



**SOUTHWESTERN**  
AN OREGON COMMUNITY COLLEGE

**SUMMER TERM**  
STARTS JUNE 23, 2025

*Leading and inspiring lifelong learning*



*Instructor  
Terry Cheyne*

**Powering the future  
with our new Diesel  
Mechanic Program**



# New **Diesel Program** at SWOCC rolls out this fall

If you run commercial trucks or operate a commercial fishing boat, you likely know Terry Cheyne or are familiar with his mechanic shop on the Coos Bay waterfront.

Soon, folks who want to train as mechanics in truck and engine repair will know Terry as well.

Starting in September at the Coos campus Terry will be bringing his 35 years of experience to the new diesel tech program being offered. This two-year program was designed by Terry to help guide new mechanics to enter the career field. These students will take the learning materials from lectures and readings and then apply them in a heavily hands-on setting to become confident and knowledgeable in the industry.



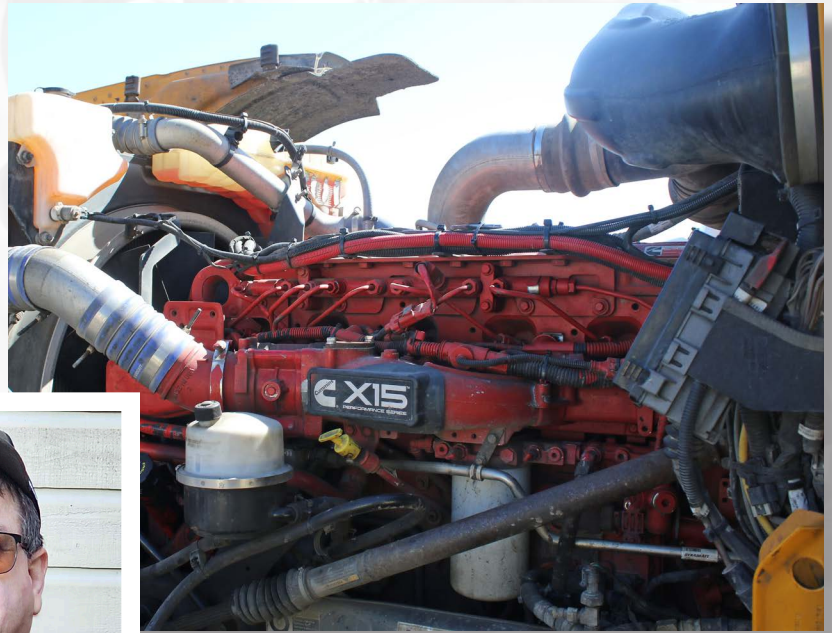
*Terry Cheyne*

“They will learn all aspects of the business, not just turning wrenches,” explains Terry. “Many trade schools offer training as a moneymaker, but there’s no heart in their programs or focus to making a person a well-rounded employee.”

This program is different. In addition to gaining the other crucial hands-on skills servicing chassis and fixing hydraulics, students will learn to complete and maintain records to avoid legal liability. Attendance and attitude matter.

“I learned a lot from hard knocks. I plan to structure this program like a job all the way through graduation,” Terry says. “Students will be required to be on time and wear a uniform.”

This is a limited-entry program that will require a person to apply and interview. Students will learn



what it takes to show up, be accountable, and build a career.

“We will pick the best candidates for the program. That’s how we intend to get the best students trained and out in the mechanics world,” Terry summarizes.

## **Bringing high-skill training home**

You might wonder why a man who owns a mechanic shop and small trucking business would want more work – and to teach.

Terry is all Coos Bay – many years of hard work have given him calloused and rough hands; he looks you in the eye to have a conversation, so you know you’re being heard, and he wants to bring growth and opportunity back to the area he grew up in. He put the same attention and dedication into designing the program.

“As a business owner, I wanted to grow and expand my business, but there are no mechanics. Well, there are, but they need to grow their training,” Terry says.



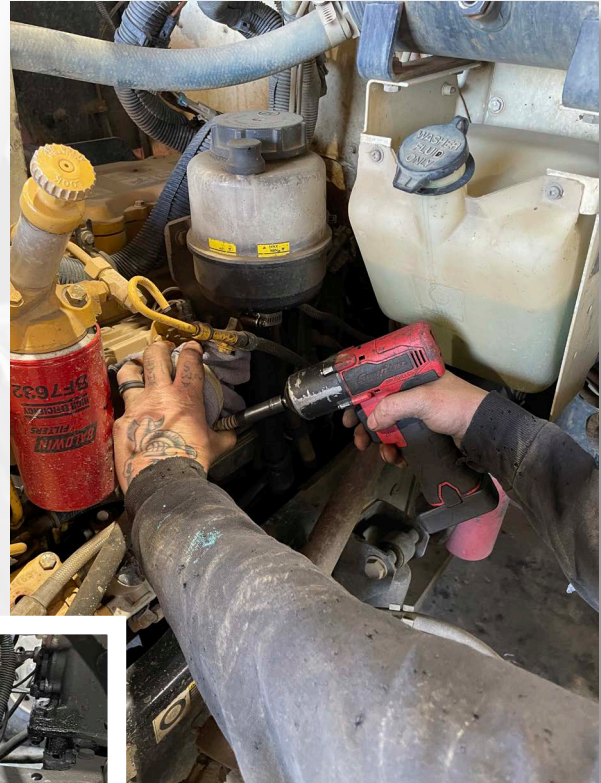
Up until now if people left to get diesel training, they didn't come back to the region. Terry plans to change that.

If you've lived here a long time and went to high school here, you might remember Terry. He grew up in Coos Bay and graduated from Marshfield High School. He went on to earn a certificate in diesel technology at Universal Technical Institute in Phoenix, Arizona.

His mechanic skills landed him a first job working for a log truck company, then a commercial farm in Klamath Falls. Eventually he went to work for Wal-Mart in Hermiston as a tech at a distribution facility. He worked hard, climbing the ladder in the corporation to manage staffing and open new repair shops nationwide. In 2016, he decided to come home and start a mobile repair service that has grown into Cheyne's Truck & Marine, employing a full crew of mechanics.

## Mechanics for the future

Terry will teach the first year of classes in the College's ambulance garage in Umpqua Hall, while SWOCC develops plans and builds a full-size mechanic shop on campus. The College and SWOCC Foundation will be seeking grants and donations to get it done in 2026, and outfit the shop with tools. Local and national companies are already



stepping up. Business owners and managers are serving on an advisory committee and some plan to donate engines and equipment for students to use.

For Terry, who is ready to teach, the goal is simple -- to train good technicians and give students the skills they need for real careers. For students ready to work, the outcome is guaranteed – learn solid job skills and you can help fill a workforce gap that's been growing for years.

**Questions? Email: [terry.cheyne@socc.edu](mailto:terry.cheyne@socc.edu)**

## DIESEL ADMISSIONS STEPS

Find instructions at:  
[www.socc.edu/dieselmecanic](http://www.socc.edu/dieselmecanic)

1. Become a SWOCC Student  
Complete the online  
New Student Orientation
2. Apply for the Diesel Mechanic Program
3. Schedule an Interview



## JOBS & WAGES

- 20 Annual Openings on the South Coast
- Yearly wage (entry): \$39,000
- Yearly wage (average): \$56,000
- Expected Job Growth in Oregon: 7.2% in the next 10 years



# SWOCC trail system connects people, nature and learning

The College is moving forward with phased construction of a multi-use, pedestrian-friendly trail system through its Coos Campus and forest, alongside Upper Empire Lake. Our goal is to create a welcoming, nature-connected experience for our students and community members of all ages and abilities who love the outdoors.

In line with SWOCC's vision to lead and inspire lifelong learning, the College partnered with Ptarmigan PTrails LLC (PTRAILS) to design the trail network. The nationally known Port Orford-based professional trail development firm identified optimal routes tailored to the terrain. Plans include a mix of natural and improved surface trails, with options for universal access, walking paths, and mountain bike-friendly routes. The trail system will also provide training grounds for the College's cross country team and connect students in forestry, natural resources and agroecology programs with outdoor labs right on campus.

The College is planning to phase the development as funding becomes available. The first phase of the project started in April, restoring the once-popular decades-old trails on the north side of campus connecting to the city of Coos Bay's John Topits Park. It's a partnership between the College, SWOCC Foundation, PTRAILS and the Southwestern Oregon Workforce Investment Board, which is funding a youth construction crew. The crew consists of SWOCC students and other youth who want to work and someday have outdoor careers.

The project came about after the College completed its 2020-30 comprehensive facilities plan.



*The trail crew is ready for action: Wyatt, Kenny, Kaya, Mhina, and Joseph.*

Students and community members told us they wanted to be a part of a vibrant learning ecosystem – inside and outdoors. The other benefit is the College also expects the trail system to provide additional local tourism opportunities, as people discover the natural beauty of the south coast.

Many generations of people have walked on this land and around the lakes, even before the College campus was built. With this trail system, SWOCC will ensure people are connected for many more generations to our outdoor career programs, the land, lake and forest.

SOUTHWESTERN OREGON COMMUNITY COLLEGE

**TRIO**  
STUDENT SUPPORT SERVICES

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

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

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

The Student Support Services (SSS) program is one of the TRIO projects funded by the U.S. Department of Education, Division of Special Services for the Disadvantaged, Title IV, Higher Education Act of 1965. 100-percent of annual program costs (\$360,708) are provided through a grant by the U.S. Department of Education.





*Join us for lunch!*

# SWOCC DINING SERVICES

*Community Members Welcome*

**Weekdays  
11am to 1:30 pm**

\$12 LUNCH BUFFET  
EMPIRE HALL | COOS CAMPUS  
CHECK THE DAILY MENU



SOUTHWESTERN  
AN OREGON COMMUNITY COLLEGE

# GET UP TO \$6,000 TOWARDS YOUR EDUCATION

If you are 18 or over, have a state-issued I.D., are legal to work in the U.S., and have applied for the FAFSA, you could be eligible for up to \$6,000 in tuition help for these programs:

## CERTIFICATES

- Accounting Clerk and Entry-Level Accounting Clerk
- Baking and Pastry Arts
- Childhood Education and Family Studies, Preschool Children, Education and Development I and II
- Culinary Arts
- Dental Assisting
- Emergency Medical Services Technician I
- Emergency Medical Technology
- Forest Technology
- Geographic Information Systems
- Marketing
- Medical Assistant
- Pharmacy Technician
- Retail Management, Less Than One Year Certificate
- Supervision
- Welding / Welding Assistant / Welding Technician

## ASSOCIATE OF APPLIED SCIENCE DEGREES

- Nursing (2nd year only)
- Paramedicine (2nd year only)
- Welding (2nd year only)

## FOR MORE INFORMATION:

**Contact Philip Metz**  
**541-888-7153**  
**[philip.metz@socc.edu](mailto:philip.metz@socc.edu)**

# EARN YOUR GED

**It's  
FREE!**



**Sign Up  
NOW**

**Attend  
By  
Zoom**



**Attend  
In  
Person**

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

**Curry Campus**  
M-Th 12-2pm

**For more info call**  
**541-888-1593**



# Workforce & Job Trainings

## COOS CAMPUS

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

## Maritime Training

For a complete list of maritime trainings offered by



Columbia Pacific Maritime

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

All classes take place at 2140 Newmark Ave, Coos Bay

### MARI 0281 EXPERT 100-TON

This ten-day class will satisfy the exam requirements for the Master 100-ton or the OUPV 6-pack license. The Master is required to operate charter boats and other vessels carrying more than six passengers. Subjects include seamanship, navigation, 'Rules of the Road,' and the federal regulations for both inspected and uninspected passenger vessels. This also includes the OUPV class.

\$1,300 / 10-days

MARI 0281 65 July 8-17

MARI 0281 66 August 12-21

MARI 0281 67 September 16-25

### MARI 0001 ABLE BODY SEAMAN

The Able Body Seaman (AB) is an MMC Rating issued by the USCG. Most seagoing vessels greater than 100 GRT need their crew to have an AB. To get an AB the mariner must first have sea time on boats, and second, complete an approved AB class. Also required is completing a Lifeboatman or Lifeboatman Limited class. The subjects covered in the class include traditional seamanship terms, marine compass terms and use, aids to navigation, lights, shapes, and sound signals in the 'Rules of the Road', helmsman and lookout duties, shipboard safety, PPE, emergency procedures and sea survival, pollution laws and discharge cleanup and disposal, knots and splices.

\$800 / 5-days

July 29-August 2, 2025



## Job Training

### IND 4100 65 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT-approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages 18 and over. Class books are included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Day: Tue 6/17 & 7/15

Location: Eden 1

Time: 8:30am-12:30pm

Cost: \$139

### IND 4100 68 TRAFFIC CONTROL FLAGGER CERTIFICATION – ONLINE

Instructor: Michelle Holifield

Location: Zoom/Canvas

Cost: \$145

### RE 0100 65 REAL ESTATE BROKER LICENSE COURSE

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

For more information call Stacey Harrison at 503-551-4467 or email: [stacey@sts.careers](mailto:stacey@sts.careers).

Location: Zoom

Cost: \$695

• First Tuesday Class: June 24, 2025, from 6-9pm

• One Saturday class: August 23, 2025, from 9am-5pm

• Last Tuesday Class: August 26, 2025, from 6-9pm

*Don't know where to start?*  
Try our Online Career Coach

Access the Career Coach from our website at: [www.socc.edu](http://www.socc.edu).  
Scroll to the bottom of the page.





## RE 0177 65 PROPERTY MANAGEMENT

Get prepared to take the State of Oregon Property Manager License Exam. This course is the fastest way to qualify to take the exam which covers the role of property managers, tenant relations, fair housing, lease agreements and more. You must attend all evening class sessions and have online capacity to complete the self-study portion of this course. Taught by an experienced Property Manager. For information call 503-551-4467 or email: [stacey@sts.careers](mailto:stacey@sts.careers). All materials provided.

Location: Zoom

Cost: \$629

Time: 6:00pm-8:00pm

• First Tuesday Class: July 8, 2025

• Last Tuesday Class: August 19, 2025



## CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's CARE  
Connections Childcare Resource & Referral

**For more information and to  
register call 541-888-7957.**

Classes are now being offered at no cost online:

- Department of Human Services Childcare Provider Orientation
- Family Childcare Provider Overview
- Recognizing & Reporting Child Abuse & Neglect
- Introduction to Childcare Health and Safety

*Can't afford the  
training you want?*

**TUITION AND TRAINING  
ASSISTANCE AVAILABLE**

**UP TO \$5,000**

**Scholarships available for Coos,  
Curry and Douglas county residents  
in various approved trainings who plan  
to go directly to work in their field  
upon program completion.**

The Workforce Innovation and Opportunity Act (WIOA) is designed to help job seekers succeed in the labor market by providing them with access to employment, education, training, and support services, and to match employers with the skilled workers they need to compete in the global economy.

**CONTACT US NOW: 800-822-3525**



South Coast Business/SOWIB is an equal opportunity program/ employer. Language assistance is available to individuals with limited English proficiency free of cost. Auxiliary aids are available upon request to individuals with disabilities. Oregon Relay 1-800-735-2900. Funded in whole or in part by US DOLETA.



**Construction &  
Heavy Equipment Operator  
Pre-Apprenticeship Program**



- Entry-Level Construction Skills
- OSHA Safety Training
- Prepare for a Job in the Trades
- Earn a BOLI-Approved Certificate in two terms

**CLASSES HELD ON THE  
COOS & CURRY CAMPUSES**

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

**GET STARTED:** Email [swocccworks@socc.edu](mailto:swocccworks@socc.edu)



# Community Classes

Southwestern's Community Education offers lifelong learning and personal enrichment opportunities to the community. Non-credit classes are provided by qualified instructors from our community. Course and section numbers are located before course title. Summer term classes are 8 weeks long from June 23, 2025 to August 14, 2025 unless otherwise indicated by a date(s).

**COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4**

**To register: Call 541-888-7352 • Email [firststop@socc.edu](mailto:firststop@socc.edu) • Visit our office in Stensland Hall**

## Art



### ART 0146 65 **NEW** SCRIBBLE ART & SKETCHBOOKS

This seven-week course blends expressive scribble art with guided sketchbook adventures. Students will explore famous artists, experiment with mark-making and composition, and build a personal sketchbook practice rooted in intuition, curiosity, and play.

Instructor: Shinan Barclay  
Location: Eden 7  
Day: Tue

Cost: \$70  
Time: 5:30pm-7:20pm

### PE 0503 65 PILATES® EXERCISE

Pilates® is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, as well as improving coordination and balance.

Instructor: Melissa Loudenbeck  
Location: Rec Center 121  
Days: Tue, Thur

Cost: \$77  
Time: 12:00pm-12:50pm

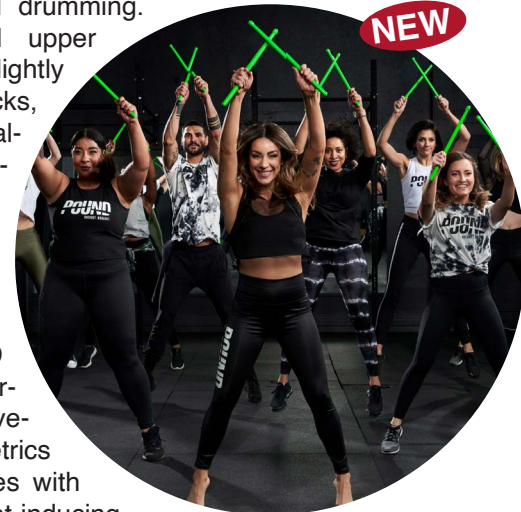
### PE 0525 65 POUND FITNESS

Rock-Out while you Work-Out!! POUND is a full-body cardio session, combining light resistance strength training with constant simulated drumming.

Through continual upper body motion using lightly weighted drumsticks, you'll turn into a calorie-torching drummer! Rock, rap, dubstep, pop and old school music fuse to create the POUND track series. The POUND workout fuses cardio, isometric movements, plyometrics and isometric poses with pulse-racing, sweat-inducing drumming. Drum your way to a leaner, stronger physique – all while rocking out to your favorite music!

Instructor: Melissa Loudenbeck  
Location: Rec Center 121  
Day: Tue

Cost: \$85  
Time: 5:30pm-6:30pm



## Fitness & Recreation

### PE 0509 65 ZUMBA®

Zumba® Fitness is a global brand that fuses fitness, entertainment and culture into an addictive dance-fitness class. Zumba® utilizes the principles of fitness, interval training, and resistance training to maximize caloric output, fat burning, and total body toning. It's a way of mixing body sculpting movements with easy-to-follow dance steps. Inspired by Latin dance and music, Zumba® uses a variety of Latin styles in its routines, including cumbia, merengue, salsa, reggaeton, as well as American styles like swing and hip hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Instructor: Tina Woodworth  
Location: Rec Center 131  
Days: Tue, Thur

Cost: \$69  
Time: 5:15pm-6:05pm

### PE 0505 01 TURBO KICK

Turbo Kick is a combination of intense kickboxing moves, as well as a unique blend of intense interval strength and endurance training all perfectly choreographed to high-energy and motivating music. Turbo Kick requires no previous kickboxing experience or equipment.

Instructor: Melissa Loudenbeck  
Location: Rec Center 121  
Days: Mon, Wed

Cost: \$105  
Time: 5:30pm-6:20pm



# Community Classes

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4

## PE 0507 65 YOGA – BEGINNING

Stay in yoga practice for flexibility, strength, balance. Safe, gentle class, keeping awareness on breath, while releasing stress and tension. Yoga mats, yoga blocks, yoga straps, and foam rollers are not provided. Patrons may bring their own for use.

Instructor: Linda Laverty  
Location: Rec Center 125  
Day: Wed

Cost: \$60  
Time: 1:00pm-2:15pm

## PE 0244 65 LEARN TO PLAY DISC GOLF

**NEW**

This four-session course will teach participants basic skills for playing disc golf. Participants will each be provided with three discs to practice with and keep (included in the course registration fee), while being taught how to achieve the lowest scores possible for their ability. The course will be led by Derek Tonn, a SWOCC employee and Ambassador with DGA Disc Golf in California ([www.discgolf.com](http://www.discgolf.com)) since 2018.

Location: Soccer Field

Days: 7/11, 7/18, 7/25, 8/1

Cost: \$170  
Includes \$70 fee for discs  
Times: 10:00am-12:00pm

## Special Interest

## DRIV 0622 65 BASIC MOTORCYCLE RIDER TRAINING

Basic Rider Training is a 15-hour (3-day) course for novice riders to build fundamental street-riding skills and strategies. Training motorcycles and helmets are provided. For individuals with no riding experience, this is the recommended course. Registration must take place prior to the date of the class at <http://team-oregon.org>. Instructor: Michael Heinen  
Location: Newmark 201  
Days: Fri 6/27 6pm-8:30pm; Sat 6/28 8am-3:30pm  
Sun 6/29 8am-3:30pm

Cost: \$229

## DRIV 0623 65 INTERMEDIATE MOTORCYCLE RIDER TRAINING

Intermediate Rider Training is an eight-hour (one day) course for riders who already know how to get underway, turn, shift and stop a motorcycle or scooter while strengthening fundamental street-riding skills.

Training motorcycles and helmets are provided. Registration must take place prior to the date of the class at <http://team-oregon.org>.

Instructor: Michael Heinen  
Location: Newmark 201  
Day: Sat 6/28

Cost: \$199

Time: 8:00am-5:00pm

## DRIV 0620 65 AARP SMART DRIVER COURSE

This course offers you the opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. The content of this course can help boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Completion of this one-day six-hour driving refresher course can yield discounted auto insurance premiums for individuals. Bring your lunch as we will only take a 30 minute break. To register call 541-305-6454.

Instructor: Ginny Carpenter  
Location: Newmark 201

Day: Tue 7/15

Time: 9:15am-4:00pm

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

Bring your AARP card and drivers license.



FIND A LIST OF COMMUNITY CLASSES  
FOR BOTH CAMPUSES AT:

[www.socc.edu/community](http://www.socc.edu/community)

*Including changes, additions, and updates.*



**COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4****CIS 0166 65 LET'S WRITE A BOOK WITH AI**

This course will help you to unlock the power of your creativity. With the help of artificial intelligence, you will be able to transform your book idea into a page-turner faster than you thought possible. Imagine you effortlessly crafting captivating plots, unforgettable characters, and compelling prose with AI assistance. This isn't just writing tips – it's a deep dive into using AI to overcome writer's block, develop killer narratives, and write like a pro. Over six lessons, you'll master AI tools for brainstorming, plotting, writing, editing, illustrating, and even designing a cover that sells. Plus, learn to publish and market your masterpiece to a hungry audience. Each session combines expert instruction with hands-on labs, allowing you to practice using various AI platforms. Don't miss this opportunity to revolutionize your writing journey. Enroll now and let AI be your co-author in crafting a masterpiece!

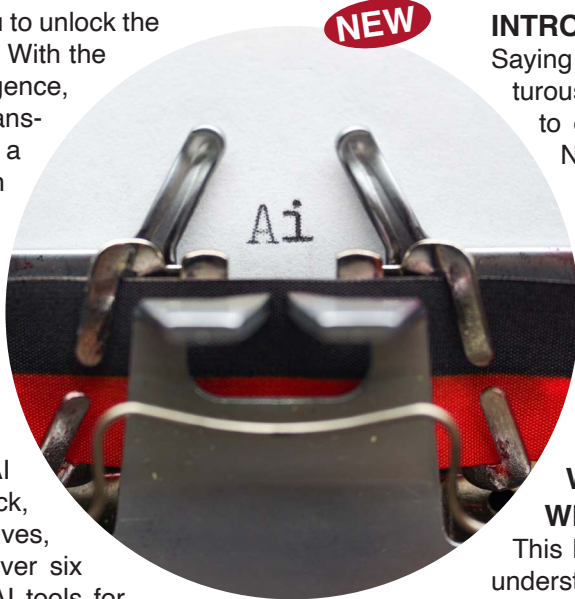
Instructor: Dr. Alla Sergueeva

Location: Stensland 201

Day: Thur 6/26-7/31

Cost: \$135

Time: 6:00pm-7:30pm

**NEW****TA 0104 65 SAYING YES!****INTRO TO THEATRE IMPROV**

Saying Yes has never been easier! Join us in this fun, adventurous, and inspiring class where we create a safe space to explore the fundamentals of improvisational drama.

No prior experience necessary. Improv is not only fun but can pave the way for limitless possibilities while providing expanded avenues for more courageous, spontaneous and creative moments in your life, along with more opportunities to listen, give, compromise and collaborate.

Instructor: Micha Silvius

Location: Umpqua 184

Day: Wed

Cost: \$89

Time: 5:30pm-6:50pm

**WR 0115 99 INTRODUCTION TO GRANT WRITING**

This Introduction to Grant Writing course provides a basic understanding of grant writing and the foundations of project development. We will cover how to prepare your organization to apply for grants and identify local sponsors and small grants to consider. The course is open to all but geared toward smaller non-profits.

Instructor: Alisa Green

Location: Coaledo 8

Days: Thur 7/10 &amp; 7/24

Cost: \$75

Time: 10:00am-12:50pm

## Culinary Arts

**CRT 0109 65 SUMMER BAKING**

Embrace the summer weather and spend some time outside beating the heat with a tasty treat. Taking advantage of the in-season fruits this course will give you a fresh and inspiring outlook on some of summer's favorite desserts, like fruit tarts, ice cream sandwiches, lemon curd, and more.

Instructor: Chef Alison Murphy

Location: OCC1

Cost: \$89

Day: Sat 7/12

Time: 9:00am-12:00pm

**CRT 0101 65 JUST DESSERTS!**

In this hands-on class, you will receive instruction on Chef-chosen menu of truly tempting desserts that will take your meal to the next level. You'll want to add these new skills and menus to your cooking repertoire.

Instructor: Chef Alison Murphy

Location: OCC1

Cost: \$89

Day: Sat 8/9

Time: 9:00am-12:00pm





Small Business Development Center

## Small Business Management Workshop Series

AT THE CURRY CAMPUS

## What's it about?

Scheduled to fit your busy life. Our SBM program features expert guest speakers and one-on-one advising.

October 14	■ <b>Marketing Strategy &amp; Customer ID:</b> Your Customers and How to Reach Them
November 18	■ <b>Branding:</b> Your Identity, Your Values, Your Personality
December 9	■ <b>Taxes:</b> Tracking and Keeping Your Money
January 13	■ <b>Social Media:</b> Your Connections and Your Online Presence
February 10	■ <b>Cash Flow Management:</b> Your Cash and How to Keep it Moving
March 10	■ <b>Understanding Your Financials:</b> Your Books and How to Use Them
April 14	■ <b>Risk Assessment:</b> Your Business and How to Keep it Safe
May 12	■ <b>Meet The Lenders:</b> Your Plans and How to Chart the Course
June 9	■ <b>Business Owners Q&amp;A:</b> Your Questions Answered

Second Tuesdays | 3:00-6:00 pm | October 2025 to June 2026

**Cost for the series: \$300**

**Applications Open SOON for 2025-26!**

**Interested? Get on our contact list to receive updates:**

Email [gayle.goldstone@socc.edu](mailto:gayle.goldstone@socc.edu)



# Curry Campus

## JOB TRAINING & COMMUNITY CLASSES

To register: Call 541-813-1667 • Email [curryfirststop@socc.edu](mailto:curryfirststop@socc.edu) • Visit us on the Curry Campus

Southwestern's Community Education offers lifelong learning and personal enrichment opportunities to the community. Non-credit classes are provided by qualified instructors from our community. Course and section numbers are located before course title. Summer term classes are 8 weeks long from June 23, 2025 to August 14, 2025 unless otherwise indicated by a date(s).

For a complete list of degrees available at the Curry Campus go to [www.socc.edu/curry](http://www.socc.edu/curry) and click on Degrees & Certificates.



## JOB TRAINING

### HE 0509 99 STANDARD FIRST AID & CPR/AED

This course follows the International Liaison Committee on Resuscitation (ILCOR) standards, and OSHA requirements to prepare the student with knowledge, skills, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing and CPR, how to use personal protective equipment, how to use an Epinephrine Auto-Injector, and how to operate an Automated External Defibrillator (AED). CPR/AED and First Aid certification is given upon completion of course requirements. This is a stand-alone training that will help you gain employment or maintain employment in fields where safety of others is paramount such as early childhood educators, exercise instructors, mariners, public safety/security, and others. Instruction provided on infant, child, and adults.

Instructor: Amber Espinoza

Location: Curry Campus 109

Cost: \$79

Day: Wed 7/9/25

Time: 9:00am-1:00pm

### HE 0533 99 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR to victims of all ages, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings. American Heart Association cards will be issued upon successful completion of the course.

Instructor: Amber Espinoza

Location: Curry Campus 109

Cost: \$105

Day: Wed 8/6/25

Time: 9:00am-1:00pm

### IND 4100 99 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT-approved safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Curry Campus 137A/B

Cost: \$139

Day: Mon 6/30/25

Time: 9:00am-1:00pm



## CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's

**CARE Connections Childcare Resource & Referral**

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

Classes scheduled in Curry County:

**Introduction to Registered Family Child Care**

– **Part 2** (licensing training)

• Thursday, June 26, 12:00-3:00 pm – Held on Zoom

• Thursday, Aug. 14, 12:00-3:00 pm – Getting licensed as an in-home childcare provider

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

• Thursday, June 5, 12:00-1:30 pm – Held on Zoom

• Thursday, Aug. 7, from 12:00-1:30 pm – Accepting state pay for childcare

For more information or to register contact 541-888-7957 or [qualitychildcare@socc.edu](mailto:qualitychildcare@socc.edu).



**CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4**

## Fitness

**PE 0502 99 BETTER BONES AND BALANCE®**

Better Bones and Balance® is an exercise program that was developed and tested by researchers at Oregon State University. This program targets strength and balance through key exercises shown to reduce the risk of falls and fractures, and is suitable for ambulatory individuals who are at beginner and intermediate exercise levels.

Instructor: Lisa Reed

Location: Langlois Lions Club

Day: Mon, Fri

Cost: \$89

Time: 9:00am-10:20am

**PE 0570 99 LOW-IMPACT AEROBICS**

This class uses easy-to-follow dance steps and rhythmic movements that are choreographed to upbeat music. It's a fun way to get moving while improving your cardiovascular system, muscle strength, flexibility, balance, and boost your overall fitness level. This is a great class for active seniors no matter your level of fitness. Mats are not supplied and are needed for floor exercises.

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Days: Tue, Thur

Cost: \$63

Time: 8:30am-9:50am

**PE 0504 99 TAI CHI**

This course in Tai Chi is a gentle, relaxed, non-sweat, personal exercise (translated as the "Grand Ultimate") for any age. The 'Yang Form' will be taught along with 'Chi Gwa' (circulating breath) and 'Silk Cocoon Chen' (fine intertwining energy). This course is noncompetitive and will start with the basics, and then individuals will progress at their own rate.

Instructor: Deane McConnell

Location: Curry Campus 137A/B

Day: Tue

Cost: \$63

Time: 10:00am-11:20am

**PE 0504 98 TAI CHI**

Location: Chetco Grange

Day: Tue

Cost: \$63

Time: 5:30pm-6:50pm

**PE 0506 99 YOGA FOR HEALTH**

An introduction to the Hatha physical yoga. Includes the background, safety precautions, and value of yoga. Stretching postures, proper breathing techniques, and stress reduction are emphasized. This course will focus on the health and wellness aspects that are gained in making yoga an integral part of everyday life.

Instructor: Amanda Whittemore

Location: Curry Campus 138A/B

Days: Wed

Cost: \$63

Time: 8:00am-9:00am

## Special Interest

**AG 0506 99 WHAT IS AGROECOLOGY?**

Living in balance with the planet is ever more critical. Our relationship with our environment takes many forms. One form, agroecology, is a current topic of interest. What is agroecology? What's the difference between

agroecology and all the other similar disciplines, such as permaculture, sustainable agriculture, regenerative agriculture, horticulture, Master Gardener, agroforestry, biodynamic agriculture, biomimicry, and others? The course will provide definitions and descriptions and put agroecology into a context. Scale will also be discussed – individual vs. community vs. the commercial scale and maintaining local food supply chains. Must be 15 years or older to participate.

Instructor: Linda Pope

Location: Curry Campus Room 206

Day: Tue 7/29/25 & 8/5/25

Cost: \$30

Time: 1:00-3:00pm

**AG 0504 99 SUSTAINABILITY FOR EVERYONE!**

Moving the world toward living sustainably is more and more a critical component of our future. Each small step, each activity, each person makes a difference. This introductory course describes the many facets of the topic and how they may be approached. The concept of restoration is introduced. In the second half of the class, students will play the game Paved Paradise: A Tiny House Ecovillage Board Game (developed by the instructor), played over local maps to ground change in our local environment. Must be 15 years or older to participate.

Instructor: Linda Pope

Location: Curry Campus Room 206

Day: Tue 8/12/25 & 8/19/25

Cost: \$30

Time: 1:00-3:00pm

**CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4****DRIV 0620 99 AARP SMART DRIVER COURSE**

This course offers you the opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. The content of this course can help boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Completion of this one-day six-hour driving refresher course can yield discounted auto insurance premiums for individuals. Pre-register by July 17.

Instructor: Robert Pfenning

Location: Chetco Activity Center

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

Day: Fri 7/18/25

Time: 8:45am-4:30pm

**DRIV 0620 98 AARP SMART DRIVER COURSE**

Instructor: Robert Pfenning

Location: Chetco Activity Center

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

Pre-register by July 17.

Day: Sat 7/19/25

Time: 8:45am-4:30pm

**HE 0204 99 PASSION  
QUEST: FINDING  
THE WORK  
YOU LOVE,  
AND LOVING  
THE WORK  
YOU DO!**

What if Michelangelo had to work a 9 to 5? Don't let your creative purpose slip away! This workshop guides you toward a new career path through group support, coaching, visualization, and action planning.

By the end, you'll have a clear vision and steps to achieve it. Ideal for career changers, educators, students, counselors, and therapists. Day one features interactive Q&A; day two includes sharing a vision and acting it out with group support.

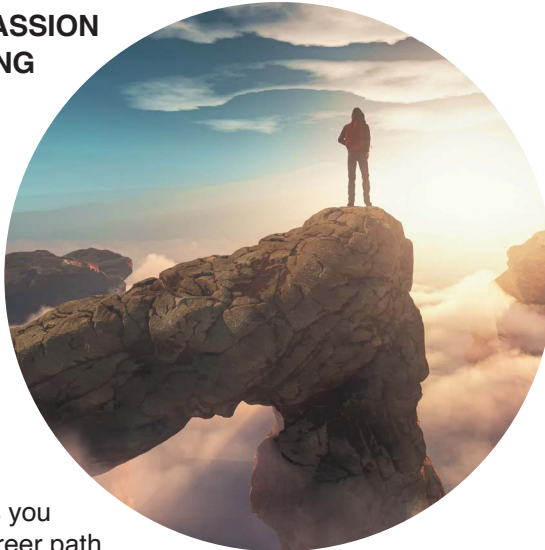
Instructor: Vicki Mizel

Location: Curry Campus 137A&B

Days: Mon 7/7/25 & 7/14/25

Cost: \$99

Time: 10:00am-1:15pm



**HE 0205 99 SECRETS TO RECALLING NAMES  
WITH EASE AND CONFIDENCE**

Learn the secrets to recalling names . . . and more! Join instructor Vicki Mizel and learn how to improve your memory at any age in this three-hour class. Learn how the mind works as well as new techniques for remembering names and more. Participants will practice these techniques in class to reinforce their use. This workshop is designed for anyone wanting to improve their memory skills for business and personal use.

Instructor: Vicki Mizel

Location: Curry Campus 137A&B

Days: Mon 7/21/25

Cost: \$59

Time: 10:00am-1:00pm

**BA 0134 99 RETIREMENT INTELLIGENCE**

This is a virtual class held via Zoom designed to help individuals plan for retirement. What's your retirement dream? Learn how to put together a plan that will help you reach your goals. Class includes a workbook to help individuals create their own plan and a private coaching call. Pre-register by July 1.

Instructor: Jesse Coffee

Location: Virtual Zoom

Days: Tue 7/8/25 & 7/15/25

Cost: \$39

Time: 6:00pm-7:30pm

**SPAN 0721 99  
CONVERSATIONAL  
SPANISH**

Learn basic conversation and grammar for everyday personal use or employment taught in an informal setting. Includes group work, interaction, and conversation between participants and instructors. For students with little or no previous Spanish.

Instructor: Katherine Hanson

Location: Curry Campus 118

Days: Wed

Cost: \$115

Time: 9:00am-11:00am





**CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 4**

## Writing

**ENG 0150 99 WHAT MAKES A GOOD STORY**

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

Instructor: Judy Howard

Location: Online via Canvas

Day: Mon 6/30/25 – Fri 8/8/25

Cost: \$90

**WR 0100 99****WRITING YOUR AUTOBIOGRAPHY**

Who better tell your story than YOU? Come and learn how to put together all of your stories into a book. Your story is sure to be something cherished. This course will introduce you to the techniques of writing an autobiography or memoir.

Instruction will include method, style, and organization. You will collaborate with your classmates and the instructor in class in order to develop writing techniques.

Instructor: Coral Anderson

Location: Curry Campus 118

Days: Thur 7/10/25 – 8/14/25

Cost: \$70

Time: 1:30pm-3:20pm



## Online Learning



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## Culinary Arts

**CRT 0180 99 EXPERIENCE PERUVIAN REGIONAL CUISINE**

Explore the flavors of Perú with chef Monica Almond in a hands-on class that will delight your palate! Born and raised in Perú, Monica is a graduate of Southwestern's Oregon Coast Culinary Institute (OCCI). She has taught classes at OCCI, and at Terra Savia Winery where she is currently the chef. Learn how the Peruvian jungle, mountains, and coast blend culture and climate with regional fresh fruits, meats, and vegetables to define the local cuisine. Students will prepare the following recipes:



- Canary Bean Hummus with raw vegetables
- Carapulcra made with dry potatoes, roasted cinnamon sticks, roasted aji pepper, a bouquet of thyme and rosemary, Peruvian peppers, pork ribs, and aji panca
- Patarashca is a roasted fish wrapped in banana leaves with Charapita peppers, sweet peppers, annatto oil, and cumin seeds
- Seco de Chabelo is made with plantains, beef, chicha de jora mixed with delicious aji peppers
- Dessert is Suspiro de Limeña, translated as "sigh of a Peruvian woman," includes a passion fruit reduction

Instructor: Chef Monica Almond

Location: Curry Campus 137A/B

Day: Tue 7/15/25

Cost: \$127

Time: 1:00pm-5:00pm

**CRT 0180 98 A FARMERS MARKET FRESH SUMMER**

Enjoy the gifts of summer and create delicious dishes for your family with fresh ingredients from the farmers market! The sun-ripened seasonal ingredients will help define this delectable menu. Learn to prepare the following recipes:

- Heirloom Melon Salad with turmeric and grape leaf powder
- Tomato and Corn Soup with fresh basil
- Summer Roasted Chicken with lemons and rose petal jam
- Orange and Passion Fruit Pudding Cake

Celebrate summer's bounty with fresh ingredients from the farmers market. Summer is known for giving our bodies a delightful balance with nature and life-love.

Instructor: Chef Monica Almond

Location: Curry Campus 137A/B

Day: Thur 7/17/25

Cost: \$127

Time: 1:00pm-5:00pm

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