

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

**SPRING
SEMESTER
2023**

**FREE
BROCHURE**

Northern Penobscot Tech Region III also 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: Butch Arthers, 794-3004 Ext. 216.

Also check out our website: www.region3.mainecte.org

HIGH SCHOOL PROGRAMS

- **Automotive Technology**
- **Business Management**
- **CTE Exploratory for 10th & 11th Grade**
- **Construction Technology/Cabinetmaking**
 - **Culinary Arts**
 - **EMT (Emergency Medical Technician)**
 - **Fire Fighting**
 - **Health Science Careers**
CNA, RMA, MAS
- (Certified Nursing Assistant, Registered Medical Assistant, Medical Administrative Specialist)
 - **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

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.

COVID-19 precautions MAY be in place according to CDC and DOE guidelines. Temperatures may be taken, masks and hand sanitizing may be required upon entering the building.

We respectfully ask that if you are feeling ill, you stay home to help keep everyone healthy.

Class sizes may be limited to allow safe distancing. Register early to help ensure the class is offered and you are enrolled in it.

Check out our Website and Facebook Page

www.region3.maine.cte.org / www.facebook.com/regionIII

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

WELDING

Instr: Scott Cornell

Date: Mondays & Wednesdays, 8 wks., Session 1: 1/23-3/22, 5-8 p.m.

Fee: \$500 per session Session 2: 4/3-6/5, 5-8 p.m.

No prior welding experience is necessary for the 8-week, 2-nights per week SMAW course. This course is designed to allow students to progress at their own pace (self-paced). Students may choose to continue beyond learning the basics to prepare for AWS certification (testing is priced separately). Students choosing to prepare for the Flux Core AWS structural certification will pay an additional materials fee of \$150. These welding career courses can help prepare you to enter the workforce as a structural welder. Students who have taken this course within the past year will receive a \$50 reduction in class fee and are not required to repeat the full safety portion of the class. Students who choose to take the AWS certification testing will pay an additional AWS certification & testing fee. Leather Safety-Toed Boots are required.

Soap Making Series

Instr: Dawn Birt from Perry Creek

Date: 4/3 & 5/1, 2wks.,

Time: 5:30-7p.m. & 5:30-8:30 p.m.

Fee: \$15 each class plus materials

Intro to Soap Making on 4/3 will provide a knowledge base of the soap making process and safety precautions required, with demonstration and samples of soap from the instructor. Following completion of the basic class, participants may take the Soap Making 101 class where they will be guided through the hands-on process of making their own soap from a materials kit ordered and purchased from the instructor. Students who have previously completed the Introductory class have fulfilled the requirements for entry into Soap Making 101.

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.

Welding

Heartsaver CPR/First Aid

Basic Life Support for Healthcare Providers

Pyrography (wood burning)

Beginning Photoshop

ServSave Sanitation

Driving Dynamics

Maine Tree Growth Tax Law

Quilting with Pre-cuts

Intro to Soap Making

Soap Making 101:Cold Process

Starting Seeds Indoors Workshop

Refuse to be a Victim

MONDAY

Welding

Instr: Scott Cornell
Date: Monday & Wednesdays,
8 wks., session 1: 1/23-3/22,
Session 2: 4/3-6/5, 5-8 p.m.
Fee: \$500

No prior welding experience is necessary for the 8-week, 2-nights per week SMAW course. This course is designed to allow students to progress at their own pace (self-paced). Students may choose to continue beyond learning the basics to prepare for AWS certification (testing is priced separately). Students choosing to prepare for the Flux Core AWS structural certification will pay an additional materials fee of \$150. These welding career courses can help prepare you to enter the workforce as a structural welder. Students who have taken this course within the past year will receive a \$50 reduction in class fee and are not required to repeat the full safety portion of the class. Students who choose to take the AWS certification testing will pay an additional AWS certification & testing fee. Leather Safety-Toed Boots are required.

Intro to Soap Making

Instr: Dawn Birt of Perry Creek
Date: 4/3, 1 wk.,
Time: 5:30-7pm
Fee: \$15.00

The first class in our new soap making series, will introduce you to the basics of soap making. The processes, ingredients, science behind it and safety measures that are required. Cold Process will be demonstrated, and participants will leave with samples of soap and will be prepared with the requirements for the next hands-on class.

Soaping 101: Cold Process

Instr: Dawn Birt of Perry Creek
Date: 5/1, 1 wk.,
Time: 5:30-8:30pm
Fee: \$15.00 plus materials kit
Those who have taken the Intro to Soap Making class are invited to put their knowledge to work in this hands-on workshop and make their own soap and leave with two pounds of soap to share with family and friends. Materials for this class will be ordered from the instructor and your kit can be customized to your preferences in color and scent.

Maine Tree Growth Tax Law

Instr: Kenny Fergusson, District Forester Maine Forest Service
Date: 2/27 1 wk.,
Time: 5:30-7:00pm
Fee: \$5.00

Maine is about 90% forested, nearly 95% of which is privately owned. Join District Forester Kenny Fergusson as he explains the system, benefits, and pitfalls of Maine Tree Growth Tax law. This 1972 law provides a means for land to be valued and taxed as forest land rather than on just value which can be a significant tax benefit allowing the land to stay undeveloped.

TUESDAY

ServSafe Sanitation

Instr: Chef Ammerman
Date: TBD, 4 wks., Time: 3-5:30 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.

Pyrography/Wood Burning

Instr: Roger Ryder
Date: 1/10 - 2/7, and 2/14 - 3/21
2 sessions, 5wks , 6-8pm
Fee: \$20 per session

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

Quilting with Pre-cuts

Instr: Peggy Murray
Date: 1/10-2/7, 2/14-3/21, 3/28-5/2 (on-going) (5wks) 6-8pm
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 on 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- (2 nights) 5:30-8:30 pm
Fee: \$70

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

WEDNESDAY

THURSDAY

Basic Life Support for Healthcare Providers

Instr: Rick Smart
Date: TBD , 5:00-8:00 pm
Fee: \$75

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 an 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. Check your card and register before it expires.

Refuse to be a Victim

Instr: Tim Peters
Date: 3/29 & 4/5, 5:30-8:00 pm
Fee: \$25

The single most important step toward ensuring your own safety is having a personal safety strategy in place before you need it. The National Rifle Association's "Refuse To Be A Victim" teaches methods to avoid dangerous situations and prevent criminal confrontations. Seminar participants will be presented with a variety of commonsense crime prevention and personal safety strategies and devices that may be integrated into their personal, home, automobile, telephone, technological, and travel security.

Special Note: Classes listed as TBD are open for registration. When the registration list is sufficient (minimum enrollment is satisfied), the class will be scheduled and you will be notified. Call to register EARLY. When scheduled, classes will be on the designated weeknight

Driving Dynamics

Instr: Timothy Peters
Date: 4/12 , 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. The State requires a minimum participation for this class so sign up early

Beginner Photoshop

Instr: Laura Manzo
Date: 4/5-5/3, 4wks
Time: 5:30-8:00 p.m.
Fee: \$45

This introductory class will start you on the path of making use of the mind-blowing features of the Photoshop program. Photoshop is used worldwide by photographers and graphic designers and is more powerful than ever. Pictures taken on a cloudy day can easily have blue sky and puffy clouds instead. People and objects can be added or deleted, photos can be given motion. Join this class to see all that this editing software can do and how easily it can be done. We will provide iMac desktop access and Adobe Photoshop logins. You just need to bring yourself, and an SD Card or flash drive.

Starting Seeds Indoors Workshop and Garden Q&A Session

Instr: Katherine Garland, University of Maine Cooperative Extension Horticulturist

Date: March 2nd
6:00 to 7:30 p.m.

Fee: \$10.00

This program will kick off with a hands-on seed starting workshop where you will have the opportunity to learn basic best practices for growing seedlings indoors, develop a personalized seed starting calendar, check out various supplies and tools, and sow seeds to take home. After, we will have an open question and answer period where we can discuss any of your garden-related questions. This will be your chance to get your questions answered in person by a Horticulturist. Don't miss this. Workshops with Kate are always interesting and informative!

Certified Residential Medication Aide

Instr: Kim Paradis, RN, M.Ed.
Date: TBD, 40 hours(10wks)
Time: TBD.
Fee: \$300

State of Maine regulations, some standard residential facility policies, basic anatomy and physiology of the human body, common medications in the majority of drug classes, and the practice of safe medication administration procedures will be covered in this 40-hour course. We are gauging interest in offering this class again, call to register to secure your placement in this class