

**REGION III  
ADULT EDUCATION  
35 WEST BROADWAY  
LINCOLN, ME 04457**

**SPRING  
SEMESTER  
2019**

**FREE  
BROCHURE**

Northern Penobscot Tech Region III has outstanding Career and technical programs for all high school Juniors and Seniors, and post graduates in our Region! Planning to attend college? Region III is for you. Earn college credits, obtain certifications and licenses that will provide you with the knowledge and skills to gain meaningful employment. Check out what we offer below.

See your guidance counselor or call ours: Hugh Porter, 794-3004 Ext. 216.

Also check out our website: [www.region3.mainecte.org](http://www.region3.mainecte.org)

- **Academics**
- **Automotive Technology**
- **Career Prep/JMG**
- **Construction Technology/Cabinetmaking**
  - **Culinary Arts**
  - **Commercial Driving**
- **EMT/FF (Emergency Medical Technician/Firefighter)**
- **Health Science Careers**  
**CNA, RMA, MAS**  
(Certified Nursing Assistant, Registered Medical Assistant, Medical Administrative Specialist )
- **Information Technologies**
  - **Law Enforcement**
- **Web Design / Digital Communication**
  - **Welding Technology**



35 WEST BROADWAY, LINCOLN, ME 04457 PHONE 794-3004 x 211 FAX 794-8049, EMAIL PMURRAY@MSLN.NET

Professional and Workforce Development
Personal Enrichment
Recreation Safety Courses

Pre-registration is required. To register please call 794-3004 x 211 or email pmurray@msln.net

Adult Education class fees are due and payable on or before the class starting date. Refunds are available until the end of the second class. Refunds will be given if the course is cancelled/not offered. Students who have registered, paid the course fee, and then opt to drop the course after the end of the second class, will not be refunded.

Students dismissed from a course following notice and a meeting to address the reason will not be due a refund.

Students wishing to attend EMCC classes held at Region III must register with KRHEC at 1-800-498-8200

Check out our Website and Facebook Page

www.region3.mainecte.org / www.facebook.com/regionIII

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

- Medical Terminology
Becoming A Notary Public in Maine
CNA-Medication Aid
Adult Career Guidance
Doula Training Workshops
Pyrography (wood-burning)
Welding: Basic Shielded Metal Arc
Welding: Basic Gas Metal Arc
Beginning Computers
Intro to Computer Filing Systems
Intro to Buying & Selling On-line
Basic Life Support for Healthcare Providers
Heartsaver CPR/First aid
Driving Dynamics
Financial Empowerment
ServSave Sanitation
The Chefs' Table
Quilting with Pre-cuts
The Traveling Paintbrushes
Zumba
Hunter Safety-Firearms
Hunter Safety-Archery & Crossbow
ATV Safety / Education

Welding

Instr.: Derrick Brawn

Date: 1/14-3/11, Monday & Wednesday, 7wks, 5:30-8:30.

Fee: \$430

No prior welding experience is necessary for the 7-week, 2-nights per week Basic Shielded Metal Arc Welding (SMAW) course. This course is designed to allow students to progress at their own pace (self-paced). Estimated time to complete courses is :Basic1 E6010 - 45 hours, Basic2 E7018 - 45 hours. The course continues in SMAW-2 to prepare students for AWS certification (priced separately).

Those with SMAW experience may choose to advance into Basic Gas Metal Arc Welding (GMAW). Instruction in Metal Inert Gas (MIG) and or Tungsten Inert Gas (TIG) welding will be offered.

These welding career courses will help prepare you to enter the workforce as a structural welder.

Students continuing from the previous class will receive a \$50 reduction in class fee and are not required to repeat the full safety portion of the class. Students preparing for the AWS certification testing will receive a \$50 discount toward the test fee

Leather Safety-Toed Boots are required.

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Becoming a Notary Public in Maine

Instr: Martha Novy-Broderick

Date: April 3 & 10, 6-8pm

Fee: \$30.00

The instructor will guide you through the process of becoming a Notary Public. Learn about eligibility, powers and duties, procedures and requirements, record keeping, application and recommissioning. Maine is only one of a few states in our country that allow notaries to officiate at weddings. Class will include the workbook, testing and paperwork to submit to the State. You will be required to send a \$50 fee when you submit your application to the State.

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It is the policy of Northern Penobscot Tech Region III to ensure equal employment / educational opportunities, affirmative action regardless of race, sex, color, national origin, marital status, sexual orientation, religion, age or disability in accordance with all federal and state legislation relevant to discrimination. ADA Notice: If you have special needs that must be met to allow you to fully participate in any courses, please call the office of the Director at 794-3004.

**MONDAY**

**ZUMBA**

Instr: Jessica Raymond

Date: 1/7-12/12 ,3/4-4/9, 4/22-5/29

**Mondays & Tuesday, 6:00-7:00 pm,12 classes**

Fee: \$50.00, \$25-1/2 session,\$8 Drop-in Zumba eliminates the “work” from “working out” by combining amazing, irresistible Latin and International music with dynamic, yet simple exercise moves, using their unique intermittent training format. Fun and music are the two special motivational ingredients, so bring a friend and have some fun.. Classes will be held on Mondays and Tuesday. **Ongoing class, call or email to join anytime. Pre-registration prior to each session is required to ensure class continues.**

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**Medical Terminology**

Instr: Sara Downs, CMA

Date : 3/4-5/6, 9 Wks. 6 - 8:30pm

Fee: \$250.00

Quickly master the basics of Medical Terminology and begin speaking and writing terms almost immediately! This course focuses on helping you build a working vocabulary of the most frequently encountered suffixes, prefixes and word roots. This class is valuable for those who plan to pursue jobs in medical offices as medical transcriptionists, medical coders and billers, or any other employment in health care.

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**The Traveling Paintbrushes**

Instr: Debby Delano

Date: 2/25, 3/25, 4.22, 5/20 5-8pm

Fee: \$40.00 per Session (All materials included. Registration prior to class is required)

If you have always wanted to paint on canvas, come join us at our painting classes. Everyone goes home with a masterpiece. Have a fun evening of creating your masterpiece. Join one night or come to all. Planned paintings will be posted on our Facebook page and website

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**Adult Career Guidance**

Instr: Hugh Porter

Date: By appointment, Fee: no fee

Would you like some assistance in deciding what vocation you are best suited for? This course will focus on the special needs of adults in career exploration. An individual assessment of Career Aptitudes will be administered. The goal of the course will be to develop a career plan for each of the participants. Each student will meet one evening with the instructor for approximately four hours.

**Financial Empowerment**

Instr: Brittney Libbey, Lincoln Maine Federal Credit Union

Date: 4/22-5/13, 4 wks, 6-8pm

Fee: \$20

Many people feel overwhelmed by their financial situation, people who are just starting out , have had a change in circumstances, or are looking at career changes often do not know where to start in their money management journey. Financial empowerment goes beyond acquiring the knowledge. It includes education and literacy, and focuses both on building your ability to manage money and building your skills and confidence so that you can effectively use your financial knowledge, skills, and resources to reach your goals. A wide variety of money management topics, skills and resources will be covered.

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**TUESDAY**

**Quilting with Pre-cuts**

Instr: Peggy Murray

Date: 1/8-2/5, 2/26-3/26, 4/2-5/7, 5/14-6/11

5Wks.—6:00-8:00 pm

Fee: \$20.00

Do you like to sew and create quilts, or would you like to learn how? Join us for a weekly FUN evening of sewing and quilt making. Learn new tips and techniques while you build projects based largely pre-cuts. Many like to use this as time set aside with no distractions so you force yourself to sit at your machine. Along with your machine, bring fabric, thread and scissors. The Power, Pressing Station, Cutting Station will be provided. **This is an ongoing class, call or email to join anytime**

**.Heartsaver-CPR/First Aid**

Instr: Rick Smart

Date: T/TH, TBD-in May ,(2 nights) 5:30-8:30

Fee: \$60

The 6-Hour Heartsaver course is designed to provide the lay-person with the skills and knowledge to be able to perform CPR, render basic first aid when needed, and use the AED. Recognize when help is needed and feel confident that you know how to provide that help.

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**Basic Life Support for Healthcare Providers**

Instr: Rick Smart

Date: TBD May, 5:30-8:30 pm

Fee: \$60

The Basic Life Support (BLS) for Healthcare Providers 3-hour classroom course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, and use and AED. This course is for healthcare professionals, direct care workers, and other healthcare workers in a wide variety of in-hospital and out-of-hospital settings

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**Pyrography/Wood Burning**

Instr: Roger Ryder

Date: 1/8-2/5, 2/26-3/26, 4/2-5/7 (on-going) (5wks) 6-8pm

Fee: \$20

This class is a gathering of those who are interested in learning or expanding their skills in pyrography. This group offers the opportunity to work with an experienced artisan and others who enjoy the craft of wood burning. Find your vision for perfecting your art, and explore the possibilities of entrepreneurship using your artistry. **This is an ongoing class, call or email to join anytime**

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**Introduction to On-line Buying & Selling**

Instr: Maureen Bean

Date: 4/23 to 5/14, 4 wks, 5-8pm

Fee: \$40.

Buying from and selling to the WHOLE WORLD—literally!! This class will take you through the process of on-line buying and selling. We will talk briefly about what is needed to be successful; for example, setting up on-line accounts, up-front costs, deciding what to sell, selling fees, creating listings, writing descriptions, taking pictures, shipping items and getting paid. You should have your Ebay and Paypal accounts set up prior to class. Bring your lap-top and explore the possibilities of operating an on-line business

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**Doula Training Workshop**

Instr: Ashley Mitchell CD CPD CBD

Date: 5/14 & 21 ,(2wks) 5:00-7:00 pm

Fee: \$40

Participants will learn labor assistant skills, serving a woman throughout pregnancy and postpartum periods, coping mechanisms, making birth plans, running your own birth business, bereavement care, breastfeeding support, birth ball and rebozo positioning techniques, relieving pain during pregnancy and birth, childbirth education and more.

WEDNESDAY

COMPUTER CLASSES (Microsoft Office 365 is used)

Intro to Computer Filing Systems

Instr: Pat Cole
Date: one night only , 4/9, 4-7 p.m.
Fee: \$20
As more and more of our day to day transactions and files move from paper to digitally based, you may find your Computer Desktop or "My Documents" folder is overwhelming. Start to make sense of it all and organize these documents and pictures so you can find what you are looking for, when you need it. This 3-hour mini-course will provide a foundation upon which you can build your digital filing cabinet.

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Computing for Beginners

Instr: Pat Cole
Date: 4/23-5/28 (6wks), 4:30-7pm
Fee: \$85

If the idea of using a computer makes you nervous and you know the knowledge is needed, calm your anxieties in this introductory class. At a slow pace, learn the basics of the personal computer, combining classroom work with hands-on computer use. Topics covered will include word processing, as well as basics like keyboard, disks, and other computer terms. An introduction to the Internet and how to send and receive email messages will also be included in this fun and exciting class.

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ServSafe Sanitation

Instr: Chef Ammerman
Date: TBD, 4 wks, Time: 3-5 p.m.
Fee: \$175.00 (Includes testing and textbooks)

Do you work at a restaurant, diner, convenience store, or school nutrition program in food service? Did you know that the State of Maine requires all food establishments to have at least one full-time Certified Food Protection Manager on staff? Perhaps you volunteer at your organization's "Bean Suppers" and are concerned about proper food handling and safety. This 4-week ServSafe course provides that knowledge and a recognized certification. Call now to register, class will be scheduled as demand warrants

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CNA-M - Certified Nursing Assistant Medication Tech

Instr: Kim Paradis, RN M.Ed.
Date: Tentative start Jan 23rd, 3:30-7:30
Fee: \$800.00

Enrollment in CNA-M requires: A letter from the CNA registry stating that the applicant is in good standing on the registry, a letter certifying a work history that reflects the equivalent of at least one year full-time employment as a CNA (based on the facility's definition of full-time). Evidence of a 10th grade competency level on the SRI reading and comprehension test (we will provide this testing), and written references from two Supervising RNs. State requirements for this class are 60 hrs Classroom, 20 hrs Lab and 40hrs clinical at your home facility. Applications are available at the Adult Education Office. Completed applications and supporting documentation are due before January 3rd.

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Driving Dynamics

Instr: Jim Flynn
Date: 4/10 (1wk) 3-8 p.m.
Fee: \$40.00 under 65, \$25 age 65 and older

Maine's Driving Dynamics Course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes and the basic elements that constantly challenge drivers on Maine's highways. Check with your insurance carrier as there may be discounts available in addition to the three-point credit on your driving record for those who complete this class.

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The Chefs' Table

Instr: Chef Herman Ammerman & a Surprise Preeminent Chef
Date: TBD 5-8pm , Fee: \$45

Register for a special culinary experience which brings a preeminent Maine Chef to Region III to share experience, technique, and recipes. Watch and interact with the Chef as your meal is prepared. Join Chef Herman Ammerman and his special guest Chef for this unique night of culinary adventure. Watch our website, facebook, and newspaper for details Call or stop in to register soon to assure your seat at The Chefs' Table!

Recreation Safety Courses from IF&W Firearms Hunter Safety Course: (Home study)

Instr: IF&W Volunteers
Date: Friday,4/26 6-9 p.m.,
Saturday, 5/4 9 a-m.-4:30 p.m.,
Fee: \$10

This class, that new licensees need to complete before a hunting license can be obtained, teaches you the rules of safe hunting. In order to meet state requirements and obtain a certificate, participants must attend all sessions and complete the home study portion of the class as well as pass the final exam. Ages 10-14 must be accompanied by an adult. These classes fill up quickly, call soon and come in to register to secure your spot.

Archery Hunter Safety Course: (Home study)

Instr: IF&W Volunteers
Date: Friday,5/10 6-9 p.m.,
Saturday, 5/18 9 a-m.-4:00 p.m.,
Crossbow: 4-7:30

Fee: \$10 (additional fee for Crossbow)
This license requires that a bow hunter education course be completed. Passage of a final exam is required and you must attend every day in order to receive your certificate. An additional certificate is required for Crossbow use, and completing the requirements now saves you time as the first 8 hours would be repeated in a separate class.

ATV Education Course

Instr: IF&W Volunteers
Date: Saturday, 4/27 9 a-m.-4:00 p.m.,

This 6-hour course teaches how to properly operate and maintain an ATV. Laws, personal safety and responsibility will be covered. Passage of a final exam is required to receive your certificate. Students under 16 years-of-age must be accompanied by a parent or guardian.