Creative Activities Program
Ohio Union
The Ohio State University
SPRING 2006
www.ohiounion.osu.edu/cap
What is CAP?

The Creative Activities Program (CAP) has had a long history in the Ohio Union at The Ohio State University with its first courses being offered in 1973. After a five-year hiatus, CAP is once again offering dynamic non-credit programs that provide unique leisure time learning experiences for students, faculty, staff, alumni, and the community.

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Event Descriptions

**Reading the Tea Leaf:**
*A Tea Tasting Session*
With I-Cheng Huang,
founder of ZenCha Tea Salon

So you have heard about all the health benefits about tea but are still confused when trying to tell the differences among Black, Green, White, Yellow, Red, Oolong and Herbal tea? How are they made differently and how do they differ in color, aroma, taste, texture, and body? How does tea pair with food? Join us for this informative and entertaining session that covers the history and culture of tea, tea preparation, and a hands-on tea sampling with traditional tea snacks from around the world.

**Date** Monday, May 1  
**Time** 6:00-8:00pm  
**Location** ZenCha Tea Salon  
(982 N. High St.)  
**Cost** $30

**Shake it Like Shakira:**
*Beginning Belly Dance*
With Salome

Move to the rhythms of Middle Eastern music as you learn the initial techniques, transitions, hip movements and more, in this ancient dance form. You’ll develop body isolations, basic walking patterns and progress in to the dance movements with explanations of the styles. Wear comfortable clothing with ballet shoes or soft-soled shoes.

**Date** 6 sessions beginning  
Thursday, May 4 - June 8  
**Time** 6:00-7:15pm  
**Location** The Ohio Union  
(1739 N. High St.)  
**Cost** $45

**Beginning Black and White Darkroom Photography**
With John A. Makuch

Discover what veteran photographers know, putting your own style on photos doesn’t stop when you’ve shot a roll of film. Designed for the totally inexperienced, this program give you guided practice in the darkroom. We will also review basic camera uses, film development, and printing. You may never again want to leave your film with a commercial processor. Bring an unloaded 35mm single lens reflex camera with manual capability to the first session. Other supplies available for purchase will be discussed at first session.

**Date** 6 sessions Thursdays,  
May 4 – June 15  
**Time** 6:00-8:00pm  
**Location** Photography Lab,  
The Ohio Union (1739 N. High St.)  
**Cost** $95

**Dance Like a Star:**  
*Introduction to Ballroom Dancing*
With Author Murray Studios

Fred and Ginger have nothing on you! Master the basic step and variations of traditional ball room dance and learn the fox trot, waltz, rumba, and more. Both leading and following taught.

**Date** 4 sessions, Saturdays,  
May 6 (not May 27) – June 3  
**Time** 11am-Noon  
**Location** The Ohio Union  
(1739 N. High St.)  
**Cost** $45 per person/$65 per couple

*Spring 2006*
Event Descriptions

Wedding Bouquets, Boutonnieres & Corsages Oh My!
With Janna Coe of Red Elegance
Getting married or just interested in flower arranging? Learn some helpful tips about the various wedding bouquet styles and flowers for the entire wedding party. Flowers and supplies provided.

Date: Saturday, May 13
Time: 10:00am-Noon
Location: The Ohio Union
(1739 N. High St.)
Cost: $35

Paint with Faux Finishing Textures
With Aurora
Learn about and try your hand at several specialty painting and faux finishing techniques. Practice each technique briefly, with related discussion on surface preparation, precision painting a room, techniques, tools, and equipment. An experienced professional mural artist teaches this course.

Date: Saturday, May 13
Time: 10:00am-Noon
Location: The Ohio Union
(1739 N. High St.)
Cost: $35

Napa in Columbus: Basics of Wine Tasting and Making
With Charles and March Frobose
Take advantage of this unique opportunity to learn the differences, various tastes and selections of wine while getting hands on experience with the actual wine making process. You’ll be able to bottle your own wine at the end. A picture ID with proof of age is required.

Date: Monday, May 15
Time: 6:30-8:30pm
Location: Camelot Wine Cellars Winery, LTD. (958 N. High Street)
Cost: $35

How to Buy a Home
With Bruce & Donna Burnham
Are you considering purchasing a home or condominium? This workshop is specially designed for the prospective first-time home buyer and covers a broad range of topics such as buyer brokerages, pre-qualifying for a loan, closing costs, resale vs. new construction, etc. An optional Saturday field trip will include meeting with a builder, paint and fix-up options, and a look at four major home styles.

Date: 4 sessions, Wednesdays, May 17 - June 7
Time: 6:30 - 8:30pm
Location: The Ohio Union
(1739 N. High St.)
Cost: $45
Relaxing Aromatherapy
With Keena Smith

The practice of using essential oils for healing purposes is receiving much attention in the world of botanical medicine. During this session, learn about the history and uses of aromatherapy and make your own aromatic products to try at home. Materials are included.

Date Saturday, May 20
Time 10am - Noon
Location The Ohio Union
(1739 N. High St.)
Cost $25

Dine Like a Diplomat
With Kai A. Landis

Business meals are for building rapport with potential employers, employees or clients, not worrying about which fork to use. During this very entertaining and hands-on session over dinner, learn the basics of business dining, the dos and don’ts of conversation and how to present yourself with confidence in social situations.

Date Monday, May 22
Time 6:00-8:00pm
Location The Ohio Union
(1739 N. High St.)
Cost $45

Sunny Summer Soups
With Chef Del Sroufe

Usually when we think of soups, cuddling up to a steaming hot bowl of vegetable soup on a winter day often comes to mind, but summer’s garden offers the perfect bounty for soup making. Learn to make some new options featuring a simple summer vegetable, light and easy miso soup with summer greens, and a delectable fruit gazpacho.

Date Monday, June 5
Time 6:30-8:30pm
Location Benevolence Café
(41 W. Swan Street)
Cost $50

Basic Car Maintenance 101
With Aaron Edwards

A well-maintained vehicle speaks volumes about you as an owner. More importantly, it will not desert you when you need it most. During this hands-on and interactive class, learn the basis of car maintenance including: properly changing your oil, filter and spark plugs; how to change a tire; tips on saving gas; and what to do for your car when the seasons change.

Date Monday, June 5
Time 6:30-8:30pm
Location Eastland Career Center
(4465 S Hamilton Rd in Groveport, OH)
Cost $30
Registration Begins Monday, April 3, 2006 and will continue on a rolling basis.

3 Easy Ways to Register

In Person: Come to the CAP office housed in the Ohio Union Business office (Room 237) at 1739 N. High Street. Cash, check, money order or MasterCard or Visa is accepted.

By Phone: Call 292-7924 with your Mastercard or Visa number during regular business hours (8am-5pm). Your telephone call will serve as your confirmation of your registration.

By Mail: Fill out the registration form included in the catalog or download on-line at www.ohiounion.osu.edu/cap and send with payment to:

CAP Ohio Union  
c/o Kai Landis  
237 Ohio Union  
1739 N. High St.  
Columbus, Ohio 43210

Note: CAP programs are designed for adults 18 and older

Refunds

Please be certain of the program(s) you want and read the refund policies prior to registering.

There are four keys to a CAP refund:

1. You can receive a refund only if your program is canceled by CAP.

2. You will receive a full refund for a program canceled by CAP. You may select a cash or check refund or a credit to your MC/VISA, depending on your method of payment.

3. Please allow 3-4 weeks for processing your request.

4. Please understand that CAP reserves the right to change instructors without notice to participants. No refunds will be issued on this basis.
Registration Form

Date: ____________________________
Name: ___________________________ Email: ___________________________
Address: ________________________________________________________
City, State, Zip __________________________
Day Phone __________________________ Evening Phone ______________________
Other than CAP, how are you affiliated with OSU?
Student Faculty/Staff Alumni None

Payment:
- Make checks payable to The Ohio State University.
- Please do not send cash.
- Credit Card # (MC or VISA) __________________________ Exp. Date _________
- Name on Credit Card: __________________________

Mail to: CAP Ohio Union
c/o Kai Landis
237 Ohio Union
1739 N. High Street
Columbus, OH 43210

☐ Check here if you want a receipt/confirmation by mail. One will automatically be sent via email.

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Payment Method:
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