camera, but how to create the expressions and poses that the professionals do. This course is designed with the novice in mind and any skill level or camera type is welcome. Everything taught during the class will be included in a handy guide to take home for implementation.

**Biography:** *Anati Neiffer is an award-winning, internationally published, certified professional photographer that has been operating her own private studio for 9 years. Specializing in portraiture, specifically infants and children, Anati loves to create images that show the delights of childhood, softness of infancy and the parental-child love that can only be shown through facial expressions.*

### **Soul Writing**

**Instructor:** Marcella Swartzendruber  
**Class Date:** August 30th & September 20th  
**Ages & Class Max:** 14 to 400/any  
**Synopsis:** In this class we explore writing exercises that tap into the soul and can be used as a tool for healing and for dreaming. Bring a journal or spiral notebook, and a fluid writing pen, one that does not skip. I am a teacher & writing instructor as well as an academic published author. Writing from the soul is like meditation, it is talking to the inner you but actually getting answers back. This is taught with the individual in mind & all writing levels are welcome.

**Biography:** *Marcella believes writing is like anything whether music, painting or drawing. There is a science, and heart and an art to all things creative.*

### **Zumba**

**Instructor:** Brittany McBee

**Class Date:** August 31st, September 14th & 21st

**Ages & Class Max:** 10+/any

**Synopsis:** Latin dance workout class for all ages. Lots of fun, just follow my lead and we'll have a great time!

### **Planning a Special Event - On a Budget!**

**Instructor:** Dorri Wassom

**Class Date:** September 23rd (6-8 pm)

**Ages & Class Max:** 18+/25

**Synopsis:** I will share money and time saving ideas for your special day.

**Biography:** *Dorri has 20+ years experience in floral, catering, decorating for weddings. Dorri is the owner of For the Love of Pete Catering and Floral Artistry.*

### **Financial Security in Unsure Times**

**Instructor:** Steven Goto

**Class Date:** August 30th (7pm) & September 13th

**Ages & Class Max:** 22-65/15

**Synopsis:** Recent market volatility has brought heightened apprehension and uncertainty throughout the financial markets. It's prudent for investors to take a deep breath and reflect on what history tells us about market declines, and what may follow. We can't control the markets. But we can understand the facts, and the implications for each of us.

**Biography:** *I am a financial advisor with Waddell and Reed. I have a degree in Finance and Japanese from the University of Oregon.*

*Investors should consider the investment objectives, risks, charges and expenses of a mutual fund carefully before investing. For a prospectus containing this and other information for the mutual funds offered by Waddell & Reed, call your financial advisor or visit us online at [www.waddell.com](http://www.waddell.com). Please read the prospectus carefully before investing.*

*As with any mutual fund, the value of the Fund's shares will change, and you could lose money on your investment*

### **CranioSacral Therapy**

**Instructor:** Janette Warren, LMT #11510

**Class Date:** September 13th (migraines) & September 27th (pregnancy)

**Ages & Class Max:** any/any

**Synopsis:** Find out how moms with low back pain, heartburn, indigestion and GI problems get more relief from CranioSacral Therapy than traditional massage. Baby's head can be

torqued to the side for many months and come out with torticollis. A fast delivery, suction, or long delivery can be traumatic for baby's cranial bones. Find out how a CranioSacral Treatment can unwind not only the birth traumas, but help with colic or sucking problems due to the bones or cranial nerves in the head being twisted or jammed from delivery. Also find out how some of your problems as an adult can be traced to your birth. CranioSacral Therapy is also used for head traumas, headaches, sinus, TMJ, or issues relating to the nervous system for any age. On September 13th, learn about migraines and how CranioSacral Therapy can release pressure and pain.

**Biography:** *A 33-year bodywork veteran starting with Jin Shin Do Acupressure, who now is a Teaching Assistant with Upledger's CranioSacral Therapy and Lymphatic Drainage Therapy, uses these modalities and others she has trained in through the years to come up with her unique brand of "tissue release" that works even on bone and joints. She welcomes all challenging situations to bring relief to an individual or their family. Please see her website: [www.iahp.com/janettewarren](http://www.iahp.com/janettewarren)*

### **Grass Roots Marketing in Salem**

**Instructor:** Ryan Rogers

**Class Date:** September 20th (7pm)

**Ages & Class Max:** 8+/20

**Synopsis:** Offering a general overview of how to market, cheaply but effectively, local/grassroots events and projects, with a specific focus on Salem.

**Biography:** *Ryan Rogers is the founder and executive director of the Culture Shock Community Project of Salem, which has produced such programs as the 13 Nights of Halloween, the Cherry City Derby Girls, Clockworks Cafe, C4 Academy, Salem NOW! and Stereo Salem.*

### **Thriller Dance Lessons**

**Instructor:** Kelly Whaley Stevenson

**Class Date:** Tuesdays & Thursdays (7 pm)

**Ages & Class Max:** 10+/20

**Synopsis:** Learn the Thriller dance so you can participate in the 13 Nights of Halloween Thrill the World record breaking on Saturday, October 23 at 4 PM in Salem.

**Biography:** *Kelly assisted teaching Thriller dance lessons for our Thrill the World experience at Culture Shock's 2009 Thirteen Nights of Halloween event; We are glad she is returning to help us again!*

# AUG/SEPT/OCT

# 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 30 Marcella <i>soul writing</i> 6pm Steven <i>financial planning</i> 7pm	31 Brittany <i>Zumba</i> 6pm Randy <i>guitar</i> 7pm Thriller Lesson 7pm	September 1 Andy <i>fitness</i> 6pm Kelly <i>charm 101</i> 7pm	2 Tom <i>balloons</i> 6pm Mary <i>yoga</i> 7pm Thriller Lesson 7pm	3	4
5	6 LABOR DAY NO CLASSES	7 Megan <i>gardening</i> 6pm Randy <i>guitar</i> 7pm Thriller Lesson 7pm	8 Ronda <i>ATC</i> 6pm Summer <i>vegan cooking</i> 7pm	9 Austin <i>be sweet</i> 6pm Kelly <i>Rubix cube</i> 7pm Thriller Lesson 7pm	10 Mandi <i>guitar</i> 6pm	11 Laurie <i>Islam</i> 2-5pm
12	13 Steven <i>financial planning</i> 6pm Janette <i>CranioSacral Migraines</i> 7pm	14 Alex <i>basic earrings</i> 6pm Brittany <i>Zumba</i> 6pm Randy <i>guitar</i> 7pm Thriller Lesson 7pm	15 Andy <i>fitness</i> 6pm	16 Austin <i>be sweet</i> 6pm Mary <i>yoga</i> 7pm Thriller Lesson 7pm	17 Troy <i>shifting</i> 6pm	18 Leslie <i>Shamanic journeys</i> 3pm
	20 Marcella <i>soul writing</i> 6pm Ryan <i>grass roots marketing</i> 7pm	21 Brittany <i>Zumba</i> 6pm Randy <i>guitar</i> 7pm Thriller Lesson 7pm	22 Ronda <i>ATC</i> 6pm Christy <i>music for tots</i> 6pm	23 Dorri <i>event planning</i> 6pm Thriller Lesson 7pm	24 Mandi <i>guitar</i> 6pm	25 Jason <i>filmmaking</i> 3-6pm
26	27 Emily <i>blogging</i> 6pm Janette <i>CranioSacral Pregnancy</i> 7pm	28 Megan <i>gardening</i> 6pm Randy <i>guitar</i> 7pm Thriller Lesson 7pm	29 Andy <i>fitness</i> 6pm Summer <i>vegan cooking</i> 7pm	30 Kelly <i>Rubix cube</i> 7pm Mary <i>yoga</i> 7pm Thriller Lesson 7pm	October 1 Super Awesome Big Grand Opening Event!	2 Anati <i>DIY photography</i> 3pm

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SPARK**



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SHOCK**

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