



Metropolitan Community College  
**CONTINUING  
EDUCATION**

## Green & Sustainability Related CE Courses Since 2016



NON PROFIT ORG  
U.S. POSTAGE  
PAID  
OMAHA, NE  
PERMIT NO. 526

P.O. Box 3777 | Omaha, NE 68103-0777

**METROPOLITAN**  
Community College



MCC is now offering new courses in Honey Bee Behavior, Honey Bee Diseases and Pests and a tour of three notable apiaries in Omaha.

# REGISTER TODAY!

**ALL CLASSES ARE HELD AT THE DO SPACE, 7205 DODGE ST.**

<b>Honey Bee Colony Organization</b>	ANIM 050N 30	M	06:00P-09:00P	09/19-09/19	\$30
<b>Bees of Omaha</b>	ANIM 255N 80	SA	01:00P-05:00P	09/24-09/24	\$30
<b>Honey Bee Behavior</b>	ANIM 051N 30	M	06:00P-09:00P	09/26-09/26	\$30
<b>Honey Bee Anatomy and Physiology</b>	ANIM 052N 30	M	06:00P-09:00P	10/03-10/03	\$30
<b>Honey Bee Diseases and Pests</b>	ANIM 053N 30	M	06:00P-09:00P	10/10-10/10	\$30
<b>Honey Bee Floral and Pollination</b>	ANIM 054N 30	M	06:00P-09:00P	10/17-10/17	\$30

**For more information and to register,  
visit [mccneb.edu/ce](http://mccneb.edu/ce) or call 531-MCC-5231.**

Metropolitan Community College does not discriminate on the basis of race, color, national origin, religion, sex, marital status, age, disability or sexual orientation in admission or access to its programs and activities or in its treatment or hiring of employees.



**METROPOLITAN**  
Community College

# HUBBARD SUSTAINABILITY SERIES

The Claire M. Hubbard Foundation Sustainability Series is a quarterly event at MCC at Do Space that allows speakers to inform the public about the importance of sustainability on a local, regional and national level.

**WHEN: Thursday, Nov. 30, 2017 | 4-6 p.m.**  
**WHERE: MCC at Do Space, 72nd and Dodge streets**

This event is **FREE** and open to the public.



**METROPOLITAN**  
Community College

P.O. Box 3777 | Omaha, NE 68103-0777

NON PROFIT ORG  
U.S. POSTAGE  
PAID  
OMAHA, NE  
PERMIT 526

## Speakers include:

*Kara Eastman, executive director,  
Omaha Healthy Kids Alliance*

Eastman has taken OHKA from a small, local start-up focused on lead poisoning prevention to a nationally recognized nonprofit. She focuses on safe, healthy housing in Omaha.

*Chuck Schroeder, executive director, Rural  
Futures Institute, University of Nebraska-Lincoln*

Schroeder has worked with people all across the state to help revitalize rural Nebraska, discuss the significance it has and show others that they can have a fulfilling life there.

*Peter McCormick, executive director, Robert B.  
Daugherty Water for Food Institute*

McCormick has worked nationally and internationally on food, water and environmental sustainability. He has helped lead the way for food and water management in Asia, Africa and the Middle East.

Metropolitan Community College does not discriminate on the basis of race, color, national origin, religion, sex, marital status, age, disability or sexual orientation in admission or access to its programs and activities or in its treatment or hiring of employees.



Metropolitan Community College  
**CONTINUING  
EDUCATION**

# Explore & Create

this winter at the new North Makerhood District

- Classic Draping: The Trench Coat
- Draping Dior
- Draping the Basic Using a Dress Form
- Fabric Dyeing: Rust Dyeing and Natural Inks
- Fabric Dyeing: Shibori Dyeing and Sumi Inking
- From Scraps to Storytelling Quilts
- Sand Casting Basics
- Upholstery 101\*
- Upholstery 102\*
- Va Va Vintage! Couture Techniques
- Weaving 101
- Wheel Thrown Pottery
- Wheel Thrown Pottery for Teens

CE winter classes run  
Jan.17 through March 30.  
Visit [mccneb.edu/ce/makerhood](http://mccneb.edu/ce/makerhood)  
for more information.

\*No discounts



Metropolitan Community College  
**CONTINUING  
EDUCATION**  
P.O. Box 3777 Omaha, NE 68103-0777

Call 531-MCC-5231  
or visit [mccneb.edu/ce](http://mccneb.edu/ce)  
to register.

- Click on Registration Options
- Click on Register Now
- Browse courses by location
- Click on Makerhood

Metropolitan Community College does not discriminate on the basis of race, color, national origin, religion, sex, marital status, age, disability or sexual orientation in admission or access to its programs and activities or in its treatment or hiring of employees.

CONED015\_WinterMakerhood\_PC\_1217



**METROPOLITAN**  
Community College

# HUBBARD SUSTAINABILITY SERIES

The Claire M. Hubbard Foundation Sustainability Series is a quarterly event at MCC at Do Space that allows speakers to inform the public about the importance of sustainability on a local, regional and national level.

**WHEN: Wednesday, March 28, 2018 | 4-6 p.m.**  
**WHERE: MCC at Do Space, 72nd and Dodge streets**

This event is **FREE** and open to the public.  
To register, visit [mccneb.edu/ce](http://mccneb.edu/ce).



**METROPOLITAN**  
Community College

P.O. Box 3777 | Omaha, NE 68103-0777

FIRST CLASS MAIL  
US POSTAGE PAID  
OMAHA NE  
PERMIT NO 526

## Speakers include:

**Diana Faila, founder, The Urban Bird & Nature Alliance**  
Faila, a master gardener and certified arborist, is a member of many local organizations that focus on preservation and beautification, such as the Midtown Neighborhood Alliance, Midtown Vision 2050, the NE Wildlife Federation board and the Green Omaha Coalition. The Urban Bird & Nature Alliance, an organization that encourages growth and protection of vital ecosystems.

**Merica Whitehall, executive director, Fontenelle Forest**  
Whitehall oversees Fontenelle Forest in Bellevue, Nebraska, a 2,000-acre nonprofit nature center. Fontenelle Forest not only preserves trees, but also includes a Raptor Recovery program that helps injured birds get rehabilitated before being released back into the wild.

**Dan Lambe, president, Arbor Day Foundation**  
Lambe leads the strategic development of programs and partnerships that the Arbor Day Foundation holds to encourage people to plant, nurture and celebrate trees. Since its beginning in 1972, the Arbor Day Foundation has become the largest nonprofit focused on planting trees, with more than a million members, supporters and partners.

Metropolitan Community College does not discriminate on the basis of race, color, national origin, religion, sex, marital status, age, disability or sexual orientation in admission or access to its programs and activities or in its treatment or hiring of employees.

CONED031\_HubbardSeries\_PC\_0218

## Planning a Successful Vegetable Garden

Part 1 is planning and preparing your garden. Part 2 will be offered next quarter and covers planting and Protecting. Early planning is critical to having a successful vegetable garden next summer - now is the time to start! Learn valuable information on the importance of early garden planning, proper site selection and preparation. We will also discuss new vegetables for the next season, propagation methods, edible plants, great recipes and more. The instructor is John Nabity. (one session)

02/13/2016

04/09/2016

03/25/2017

03/03/2018

04/14/2018

## Landscape Design/ Landscape Design for Amateurs

Learn a step-by-step method to develop basic landscapes. Discuss all the steps in landscape design: planning, preparation, installation and maintenance. The instructor is John Nabity. (five weeks)

01/14/2016

04/19/2016

03/31/2016

09/22/2016

01/26/2017

04/20/2017

09/28/2017

01/25/2018

05/31/2018

## Landscape Maintenance-A Yearly Plan/ Landscape Maintenance-Your Yearly Plan

Join us as we discuss all you will ever need to maintain a beautiful landscape. We will divide the year into the four seasons and talk about the different kinds of maintenance you will need to perform each season. Class will cover shrubs, plant material, trees, lawns, fertilizer and more. This seminar is designed to assist the homeowner or property management staff. The instructor is John Nabity. (one session)

01/21/2017

10/28/2017

03/10/2018

06/09/2018

## Three Sister's Garden

Visit the garden to learn about what many cultures have practiced in gardens throughout time-the planting of a three-sister's garden. In this ancient Native American practice you'll discover an easy and efficient way of growing food with minimal work and expense-planting corn (or maize) for structure of climbing beans, squash to cover the ground, weeds to hold moisture in the soil, while in the end, providing nourishment for a beautiful harvest! You will receive a starter packet of heirloom seeds of corn, beans, squash and weave a natural loom. Wear appropriate clothing and shoes. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

05/26/2018



## Grow Mushrooms At Home

Cultivating edible mushrooms is fun and easy using logs or wood chips! Especially, when it's done in a moist shaded area of your own yard. Learn how to actually cultivate mushrooms! You'll receive a small log to work with as the instructor walks you through the process of drilling, plugging and waxing. Each participant will leave with a completed log, including extra plugs and wax needed to complete the process at home again. Bring a \$15 supply fee and go to [mccneb.edu/ce](http://mccneb.edu/ce) for a list of additional supplies that will not be covered by the supply fee. Feel free to bring a sack lunch. The instructor is Calandra Ferguson. (one session)

03/31/2017

04/22/2017

05/20/2017

## Mushrooms!

Cultivating edible mushrooms is fun and easy using logs! Learn how to plug wood logs to cultivate your own mushrooms at home. Come prepared to drill, plug, hammer and wax! Go to [mccneb.edu/ce](http://mccneb.edu/ce) for a supply list and bring a \$7 supply fee. The instructor is Calandra Cooper. (one session)

04/14/2018

## Wood Chip Mushroom Garden

Increase the diversity of your home-grown produce by learning how to cultivate an edible wood chip mushroom garden patch. Discover how to create a mushroom patch by participating in actually making a patch on location at Hidden Roots Allotment Garden. You'll leave with knowledge and resources necessary for making their own patch at home. Wear appropriate clothing and garden gloves. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

04/21/2018

## Never Fear, Wine Caps Are Here (Mushrooms)

No need to be overwhelmed by mushrooms science, especially when all you really want to do is eat and enjoy edible fungi! Make a perennial wine cap mushroom patch in class that you'll be able to take home. Your patch will provide healthy abundance for you in many seasons to come. Bring a \$15 supply fee. Feel free to bring a sack lunch. (one session)

04/29/2017

04/07/2017

## Beeswax Wood Protector

This class teaches participants how to make beeswax based wood polish and water resistant wood coating for everything from furniture, tables, cutting boards and more from cleaned beeswax. The recipe will be available and each student will make a container of beeswax wood protector. (one session)

01/23/2017

02/15/2017

## Beeswax Skin Cream

This class teaches participants how to make beeswax based skin cream that help to heal and protect dry skin from cleaned beeswax. Recipes for alternatives will be available. This class will have each student make a container of beeswax skin lotion. (one session)

12/19/2016

02/08/2017

## Beeswax Lip Balm

This class teaches participants how to make beeswax based lip balms that help to heal and protect dry and chapped lips using clean beeswax. Recipes for alternatives will be available. This class will have each student make a tube of beeswax lip balm to keep. (one session)

01/09/2017

02/01/2017

## Beeswax Candles

This class teaches participants how to make beeswax candles from cleaned wax into poured molds. This class discusses plain candles, adding scents and colors to candles and the environmental benefits of beeswax candles. (one session)

01/18/2017

## Organic Beekeeping

This three-hour class is taught by Tony Sandoval, professional apiarist. The class teaches participants about beekeeping from a scientifically organic approach and covers terminology, hives, methods and equipment that best facilitate successful organic beekeeping. (one session)

07/09/2016

02/13/2017

03/13/2017

05/08/2017

10/30/2017

05/26/2018

## Beekeeping: IPM and Pests

This three-hour class is taught by Tony Sandoval, professional apiarist. This class teaches participants about the major parasites, predators, pathogens and poisons/pesticides that affect honey bee colonies. We will also cover integrated pest management approaches to knowing what to do when these pests are present. (one session)

04/24/2017

10/16/2017

## Beekeeping: Hive Management

This three-hour class is taught by Tony Sandoval, professional apiarist. This class teaches participants about the parts of the most conventional hive system used, the Langstroth hive, and how they come together as one hive system. Participants also learn how to manage the hive over the beekeeper's year. (one session)

04/17/2017

10/09/2017

04/28/2018

## Beekeeping: Colony Organization and Behavior

This three-hour class is taught by Tony Sandoval, professional apiarist. This class teaches participants about the honey bee colony as a super organism and the behavior of bees individually and as a colony. (one session)

04/10/2017

10/02/2017



## Beekeeping: An Introduction

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. An overview will be provided of what goes on in the first two years of beekeeping and how to prepare to become a successful beekeeper. Learn basic concepts, terminology and examples of what types of hives and beekeeping methods that work best for their beekeeping efforts. (one session)

03/27/2017

09/18/2017

04/07/2018

## Beekeeping: Applied Skills

This three-hour class is taught by Tony Sandoval, professional apiarist. This class is a "hands-on" activity in an apiary in which participants will be working with live bee hives. Participants will learn methods and techniques of using various tools and equipment such as a smoker, hive tools, etc. and will participate in a live hive inspection. **\*\*IMPORTANT\*\*** If participants experience anaphylaxis as an allergic response or do not know if they might be so affected, it is the participant's responsibility to check with their physician BEFORE participating in this class. (one session)

03/18/2017

05/20/2017

05/12/2018

## Beekeeping: Biology

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. This class covers the anatomy and physiology of honey bees. Participants will know what the internal and external parts of the honey bee are and how they work. (one session)

04/03/2017

## Bees of Omaha

Brief tour of notable apiaries in Omaha. Tour the MCC Fort Omaha Campus Apiary, the Omaha Bee Club Teaching Apiary and Bee Gardens. In addition, we visit a rooftop Apiary in Omaha's Old Market area. Participants will learn about what goes into planning, implementing and maintaining a functional apiary. (one session)

07/30/2016

09/24/2016

## Urban Beekeeping: a Bee-Ginning

This class will take prospective beekeepers who want to keep bees within the city limits through the basics of bee-ing a good neighbor, city/county rules and regulations, honey, bee biology and behavior and first year beekeeping skills. (one session)

06/11/2016

## Honey Bee Floral Forage and Pollination

Information and discussion of the flowering plants that honey bees forage on and pollinate. (one session)

10/17/2016

## Honey Bee Diseases and Pests

This three-hour class is taught by Tony Sandoval, professional apiarist. This class teaches participants about the major parasites, predators, pathogens and poisons/pesticides that affect honey bee colonies.

We will also cover integrated pest management approaches to knowing what to do when these pests are present. (one session)

10/10/2016

05/05/2018

### Honey Bee Anatomy and Physiology

This three-hour class is taught by Tony Sandoval, professional apiarist. This class covers the anatomy and physiology of honey bees. Participants will know what the internal and external parts of the honey bee are and how they work. (one session)

10/03/2016

04/14/2018

### Honey Bee Behavior

This three-hour class is taught by Tony Sandoval, professional apiarist. This class teaches participants about the honey bee colony as a super organism and the behavior of bees individually and as a colony. (one session)

09/26/2016

04/21/2018

### Honey Bee Colony Organization

Information and discussion of the super-organism known as the honey bee colony and the details of how it is organized. (one session)

09/19/2016

### Pollinators: Honey Bees and Butterflies

Get to know pollinators while learning how to plant a wild flower pollinator garden that honey bees and other pollinators will love to visit! Explore how to create and leave with a wild flower garden and salt lick mix to take home and transplant into a home garden. Experience seeing honey bees in an observation hive and receive basic knowledge on beekeeping in Omaha. Go to [mcneb.edu/ce](http://mcneb.edu/ce) for a supply list. Wear appropriate clothing and garden gloves. The instructor is Calandra Cooper. (one session)

04/07/2018

### Keeping the Crew and Coop: Backyard Chickens

Home gardens, kitchen herbs, farmer markets, CSA's and community allotments - everyone wants to be closer to their local food source! For the entertainment value alone, raising chickens is so worth it-and anyone can do it. Explore how chickens can benefit you and your garden, including learning about local ordinances, licensing and preparing for your backyard chickens while observing and experiencing the ladies in a natural garden setting. Come with plenty of questions and an appetite for a sampling of freshly prepared eggs! Wear appropriate clothing and shoes. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

05/26/2018

### The Magic of Natural Dyeing

From the beginning of time, everything that was dyed was dyed naturally. Natural dyes are the root of all modern color. In this hands-on workshop participants have an opportunity to hand dye cotton, silk or hemp using the natural dyeing processes using Shibori and turmeric by creating resists using stitching, clamping, pinching, waxing, poling and more to personalize your own personalized fabric. This workshop will show you how to prepare a chemical indigo vat and you'll make your own natural indigo

vat "mother" to take home for personal use. Bring your lunch, a \$10 supply fee, two yards of silk, cotton or hemp, long rubber gloves and wear old clothes. (one session)

10/21/2017

### Mother Nature's Lost Color

From the beginning of time, everything that was dyed, was dyed naturally. Natural dyes are the root of all modern color. This knowledge is fading away, but not if we can help it. Explore two natural fabric dyeing processes, bundle dyeing and Hapa-zome, by creating your own color and pattern on natural textiles with different assortments of colorful fresh flowers and leaves. Wear clothing you don't mind getting messy. Go to [mccneb.edu/ce](http://mccneb.edu/ce) for the supply list. Please bring a sack lunch and water. (one session)

09/29/2017

04/21/2018

### Fabric Dyeing: Rust Dyeing and Natural Inks

Where science, nature and art meet! Learn to dye naturally while making a uniquely dyed piece of fabric-using things gone to rust! Yes, rust! Rust doesn't have to be a nuisance, it can be used as a technique to make a beautiful and unique piece of art. This class will also touch on making rusted paper and natural inks. Some supplies included in tuition. Go to [mccneb.edu/ce](http://mccneb.edu/ce) for a supply list. The instructor is Calandra Cooper. (one session)

03/10/2018

### Fabric Dyeing: Shibori Dyeing and Sumi Inking

Come learn how to dye naturally with indigo using shibori binding techniques. These techniques have been around since the eighth century and involve twisting, tying, crumpling and folding. This technique is similar to tie-dyeing. And as a treat, while you're waiting for your creative piece to develop in the vat, indulge yourself by making a Japanese sumi ink drawing. Most supplies are included. Go to [mccneb.edu/ce](http://mccneb.edu/ce) for a supply list. The instructor is Calandra Cooper. (one session)

03/17/2018

### Midwest Superfood: Aronia Berries Workshop

Also known as the "Chokeberry" or "Black Chokeberry," aronia berries have been used for ink and dyes for hundreds of years, by Native Americans and early pioneers. Native to the Midwest, aronia berries also provide one of the world's darkest natural dyes. Come join us as for a fun evening of natural dyeing using this extraordinary superfood. Bring rubber gloves and 2 yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

06/23/2018

### Indigo Resist Workshop

You will use stencils and learn how to make resist paste from rice flour which is then used to help create your own patterns on 100% cotton before dipping in the indigo vats while connecting, sharing and collaborating with other creatives. Bring rubber gloves and 2 yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

05/12/2018

### Black & Yellow Magic Workshop

Join us as we turn roots (iris, dandelion) and other things found in the garden into beautiful black and yellow natural dyes! Bring rubber gloves and 2 yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

06/09/2018

### Aquaponics: Fish, Vegetables, & You

Combining the best advantages of aquaculture and hydroponics, Aquaponics uses the nutrient-rich water produced from raising fish to grow thriving plants! Learn how to raise fish for the dinner table or just for fun along with vegetables, greens and herbs, in recirculating systems of various sizes and designs. Concepts and guidelines of Aquaponics will be explained & demonstrated via a working system featuring Tilapia. Participants will be provided with plans and sources of materials necessary to build their own moderate sized (70--150 gal.) aquaponics system at home. Class taught by Michael Kaminski. (one session)

01/16/2016

### Introduction to Aquaponics

Taught by Greg Fripp of Whispering Roots, you will learn the basics of Aquaponics technology. Aquaponics is the combination of Aquaculture (raising fish) and Hydroponics (growing plants in liquid instead of soil). The water (effluent) from fish tanks is pumped into plant grow beds and then recirculated to the fish tanks. The fish effluent becomes the fertilizer for the plants! The plants love the natural fertilizer! They grow big, green and healthy! The roots from the plants act as natural filters for the fish water creating a symbiotic relationship. (one session)

10/15/2016

04/01/2017

### Advanced Aquaponics

Taught by Greg Fripp of Whispering Roots, you will learn advanced Aquaponics skills and cover topics such as materials, water testing, crop starting and Aquaponic system construction. It is highly recommended that you take the Introduction to Aquaponics course prior to taking the advanced class. (one session)

12/03/2016

05/06/2017

### Hubbard Sustainability Series

The Claire M. Hubbard Foundation Sustainability Speakers Series is an engaging conversation between experts on sustainability-related topics. The topic and its experts change every quarter, and this quarter is focused on trees. Audiences will benefit hearing from local, regional, and national experts, followed by an interactive question-and-answer session. Light refreshments will be provided. Visit [mccneb.edu/hubbard](http://mccneb.edu/hubbard) for more information and to sign-up for this free event.

Water 11/30/2017

Trees 03/28/2018

### Solar Electric

Introduction to solar electric (or photovoltaic or PV) systems and installation; topics include applications for residential and commercial, safety basics, electricity basics, solar energy fundamentals, system components, system sizing, site/design considerations and installation. The class would be appropriate for home or building owners evaluating solar and those interested in working in the solar industry. The class is presented by Michael Shonka, an NABCEP certified PV installer and owner of Solar Heat and Electric. (one session)

04/18/2018

## College for Kids

### Earth's Changing Surface

Learn about the severity of our changing surface. Explore how to prevent our surface from changing in some situations, and how to adapt in the situations we cannot prevent. Learning targets will be: soil erosion, earthquakes and construction support. Ages 9 to 13.

11/18/2017

### Chickens

Discover how fast they grow from eggs, to chicks, to teenagers, to adults. Help us gather eggs in the coop, lay fresh bedding, and feed them treats from our organic garden. Take a walk in the pasture and discover where the chickens hide, what predators they have, and more. (ages 5-10)

06/16/2018

### Cows

We have some big babies! Ever bottle feed a 100lb baby cow? Snuggle up on these big babies. Walk the pasture with their adult brothers and sisters and see how big they really get. Learn the differences between pasture raised, grass finished, and corn fed. (ages 5-10)

06/30/2018

### Goats

Barreras Family Farm has a small herd of Nubian dairy goats, come get to know these friendly critters. Help us bottle feed the babies, milk the momma goats, learn about fresh raw milk, and more. (ages 5-10)

06/09/2018

### Bunnies

Meet some cuddly critters named Katerina, Clover, and Hopper. Explore different breeds of rabbits and check out their unique characteristics. Watch how fast they hop and play. Help us pick bunny treats from our organic garden and of course spend lots of time holding each of them. (ages 5-10)

06/02/2018

### Horses

Help us groom our horses, watch a farrier give them a horse pedicure, and learn how to read their body language. Everyone can try riding (assisted by a farm hand on lead rope). (ages 5-10)

06/23/2018