Follow Your Bliss

“Follow your bliss”® – Joseph Campbell
Used with the permission of the Joseph Campbell Foundation.
For more information go to jcf.org
Welcome to College of Marin Community Education. Continuing and Lifelong Learning.

Invest in yourself with College of Marin’s Community Education classes—it’s easy, fun, and cost-effective, too. Do you want to develop your professional skills or find new career opportunities? Perhaps you want to have fun and meet like-minded people following a passion? Want to learn a new activity or follow a cultural pursuit? Would you like to take time for some personal development or job training to reset your compass and goals?

www.marin.edu/CommunityEducation
New for Fall 2011

2007 Excel Expert..................................................................................................................................16
A Seminar on Klezmer Music ..................................................................................................................36
Art and Inner Life: A Meditative Approach to Watercolor Painting.......................................................7
Art of Anatolia: From the Hittites to the Ottoman Turks .........................................................................9
Boomer Fitness.........................................................................................................................................49
Conversational Yiddish............................................................................................................................32
Creating a Wildlife Friendly Garden ........................................................................................................28
Dare to Create ‘What’s Next!’..................................................................................................................11
Discovering Your Roots: Introduction to Genealogical Research Methods ...........................................38
Do-It-Yourself PR.....................................................................................................................................10
European Culture and History: The House of Romanov, A Russian Dynasty ........................................27
Finding Your Groove: An Invitation to Dance, Sweat, Feel, and Play .....................................................21
History of the French Cinema ..................................................................................................................27
How to Replace Your Lawn ......................................................................................................................27
How to Sell Your Home ............................................................................................................................51
How to Write Flash Fiction and Why You Want To: Developing Your Skills ............................................54
Introduction to Mark Twain......................................................................................................................32
Literature and Librettos in Opera: Composers vs. Librettists .................................................................33
Protecting Yourself While Online...........................................................................................................17
Significant Others: Intimacy and Creativity in the World of the Visual Arts ..........................................9
Social Media 101.......................................................................................................................................17
Springboard Diving for Teens ..................................................................................................................50
The ‘Accidental’ Ex-Pat: Living in Foreign Lands ....................................................................................52
The Spiritual Practice of Critical Enquiry .................................................................................................39
What Is It About Music? Music in Our World..........................................................................................36
Writing the Young Adult Novel ..............................................................................................................53
Zumba Gold...............................................................................................................................................47

Weekend Workshops

Invest in yourself and do something just for you on the weekend! Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date shown below is the start date for the class. See page listed for more information.

September 10
Backyard Beekeeping...............................................................................................................................53
Backyard Chickens ...................................................................................................................................53
Beginning Hiking ...................................................................................................................................13
Figure Painting.......................................................................................................................................35
How to Make Profit Finding Hidden Gold, Silver, and Platinum...............................................................11
Introduction to iPhone/iPod Touch Apps (IVC) ......................................................................................18
Microsoft Word Basics for Adults ........................................................................................................15
Qigong and Women's Health ................................................................................................................47
Watercolor Basics ..................................................................................................................................6
Yoga for Every Body, Yoga for Every Mind ............................................................................................43

September 11
Get Ready to Paint: Beginners Really Welcome! ....................................................................................5
Introduction to Taiko...............................................................................................................................48

September 17
Dare to Create ‘What’s Next!’ ..............................................................................................................11
How to Replace Your Lawn ..................................................................................................................27
Introduction to QuickBooks Pro 2010 (IVC) ........................................................................................17
Surfing 101...............................................................................................................................................35
September 24
Do-It-Yourself PR ................................................................. 10
Great Soil = Great Gardens: Home Composting Made Easy ................................................... 52
How to Sell Your Home ............................................................. 51
Strategies for Getting Your Child into College Today ............................................................... 37

October 1
Digital Photography for Travelers .................................................. 39
Intermediate QuickBooks Pro 2010 (IVC) ........................................... 17
Mural Painting Intensive ................................................................. 8
Oh Deer! Coping with Bambi in the Garden ........................................ 28
Voice Overs: The Big Picture ....................................................... 23

October 8
Squarespace.com: Fast, Easy Website Creation ..................................... 18

October 15
The ‘Accidental’ Ex-Pat: Living in Foreign Lands ........................................... 52

October 23
Introduction to Taiko ................................................................. 48

October 29
Beginning Hiking ................................................................. 35
Figure Painting ................................................................. 6
Microsoft Word Basics for Adults .................................................. 15
Qigong and Women’s Health .................................................... 47
Using Tables in Microsoft Word .................................................. 14
Watercolor Basics ................................................................. 6
Yoga for Every Body, Yoga for Every Mind ........................................ 43

November 5
Fundraising 101: How to Ask for Money ........................................ 51
Inserting Images in Microsoft Word ............................................... 14

November 12
Web-based Email for Adults .......................................................... 14

November 19
Introduction to Microsoft PowerPoint ............................................... 14

December 3
Introduction to Microsoft Excel Spreadsheets, Graphs, and Charts .................................... 14

December 10
Using Formulas in Microsoft Excel Spreadsheets ........................................ 14
Classes

Art ......................................................... 5
Business/Marketing ................................. 10
Computers .............................................. 12
Current Events ......................................... 20
Dance .................................................... 20
Drama/Stage & Screen ............................. 23
Emeritus College/ESCOM ....................... 55
Film Appreciation .................................. 23
Financial Planning .................................. 24
Foods & Wine/Artisan Cheesemaking .......... 24
Health & Wellness .................................... 26
History ................................................... 27
Home & Garden ...................................... 27
Intensive English Program (IEP) ............... 28
Languages .............................................. 29
Literature/Humanities .............................. 32
Marin Adventures .................................... 34
Music .................................................... 35
Parenting/Foster and Kinship Care ............ 37
Parking, Directions, & Maps ..................... 61
Personal Development ............................. 38
Philosophy ............................................. 38
Photography .......................................... 39
Physical Fitness ....................................... 40
Public Service ......................................... 51
Real Estate ............................................. 51
Registration & General Information ......... 57
Registration Form .............Center of Booklet
Textiles ................................................... 51
Travel .................................................... 52
Urban Agriculture .................................... 52
Writing ................................................... 53

Art

Note regarding class supplies: Supplies will be discussed in class. Please bring whatever related materials you may already have to the first class meeting. Students are expected to provide their own materials unless otherwise noted below.

GET READY TO PAINT: BEGINNERS REALLY WELCOME!

This class is an orientation designed for the enthusiastic, but apprehensive novice painter who wishes to start in acrylics. Even ‘beginners welcome’ painting classes can be intimidating when you don’t know the difference between a ‘bright’ and ‘filbert’ or the basics of color mixing.

Come learn the scoop about brushes, supports, additives, how to prep a canvas and mix paints, and you’ll be ready to jump into your first landscape or still life class with confidence. Through presentation and hands-on activities you will ‘get ready to paint’ in a supportive and relaxed setting. Wear comfortable painting clothes and bring your lunch.

Please contact the instructor at maryvalente.com for the supply list.

Mary Valente, now an exhibiting artist, remembers how lost she felt at her first art class when she realized that she was the only student who truly didn’t know a thing about painting.

Sunday, 10am–3pm
Sept. 11
Kentfield Campus, Fine Arts 312
Fee $65 (Includes $2 materials fee)
CRN# 85001 EC

ABSTRACT PAINTING

“In a successful painting everything is integral... all the parts belong to the whole. If you remove an aspect or element you are removing its wholeness.” Richard Diebenkorn

This course is designed for students of all experience levels who wish to strengthen their skills in abstract painting in any medium. Through lectures, demonstrations, discussions, critiques, and in class painting, we will deconstruct modern and contemporary themes as students work to develop a unique voice in their paintings. Topics include: materials, color theory, composition, depth, form, movement, and paint application.

See Note regarding materials under Art heading above. Bring a notebook and pencil to the first class. New students welcome.

Michael Azgour, MFA, is an exhibiting artist and art instructor.

6:10–10pm
Kentfield Campus, Fine Arts 301
Fee $158 (Includes $5 materials fee)

FALL 1
6 Mondays, Sept. 12–Oct. 17
(No class Sept. 6)
CRN# 85002

FALL 2
6 Mondays, Oct. 31-Dec. 5
CRN# 85003
FIGURE PAINTING
This studio course is an opportunity to explore materials, color, composition, and agenda in any medium while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations, and critiques as interest dictates. You will work from undraped models every session and also have the option of working on your own projects from your own photos.
See Note regarding materials under Art heading above. Course includes critique. Larry Bencich, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.

9am–1pm
Kentfield Campus, Fine Arts 301
FALL 1
7 Saturdays, Sept. 10–Oct. 22
Fee $231 (Includes $53 models fee)
CRN# 85004
FALL 2
6 Saturdays, Oct. 29–Dec. 10
(No class Nov. 26)
Fee $218 (Includes $46 models fee)
CRN# 85005

THE CALIFORNIA LANDSCAPE IN ACRYLIC
Learn to paint and find your own style while capturing the natural beauty of California landscapes. Using a ‘paint along’ technique where you are shown step by step how to paint with the instructor, you will learn a variety of brush work and paint applications with on-going demonstration and supportive critiques. Projects are developed from landscape photographs, and composition, color theory, and perspective will be explored, along with how to paint still and moving water, trees, grasses, and other natural features, and how to convey mood.
See Note regarding materials under Art heading above. Bring any acrylic paints and brushes that you may have to the first class—and a tabletop easel if you have one.
Bernard Healey’s paintings of his beloved Marin County are viewable in a collection called Land, Water, Sky: The Art of Bernard Healey.

6 Mondays, 2:40–5:30pm
Sept. 12–Oct. 17
Kentfield Campus, Fine Arts 301
Fee $116
CRN# 85008

WATERCOLOR BASICS AND BEYOND
A comprehensive class welcoming all skill levels. For those just starting out, the basics will be covered: color mixing, washes, wet-dry approaches — just handling the paint itself! More advanced students are welcome to bring in their own projects or to consult with the instructor for direction. We will work from studio still life and landscape. All subject matter welcome, including abstraction.
See Note regarding materials under Art heading above. Bring whatever watercolor supplies you may have to the first class.
FALL 1
Marty Meade
7 Fridays, 10:10am–1pm
Sept. 9–Oct. 21
Kentfield Campus, Fine Arts 214
Fee $89
CRN# 85014 EC
Nancy Johnson
7 Fridays, 10:10am–1pm
Sept. 9–Oct. 21
Kentfield Campus, Fine Arts 312
Fee $89
CRN# 85022 EC

FALL 2
Marty Meade
5 Fridays, 10:10am–1pm
Oct. 28–Dec. 9 (No class Nov. 11 & 25)
Kentfield Campus, Fine Arts 214
Fee $72
CRN# 85016 EC
Nancy Johnson
6 Saturdays, 10:10am–1pm
Oct. 29–Dec. 10 (No class Nov. 26)
Kentfield Campus, Fine Arts 312
Fee $81
CRN# 85023 EC

THE FLOW OF WATERCOLOR: LANDSCAPE TECHNIQUES
Plunge into the natural world and bring it to life with paint! Learn techniques for painting trees, shrubs, grasses, rocks, sky, and water. We will also cover composition and how to fully integrate your foreground, middle ground, and background so that you will dynamically draw in the viewer. Please bring your own photos as reference material. All levels of ability are welcome. Continuing students may choose to work independently. Individual attention will be given as time allows. See Note regarding materials under Art heading above.
THE FLOW OF WATERCOLOR: LAKES AND REFLECTIONS
Lakes can be tranquil and composed, or they can burst with energy—turbulent and riotous. Paint the contemplative and charismatic movement of water as it reflects trees, sky, buildings, and boats. Let watercolor move on its own to depict still water. Use brisk movements and calligraphic watercolor strokes to produce fast-moving, energetic water.

Please bring your own photos as reference material. All levels of ability are welcome. Continuing students may choose to work independently. See Note regarding materials under Art heading above.

Julie Cohn
7 Wednesdays, 2:10–5pm
Nov. 2–Dec. 14
Kentfield Campus, Fine Arts 312
Fee $99 (Includes $7 materials fee)
CRN# 85092 EC

EXPRESSIVE MIXED MEDIA: WATERCOLOR, FLUID ACRYLIC, IMAGE TRANSFER, AND COLLAGE TECHNIQUES
This expressive arts class is ideal for beginners and artists seeking fresh insight into their work. Renew your art spirit with wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color, brushwork, compositional energy, atmospheric effects, edge tinting, textual elegance, and the use of watercolor crayon, acrylic ink, and mediums. Whether your work moves in realistic or abstract directions, innovative teaching methods will build self-confidence and skill. Course includes visual presentations and emphasis on developing your unique voice as an artist.

Please bring watercolor supplies to first class or email the instructor at carol@arttreks.com for information.

Carol Duchamp, MA
6 Mondays, 2:10–5pm
Kentfield Campus, Fine Arts 312
Fee $99
CRN# 85148 EC

NEW ART AND INNER LIFE: A MEDITATIVE APPROACH TO WATERCOLOR PAINTING
This class features an exploration of basic watercolor painting techniques and an introduction to meditation techniques that quiet the heart and mind. Classes will begin with light warm-up Qi Gong movement and an experiential introduction to wet-into-wet watercolor painting. We will then move into a guided meditation with simple focus on the breath. With settled energy and an enhanced connect with our inner artist, we will launch the creative process with watercolor expressions inspired by the moment or selected imagery. Whether you are a beginning or practicing artist or meditator, this course will act as a vehicle for the enhancement of concentration and creative expression.

We will use our ‘beginner’s mind’ as a place of origin for art making. All are welcome.

After you register, please email the instructor at carol@arttreks.com for information about class materials.

Carol Duchamp, MA
6 Mondays, 2:10–5pm
Kentfield Campus, Fine Arts 312
Fee $99
CRN# 85148 EC

FALL 1
Sept. 12-Oct. 17
CRN# 85148 EC

FALL 2
Oct 24-Dec 5 (No class Nov. 14)
CRN# 85149 EC
ART

DRAWING WITH CHALK PASTELS
From sketches to fully developed drawings, explore the full range of chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Subject matter will vary, and you will work with a selection of colored papers. Classes will include: basic information about materials, demonstrations, slides, and discussions about color and composition. Emphasis is on individual expressiveness.

First time students will have a full introduction to the chalks, surfaces, and techniques. Continuing students will continue with expanded projects emphasizing the expressive use of the medium.

Bring paper and a drawing board to the first class. Materials may cost from $30 to $100 and will be discussed in class. Enrollment limited.

Marianna Goodheart is an exhibiting artist who has been teaching Chalk Pastels since 1982. She is also a sculptor and has work in public and private collections.

6 Fridays, 1:10–4pm
Oct. 28–Dec. 16 (No class Nov. 11 & 25)
Kentfield Campus, Fine Arts 214
Fee $116
CRN# 85013

JEWELRY AND METALSMITHING
The beginners/beginners plus class will focus on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student’s personal design ideas. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques.

Class size is limited to 20; early enrollment advised. See Note regarding materials under Art heading above.

A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 31 years.

7:10–10pm
Kentfield Campus, Fine Arts 123
Fee $138 (Includes $25 materials fee)

FALL 1
Beginners/Beginners Plus
7 Tuesdays, Sept. 6–Oct. 18
CRN# 85014
Intermediate/Advanced
7 Wednesdays, Sept. 7–Oct. 19
CRN# 85015

FALL 2
Beginners/Beginners Plus
7 Tuesdays, Oct. 25–Dec. 6
CRN# 85016
Intermediate/Advanced
7 Wednesdays, Oct. 26–Dec. 7
CRN# 85017

MURAL PAINTING INTENSIVE
This studio class will provide you with the basics of mural painting. Whether your objective is a small accent or an entire wall, this class will be full of valuable information. You will design and fabricate a 2’ x 3’ mural which can be used as a finished piece or serve as the basis of a large-scale wall rendering. You will learn about different techniques: perspective, trompe-l’oeil, color selection, faux, and stencil and glaze applications. We will also cover: wall preparation, sealing, and the selection of materials. This class is intended for both the professional and the home owner.

Materials are provided in class. Wear clothes you don’t mind getting dirty. Bring a bag lunch. Questions? Please call 707.321.1257 or email linda@lindashea.com.

Linda Shea is a professional designer/ faux painter and maker of murals. She has taught art since 1991.

4 Saturdays, 1:40–5:30pm
Oct. 1–22
Kentfield Campus, Fine Arts 312
Fee $199 (Includes $45 materials fee)
CRN# 85189

THE HISTORY OF FASHION
In this class we will take a look at 5,000 years of fashion from the fig leaf to the latest trends. Using slide shows, literature, and real garments, we will review global costume timelines, consider the impact of culture and geography on dress styles and look in depth at the history of western costume. Slide shows will include costumes and textiles of the Victoria and Albert Museum in London, current international designer collections, and costumes in ‘Historical’ movies. We will discuss the many ways that fashion serves more than a practical function. You will be encouraged to research a particular fashion era, and share your findings with the class.

Stephanie Jucker, MFA, is an exhibiting painter and fashion designer with a degree from FIDM and 20 years of teaching experience. Originally from Britain she now works and lives in Marin.
NEW ART OF ANATOLIA:
FROM THE HITTITES TO THE OTTOMAN TURKS
From the Aegean to the Black Sea, explore Turkey’s multilayered culture, studying architecture, sculpture, mosaics, and illustrated manuscripts. We begin with the Hittite site of Yazilikaya, then off to the Lycian coast to study the rock-cut tombs. We visit Hellenistic Pergamon, mind-boggling Ephesus, and Aphrodisias. We study the New Rome of the Emperors Constantine and Justinian: Constantinople—Hagia Sophia and other Byzantine monuments. Then, to Lake Van where the 10th Century Church of the Holy Cross is decorated with some of the most intriguing relief sculpture extant. Other highlights include the megalomaniac monuments at Nemrut Dag, the frescoes of Cappadocia, and the caravansaries and medrese of the Seljuk Turks in Konya and Erzurum. We return to Istanbul to view the splendid mosques of the architect Sinan, the Topkapi Saray, and conclude with the 17th Century Blue Mosque.

Kerrin Meis
7 Thursdays, 2:10am–4pm
Sept. 8–Oct. 20
Kentfield Campus, Fine Arts 201
Fee $69 (Includes $1 materials fee)
CRN# 85151 EC

NEW SIGNIFICANT OTHERS:
INTIMACY AND CREATIVITY IN THE WORLD OF THE VISUAL ARTS
Join Kerrin Meis for a close look at the works and lives of artistic couples who inspired each other, from Vasily Kandinsky and Gabriele Muenter to Jasper Johns and Robert Rauschenberg, all of whom were involved in the visual arts and whose partnerships produced outstanding works of painting, sculpture, textiles, and furniture. Some of the relationships were stormy, some brief, others long-lasting. We will see how other artists in their circle affected their relationship and their art, and will discuss whether their most brilliant work was created while they were together, or if parting company was an opportunity for growth. Other artists under consideration are: Camille Claudel and Auguste Rodin, Pablo Picasso and Georges Braque, Mikhail Larionov and Natalia Goncharova, Sonia and Robert Delaunay, Leonora Carrington and Max Ernst, Frida Kahlo and Diego Rivera, Lydia Kleinmans Matthews and Arthur Matthews, and Joan Brown and Manuel Neri.

Kerrin Meis
7 Thursdays, 2:10am–4pm
Oct. 27–Dec. 15 (No class Nov. 24)
Kentfield Campus, Fine Arts 201
Fee $69 (Includes $1 materials fee)
CRN# 85150 EC

ART ON THE GO BUS TRIP:
CROCKER ART MUSEUM IN SACRAMENTO
The newly renovated museum will be exhibiting Transcending Vision: American Impressionism, 1870-1940, from the Bank of America Collection. This exhibition features 125 paintings that demonstrate how American artists successfully transform French Impressionism into their own artistic style. The works in the exhibition, by a diverse group of more than 75 American artists, trace not only the development of Impressionism in America, but also the emergence of a truly American style of painting. Paintings include artists such as Herman Herzog, Childe Hassam, George Inness, Lilla Cabot Perry, John Sloan, and others.

Bring a lunch to eat on the bus. Limited to 20. The Museum entry fee ($8) is included in the class fees.

Rhoda Becker
Wednesday, 9:30am–2:30pm
Sept. 21
Corte Madera Town Center
Meet on Madera Blvd.
Across from Best Western
Corte Madera Inn
Fee $69 (Includes $43 special fee)
CRN# 85109 EC
Business/Marketing

Career Development

SPORTSCASTING: BEHIND THE SCENES AND ON THE AIR

While sports fanatics will obviously find this course satisfying, anyone with an interest in improving their public-speaking skills will also find it rewarding. Learn the key fundamentals of doing a live play-by-play sporting event for broadcast on both radio and television. We will also concentrate on interviewing techniques and will cover Talk Shows, Podcasts, and Television Statistics.

A digital recorder is highly recommended for this class. If you have one, please bring it to the first class.

Class includes a live radio workshop at a Bay Area ballpark. Class meets on site, and students are responsible for their own transportation. There will be a $20 parking fee.


Joe Castellano is a commentator for Comcast Hometown Network, Westwood One Radio, and NCAA.com.

7 Wednesdays, 7:10–9pm
Sept. 7–Oct. 19
Kentfield Campus, Fusselman Hall 110
Fee $89
CRN# 85190

Marketing

INTERNET MARKETING STRATEGIES

This course offers the essentials for entrepreneurs building a business online, or for those who want to know the basics of how to create a targeted, searchable, and reputable online presence. Students will have the opportunity to bring questions and concerns to the table for analysis and group discussions. This class will provide hands-on web projects including opportunities to bring your questions and concerns to the table for analysis and group discussions. We will cover:

- Strategic marketing online and how it has changed over the last ten years
- The importance of market research and where to begin

- How branding gets mixed into an online strategy
- Fundamentals of search engine marketing
- Social Media: Twitter, Facebook, LinkedIn, YouTube, blogs, email marketing, etc.

The class will be conducted with large screen display.

Martha Lee, MBA, is a web strategist with ten plus years experience in the online marketplace.

7 Thursdays, 6:10–8pm
Sept. 8–Oct. 20
Kentfield Campus
Learning Resources Center 53
Fee $89
CRN# 85018

NEW DO-IT-YOURSELF PR

‘PR’ is how you affect the image that others form of you or your business. It’s about what you can do to get more, positive publicity to achieve customer/consumer awareness and action. Whether you’re self-employed, working for a small business or charitable organization, planning an event, or getting geared up to promote yourself as an author, chef, or specialist—this is a key step to creating the image you want. Even on a limited budget, you’ll learn to work wonders using your own creative efforts.

An informational package of materials will be distributed in class. Bring a bag lunch.

Cathy Balach is a Professor of small business and marketing. She’s founded two businesses and had hands-on experience creating effective PR and marketing. Now working as a consultant, she assists small to mid-size businesses in their marketing and PR strategy and plans.

Saturday, 11am–3:30pm
Sept. 24
Kentfield Campus, Olney Hall 103
Fee $54 (Includes $1 materials fee)
CRN# 85110
Small Business

SO YOU WANT TO START A SPECIALTY FOOD BUSINESS
Perhaps your friends and family have encouraged you to sell your delicious BBQ sauce, homemade cookies or jams; perhaps you have already begun and want information on expanding; or maybe you just love food and need an overview of the marketplace to point you in the right direction. Whatever your motivation, you will gain a competitive edge by learning the ups and downs, the ins and outs of the trendy specialty food industry from an insider.

Topics include the planning and production process, contacts to get you started, capitalization options, creative marketing ideas, unraveling the distribution network, and more. Course fee includes a packet containing worksheets, resource guides, and current trend analyses.

Anni Minuzzo is a 27-year veteran in the food trade, has owned a wholesale baking company for over 18 years, teaches in four regional counties, and is a business coach.

Thursday, 2:40–6:30pm
Sept. 22
Kentfield Campus, Harlan Center 127
Fee $56 (Includes $5 materials fee)
CRN# 85208

HOW TO MAKE PROFIT FINDING HIDDEN GOLD, SILVER, AND PLATINUM
Learn how to identify jewelry and other items made of gold, silver, and/or platinum. We will cover the best places to find hidden gold, silver and/or platinum; how to determine value; the best places to sell for maximum profit; how to read karat marks and hallmarks; how to use a jeweler’s loupe, weight scale, and testing equipment; how to identify items of historical or antique value; where to get metals price quotes.

In this time of diminished resources and record prices for precious metals, here is a fun way to add extra income! A brief overview of historical periods in jewelry designs is included.

The text, The Urban Gold Miner, and a jeweler’s loupe will be distributed in class and are covered by the materials fee.

Hank Friedman, alumnus of Gemological Institute of America, offers information, advice, and tips from his 30 years of experience buying in the field and selling for profit.

Saturday, 9am–1pm
Sept. 10
Kentfield Campus, Harlan Center 161
Fee $78 (Includes $30 materials fee)
CRN# 85191

Professional Development

NEW DARE TO CREATE ‘WHAT’S NEXT!’
This fast-paced workshop is ideal for those wanting to generate new ideas for a new business, or revitalize their professional or personal life. Based on new research in brain science and the Stanford ‘Creativity in Business’ program, you will experience why this was voted their most popular MBA course for over twenty-five years. We will cover key tools to:

- Increase confidence in risk-taking, innovative problem solving, and consistent breakthrough thinking.
- Develop a vision and action plan around goals and challenges.
- Relax, de-stress, and improve brain fitness while generating ‘What’s next!’

Recommended text: Creativity and Vitality by Malaya V. Quinn will be available at the College Bookstore.

Malaya V. Quinn, MA, is a certified Creativity In Business educator/coach, artist, expressive arts therapist, and has been an entrepreneur for over twenty-five years.

Saturday, 10am–4pm
Sept. 17
Kentfield Campus, Harlan Center 161
Fee $89 (Includes $2 materials fee)
CRN# 85152

Also of interest ...

THE ‘ACCIDENTAL’ EX-PAT: LIVING IN FOREIGN LANDS
See page 52.
Computers

Community Education’s computer courses are designed to offer exposure to a specific program or application. All courses are hands-on and taught with one student per computer, offering one-on-one instruction. Courses are offered at a variety of times throughout the quarter for your convenience. There is no homework and no grades.

If you wish to build skills, College of Marin offers credit classes. The goal of these classes is to provide in-depth understanding of the subject through textbook study, homework, and lab assignments. Credit Classes are graded, and you can work toward a certificate or associate degree. For more information, please refer to the Credit Schedule.

COMPUTER LABS

Starting this fall, Community Education has two new computer labs on the Indian Valley Campus in Building 7, Room 192 (the PC lab) and 190 (the Mac lab). See map at the back of this schedule. It is two miles to the nearest eatery from IVC; we recommend that you bring something to eat and drink.

Some Saturday computer classes are also offered on the Kentfield Campus. Course locations are clearly noted in each description.

College parking on both campuses is $3 per day and free on Saturdays. All parking permit machines accept any combination of dollar bills and quarters.

REGISTRATION INFORMATION

Please register and pay for your classes following procedures described on page 57 of this schedule or go directly to www.marin.edu/CommunityEducation.

TEXTBOOKS FOR COMPUTER CLASSES

Students are expected to purchase their own textbook prior to the first class meeting. The same textbook will be used for all classes within a subject area, i.e., all classes on Excel will use the same text. Some classes do not require texts. This will be clearly stated in the course description.

A Computer Textbook Source List of local bookstores and online sources for textbooks is available. Please call 415.485.9318 and request that it be mailed to you. Remember to leave your mailing address.

Occasionally a class is cancelled. When this happens, please look for the class in the next quarter when the same textbook will be used.

To order a textbook online from the College Bookstore, please see page 59.

IMPORTANT INFORMATION

You are expected to have:

- Windows proficiency before enrolling in any PC application course. If you do not have these skills, we recommend that you take Intro. to Windows 7.
- Mac proficiency before enrolling in any Mac application course. If you do not have these skills, we recommend that you take Intro. to Macintosh.

A USB port plug-in storage device, i.e., flash drive or thumb drive, is recommended if you would like to save your work.

Hands-On Computer Courses

Beginning Computing for Older Adults..................................................12
Build a Quick and Easy Website with Go Daddy™’s Web Tools .......................
Computer Application Workshops .........................................................
Computer Fundamentals I & II ..............................................................13
Dreamweaver, Intro & Interm .........................................................18
Excel 2007, Intro & Interm ...............................................................15
Flash, Intro & Interm ........................................................................18-19
Google Apps: Gmail, Calendar, Docs, and Sites ......................................17
Illustrator, Intro & Interm .................................................................20
InDesign, Intro & Interm .............................................................19-20
Gmail for Older Adults .................................................................13
iPhone/iPod Touch Apps, Intro ..........................................................17
iTunes: Apple Computer’s Multimedia Application ..................................13
Macintosh, Intro & Interm .................................................................14
Microsoft Word Basics for Older Adults ..........................................................
Outlook 2007, Intro to ........................................................................16
Photoshop I & II ...........................................................................20
PowerPoint 2007, Intro & Interm ..........................................................15-16
Protecting Yourself While Online .........................................................
QuickBooks Pro 2010, Intro & Interm ...................................................16
Squarespace.com: Fast, Easy Website Creation ......................................18
Windows 7, Intro to ........................................................................13
Word 2007, Intro & Interm ..............................................................14-15

COMPUTER FUNDAMENTALS I

This is an introduction to the PC for the first-time computer users and is designed to reduce feelings of intimidation. We will teach you how to turn on the computer and the first steps to Touch Typing; how to hold, move, and click the mouse, computer hardware identification, open a window, launch a Windows program, start an Internet browser to access several websites, and how to turn the computer off.

Instruction in this class is not textbook-based. This is a beginning class and no prior computer experience is expected.
COMPUTER FUNDAMENTALS II
In this course you can get more familiar with the PC by learning the fundamental elements for successful computer literacy. We will cover computer system basics, tips on buying a computer, revealing the secrets of computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way you will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

Levi Allen
2 Mondays, 1:30–4:30pm
Sept. 19 & 26
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85241

BEGINNING COMPUTING FOR OLDER ADULTS
This hands-on course is an introduction to basic computer skills and the Windows Operating System (not for Macs) for older adult beginning computer users. Each student will receive a weekly class schedule and a workbook with information and activities to reinforce newly acquired skills. During classes, mini-lectures followed by hands-on exercises will help students build skills and confidence. The class topics include (a) how to turn your computer on and off, (b) how to use a mouse, (c) setting up and using email to send and reply to messages, and (d) searching for information on the Internet. No previous computer experience is required, but students should have access to a computer to practice the exercises during the week.

Alice L. Dieli, MS Ed (Instructional Technology), is experienced teaching computer skills to older (and younger) adults.

7 Saturdays, 10am–12noon
Sept. 10–Oct. 22
Kentfield Campus, Science Center 144
Fee $84
CRN# 85242 EC

Please see information regarding textbooks under Textbooks for Computer Classes on page 12.
INTRODUCTION TO WINDOWS 7
Learn about the basic features of Windows 7, Microsoft’s latest desktop operating system. This course covers customizing windows, folders, icons, and the mouse; desktop navigation, running programs, browsing the Internet, and getting online help. Learn how to manage files and folders using Windows Explorer to copy, move, delete, and restore deleted files. You will be given other basic information to help prepare you for our software application classes.


Tom Millard
3 Mondays, 1:30–4:30pm
Sept. 12–26
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee
CRN# 85245

NEW Computer Application Workshops
The following six three-hour workshops are offered on the Kentfield Campus on Saturday mornings. Sign up for one or all of these informative and skill-building, hands-on classes using the associated CRN.

Alice L. Dieli, MS Ed (Instructional Technology), is experienced teaching computer skills to adults.

Saturday, 9am–12noon
Kentfield Campus, Science Center 144
Fee $38

USING TABLES IN MICROSOFT WORD
At the end of this workshop, you will be able to insert a table for text or numerical data into a document and use the Layout and Design Tabs to format the table. You will be working with Word 2010, but the techniques are also applicable to earlier versions of Word.

Oct. 29
CRN# 85246

INSERTING IMAGES IN MICROSOFT WORD
At the end of this workshop, you will be able to add and format images to a document including pictures from a camera or flash drive, images or pictures from email messages, and information from Internet locations. Please bring a camera and cable, or the flash drive.

Nov. 5
CRN# 85247

WEB-BASED EMAIL FOR ADULTS
At the end of this workshop, you will be able to login to your email account from an alternate location. With this skill, you will be able to check your email, even when away from the location where email is usually accessed. You should know the email address, user name, and password for the account you would like to access.

Nov. 12
CRN# 85248

INTRODUCTION TO MICROSOFT POWERPOINT
At the end of this workshop, you will be able to use PowerPoint to create posters, flyers, and other documents with a combination of graphics and FANCY text.

Nov. 19
CRN# 85249

INTRODUCTION TO MICROSOFT EXCEL SPREADSHEETS, GRAPHS, AND CHARTS
At the end of this workshop, you will be able to create a basic spreadsheet and display collected data on graphs and charts.

Dec. 3
CRN# 85250

USING FORMULAS IN MICROSOFT EXCEL SPREADSHEETS
At the end of this workshop, you will be able to add formulas and functions to data and display the results with graphs and charts.

Dec. 10
CRN# 85251
INTRODUCTION TO WORD 2007
If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text. This course uses the Windows Operating System.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Sept. 7–21
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85252

INTERMEDIATE WORD 2007
This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Sept. 28–Oct. 12
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85253

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 12.

MICROSOFT WORD BASICS FOR ADULTS
This seven-week course is designed for adult computer users. It is an introductory word processing course. The class topics include (a) setting up a letter template formatted with margins, tabs, and spacing, (b) using keyboard shortcuts, and (c) adding an image from your computer to your documents. It is recommended that students have some basic experience with computers through using email or searching the web or take Beginning Computing for Older Adults (listed above) before taking this class. NO typing proficiency is required, but students should have access to a computer to practice the exercises during the week.
Alice L. Dieli, MS Ed (Instructional Technology), is experienced teaching computer skills to older (& younger) adults.
Kentfield Campus, Science Center 144
FALL 1
7 Saturdays, 1–3pm
Sept. 10–Oct. 22
Fee $84
CRN# 85254 EC
FALL 2
6 Saturdays, 1–3pm
Oct. 29–Dec. 10 (No class Nov. 26)
Fee $72
CRN# 85255 EC

INTRODUCTION TO EXCEL 2007
A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course you will learn the basics of creating, modifying, printing, and formatting worksheets, working with basic formulas and functions, and enhancing worksheets using styles and auto formats. This course uses the Windows Operating System.
Levi Allen
3 Mondays, 6–9pm
Sept. 12–26
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85256
INTERMEDIATE EXCEL 2007
In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.
This class builds upon skills that are learned in Intro. to Excel 2007.
Susan Henning
3 Mondays, 7–9pm
Oct. 3–17
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85192

NEW 2007 EXCEL EXPERT!
Become an Excel expert! The techniques you will learn include: importing data, creating a database query, data validation, pivot tables, using the 'What If' data analysis tools, nesting functions, using the LOOKUP function, Goal Seek and Solver tools, Macros, and how to work with the Scenario Manager.
This course builds upon techniques presented in the Intermediate Excel 2007.
Susan Henning
2 Wednesdays & 1 Monday, 7–9pm
Oct. 19–26
Starts on a Wednesday
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85193

INTRODUCTION TO POWERPOINT 2007
This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, create a layout, slide theme, and master, designing each slide using text, graphics, color, animation, and sound.
Susan Henning
3 Thursdays, 6:30–9:30pm
Sept. 8–22
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85194

INTERMEDIATE POWERPOINT 2007
In this course we will take a closer look at PowerPoint with an emphasis on building content using digital media sources. Learn how to insert digital images, integrating images from a camera, scanner, and the Internet. Also covered will be different ways to use sound, create custom animations, and develop timing methods.
This course builds upon skills that are learned in Intro. to PowerPoint.
Susan Henning
3 Thursdays, 6:30–9:30pm
Sept. 29–Oct. 13
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85195

INTRODUCTION TO QUICKBOOKS PRO 2010
In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials. All QuickBooks material is taught with an emphasis on best practices in accounting.
Recommended text: QuickBooks Intuit Student Guide 2010. ISBN 978-1-57338-000-3. SKU 411036. The textbook will be used for both the Intro and Intermediate classes and is available at the Kentfield Campus Bookstore.
Pamela Lyons
Indian Valley Campus, Bldg 7, Rm 192
Fee $140 (Includes $21 materials/special fee)
CRN# 85257
INTERMEDIATE QUICKBOOKS PRO 2010
We will build on skills learned in the introductory class and take QuickBooks to the next level. You will learn payroll, inventory and sales tax and how to: track time for your services; process payroll; perform year-end payroll functions; setup and track sales tax to enable QuickBooks to pay your sales tax; inventory setup, purchase orders, and adjustments to inventory; data management of files, including backup procedures; reports and financial analysis.

This class builds upon skills that are learned in Intro to QuickBooks Pro 2010. We highly recommend completing the Introduction before taking the Intermediate class.

Recommended text: QuickBooks Intuit Student Guide 2010. ISBN 978-1-57338-000-3. SKU 411036. The textbook will be used for both the Intro and Intermediate classes and is available at the Kentfield Campus Bookstore.

Pamela Lyons
Indian Valley Campus, Bldg 7, Rm 192
Fee $140 (Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Oct. 4–18
CRN# 85259

NEW PROTECTING YOURSELF WHILE ONLINE
Understand what can harm the computer and the threat of outside access to personal information and identity theft while online. You will learn the difference between viruses, malware, spyware, and hacking and how to protect yourself and your computer. In addition, you will learn about computer networks and how the Internet functions, and how anti-virus and malware removal systems and firewalls work.

Instruction in this class is not textbook-based. It is recommended that you have taken Computer Fundamentals I and II prior to taking this class, or have equivalent knowledge.

Sean Carlson is a Desktop Support professional with 10 years of IT Help Desk experience.

2 Tuesdays, 7–9pm
Oct. 4 & 11
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85274
INTRODUCTION TO 
IPHONE/IPOD TOUCH APPS

Transform your iPhone or iPod into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this class, we will view applications from the Apps Store: Some of the categories are Books, Business, Education, Entertainment, Finance, Games, Healthcare, and Fitness, Lifestyle, Medical, Music, Navigation, News, Photography, Productivity, Reference, Social Networking, Sports, Travel, and Utilities. We will also look at iTunes U with the large number of free audio and video courses from the leading colleges and universities around the world. All course material can be loaded and viewed on the iPhone/iPod Touch, iPad.

There will be plenty of time for Q&A. Bring your iPhone or iPod Touch to class. You will receive a disc with links to iTunes Apps.


Steve Salzman
3 Saturdays, 1–4pm
Sept. 10–24
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85261

SQUARESPACE.COM: FAST, EASY WEBSITE CREATION

Design and construct your own website using Squarespace, a fully hosted, completely managed environment for creating and maintaining a website, blog or portfolio. Squarespace allows point and click control over every design element and its flexible platform can power all kinds of sites of all sizes, perfect for personal or small business websites, Squarespace is completely web browser based and works with all popular web browsers, including Internet Explorer, Firefox, and Safari. We will cover:

• Site setup and page style template selection
• Customization of style templates
• Creating page content and links

Page modules include photo, forms, blog discussions, file transfers, and Google maps, and more. Site management and web traffic reports are extensive and included. Squarespace has a free iPhone App for posting content and managing your site.

Steve Salzman
3 Saturdays, 1–4pm
Oct. 8–22
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85262

BUILD A QUICK AND EASY WEBSITE WITH 
GO DADDY™’S WEB TOOLS

Everyone needs a compelling website nowadays — but do you have to pay an arm and a leg to get one? If you can navigate the internet and have basic computer skills, you can easily build your own website with Go Daddy™!

We will cover:

• What you want your website to do for you
• How to search for and register a domain name
• Choose a Go Daddy™ template and personalize the look
• Insert a motion element and/or widget
• Learn how to take your website live

Jazmine Loiselle
Friday, 9am–4pm
Sept. 23
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85209

INTRODUCTION TO 
DREAMWEAVER

This course introduces you to the fundamentals of the leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images, and using dynamic media files. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.

Steve Salzman  
3 Wednesdays, 7–10pm  
Sept. 7–21  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $138 (includes $19 special fee)  
CRN# 85263

INTERMEDIATE DREAMWEAVER  
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.  
This class builds upon skills that are learned in Intro. to Dreamweaver.  

Steve Salzman  
3 Wednesdays, 7–10pm  
Sept. 28–Oct. 12  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $138 (includes $19 special fee)  
CRN# 85264

INTERMEDIATE INDESIGN  
You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, master the drawing tools including the pen tool and the pathfinder palette, learn to create tables for both data and visuals, export your document to a PDF with customized presets and package files for the printer.  
This course builds upon skills that are learned in Intro. to InDesign.  

Lynda Banks  
4 Thursdays, 6:30–9:30pm  
Oct. 6–27  
Indian Valley Campus, Bldg 7, Rm 199  
Fee $155 (includes $19 special fee)  
CRN# 85266

INTRODUCTION TO ILLUSTRATOR  
In this course you will learn basic approaches to creating graphics; type effects strategies for optimizing graphics for the Internet; receive an introduction to the toolbox, palettes, graphic tools, path tools, layers; and improve image and color editing for the print environment.  

Lynda Banks  
2 Fridays, 9am–4pm  
Sept. 9 & 16  
Indian Valley Campus, Bldg 7, Rm 199  
Fee $155 (includes $19 special fee)  
CRN# 85267

INTERMEDIATE ILLUSTRATOR  
We will cover symbols and the use of symbol tools, brushes, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, and other tools and techniques to create spectacular art.  
This course builds upon skills that are learned in Intro. to Illustrator.  

Lynda Banks  
2 Fridays, 9am–4pm  
Sept. 23 & 30  
Indian Valley Campus, Bldg 7, Rm 199  
Fee $155 (includes $19 special fee)  
CRN# 85268

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 11.
PHOTOSHOP I
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color, and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF, and JPG files. Color bit-depth, resolution, file formats, and file compression issues will also be explained. Learn about the basics of editing digital photography and fine art for print and the web. 
Jazzmine Loiselle
2 Thursdays, Sept. 8 & 15
Sept. 8, 9am–4pm
Sept. 15, 9am–12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85210

PHOTOSHOP II
Discover techniques of unlimited image editing using selections, layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers and simple tricks that allow you to take advantage of paths as selection strategies. This course builds upon skills that are learned in Photoshop I.
Jazzmine Loiselle
2 Thursdays, Sept. 15 & 22
Sept. 15, 1–4pm
Sept. 22, 9am–4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85211

Also of interest ...

PHOTOSHOP ELEMENTS: THE DIGITAL DARKROOM
See page 40.

Current Events

CURRENT ISSUES BEFORE THE UNITED STATES SUPREME COURT
This is a discussion class for which we read a summary, briefs, and other materials concerning major cases on the current calendar of the U.S. Supreme Court. The instructor provides background materials on the Court, explanation of legal jargon, and how the Court’s cases are chosen. The course will cover the historical development of the Court and its place in our Constitutional government. We will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required. Please see Note regarding Portable Village on page 40.
Marshall W. Krause was Chief Attorney for the ACLU of Northern California, a reporter for KOED’s Newsroom, a Professor of Political Science at San Francisco State University, and practiced law in Marin County from 1974 to 2000. He handled seven cases decided by the US Supreme Court, winning six of them.
7 Tuesdays, 12:10–2pm
Oct. 25–Dec. 6
Kentfield Campus, Portable Village 3
Fee $71 (Includes $2 special fee)
CRN# 85019 EC

Dance

AN ISADORA DUNCAN WORKSHOP: DANCING AS AN EXPRESSION OF LIFE
In this workshop, designed for anyone who loves to move, you will learn an original dance from Isadora Duncan’s choreography. A strong emphasis will be placed on the connection of spirit and body. We will warm up using Isadora’s technique: arms swaying, moving from the solar plexus, lifting the body skywards, skipping, running and walking. Experience Duncan’s ecstatic, upwardly striving for expression of the human condition.
Tunics and scarves will be provided to those who would like to wear them. It is recommended that you wear a leotard and warm up pants or tights.
A CD of music which Isadora danced to will be given as a gift to each participant. Please see Note regarding Portable Village on page 40.

Lois Flood has been teaching performing the exquisite dances of Isadora Duncan for over 25 years. Her Duncan dance studies include the great exponents of this generation: Hortense Kooluris, Julia Levien, and Mignon Garland.

5:40–7pm
Kentfield Campus, Portable Village 6

FALL 1
6 Mondays, Sept. 12–Oct. 17
Fee $74
CRN# 85197

FALL 2
7 Mondays, Oct. 24–Dec. 5
Fee $78
CRN# 85198

NEW FINDING YOUR GROOVE:
AN INVITATION TO DANCE, SWEAT, FEEL, AND PLAY
Come dance, play, and experience living in a profoundly alive and responsive body! In this class you will have fun exploring dance from the inside out. Exercises will help you strengthen your core, enhance flexibility, and feel more connected. If you would like to feel more physically fit and have fun doing it, this is the class for you!

You will warm up to Funk, World Beat, Jazz, and more. Learn a choreographed routine that draws from African, Funk, Improvisation, and Modern. Explore your creativity! This non-traditional dance class will help you find your GROOVE, and leave you feeling great in body and soul!

Please see Note regarding Portable Village on page 40.

Padma Gordon, M Ed, has been teaching movement and dance since 2004.

6:10–7pm
Kentfield Campus, Portable Village 6

FALL 1
6 Thursdays, Sept. 8–Oct. 20
(No class Sept. 29)
Fee $57
CRN# 85212

FALL 2
5 Thursdays, Oct. 27–Dec. 8
(No class Nov. 3 & 24)
Fee $54
CRN# 85213

INTRODUCTION TO WEST COAST SWING DANCE
If you are between 18 and 80, with no previous dance background, and would like to learn the basic and social skills of West Coast Swing, then come and join the fun! In addition to learning the basic steps, you will also be exposed to a variety of styles and techniques not usually presented in an introductory class. You will be given ample time to practice to music.

Go to our website for driving directions, or call 415.485.9318 to request them.

Kelly Casanova was inducted into the National Swing Dance Hall of Fame in 2004 and is a national West Coast Swing competitor, instructor, judge, and chief judge with 25 years experience. She is the 1988 US Open Classic Champion and has won numerous other championship titles.

4 Tuesdays, 6:30–8:15pm
Sept. 6–27
Almonte Clubhouse
105 Wisteria, Mill Valley
Fee $55
CRN# 85020

ARGENTINE TANGO: BEGINNING CLASS AND PRACTICA
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! This course is designed to accommodate both novice tango dancers and those with more experience. It provides an introduction to the social form of Argentine Tango as danced in Buenos Aires and will teach you a code of movement that will get you started with this improvised dance. The Practica part of the class will be a time to practice what you have learned with individual attention from the instructors as time allows. A ‘challenge figure’ will be presented to the more experienced students each week.

Debbie Goodwin, MA (Dance Education) and John Campbell specialize in Argentine Tango, studying dance both in the US and in Buenos Aires with renowned Argentine Tango Masters since 1996.

4 Fridays, 7–10pm
Sept. 9–30
Knights of Columbus Hall
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 85021
AFRICAN DANCE
African Dance is an exploration of electrifying choreography and easy-to-follow improvisational patterns from the African diaspora accompanied by LIVE DRUMMING. This course is open to all levels and promises to engage beginners and intermediate dancers alike. Focus will be on developing an ‘ear’ for polyrhythmic percussion body conditioning exercises to support African dance movement and traditional dances from the Sene-Gambia region (Ghana), Haiti, and Cuba.

Please see Note regarding Portable Village on page 40.


7:10–8:30pm
Kentfield Campus, Portable Village 6
Fee $109 (Includes $50 special fee)

FALL 1
7 Tuesdays, Sept. 6–Oct. 18
CRN# 85022

FALL 2
7 Tuesdays, Oct. 25–Dec. 6
CRN# 85023

TRADITIONAL HAWAIIAN DANCE
Learn to dance the Hula Kahiko, the ancient style of Hawaiian dance which pre-dates the missionary era. In the four classic choreographies to be presented, we will explore elements of hula tradition and the history and culture of our 50th state.

Please see Note regarding Portable Village on page 40.

Lisa “Pua” Saunders, MA (Ethnic Dance), is a kumu of a professional hula performance company. She is a national presenter of indigenous dance for the American Orff-Schulwerk Association and has studied with some of the world’s most renowned masters.

7:10–8:30pm
Kentfield Campus, Portable Village 6

FALL 1
7 Thursdays, Sept. 8–Oct. 20
Fee $79
CRN# 85024

FALL 2
6 Thursdays, Oct. 27–Dec. 8
(No class Nov. 24)
Fee $74
CRN# 85025

BELLY DANCE
FOR FUN AND FITNESS
Belly Dance can develop postural alignment, core strength, and flexibility while exploring facets of feminine sensuality and the exotic musical nuances of Middle Eastern music. Designed to teach you the basic movements of the art form, we will begin each class with warm ups transitioning into steps and combinations. Practice will include a variety of hip movements in stationary position, the development of arm work for a polished look, how to travel across the floor, and different styles of shimmies. Learn to dance to a drum solo and to identify various Arabic rhythms.

Please see Note regarding Portable Village on page 40.

Latifa is an experienced teacher and performer of Belly Dance.

FALL 1
7 Fridays, 6:10–7:30pm
Sept. 9–Oct. 21
Kentfield Campus, Portable Village 6
Fee $79
CRN# 85026

FALL 2
5 Fridays, 6:10–7:30pm
Oct. 28–Dec. 9 (No class Nov. 11 & 25)
Kentfield Campus, Portable Village 6
Fee $61
CRN# 85027

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
Enjoy an evening workout using a combination of Samba and Capoeira, two traditional Afro-Brazilian art forms which blend music, dance, and exercise to promote health and well being. The warmup will consist of the Tai Chi-like stretching exercises of Capoeira and then move into the aerobic Samba circle dance. Class will be accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiros (tambourines).

Please see Note regarding Portable Village on page 40.

Maestre Samuka was born and trained in Bahia, Brazil, and is the director of a Capoeira and Samba dance group. Samuka has dedicated his life to teaching the therapeutic combination of samba, Capoeira, and massage therapy.

7:10–8:30pm
Kentfield Campus, Portable Village 6

FALL 1
6 Mondays, Sept. 12–Oct. 17
Fee $74
CRN# 85028
FALL 2
7 Mondays, Oct. 24–Dec. 5
Fee $79
CRN# 85029

Also of interest ...

INTRODUCTION TO TAIKO
See page 48.

ZUMBA
See page 47.

Film Appreciation

THE FAMILY MATRIX:
AMERICAN STYLE (FALL 1)
WORLD VIEW (FALL 2)
Families are the webs that hold us together, that give us a sense of place and belonging. Some families we are born or marry into, while others we create out of choice and necessity. For better or for worse, our families leave indelible marks on our lives, shaping our aspirations, our abilities, and our dispositions.

Fall 1 will feature American films dealing with families, including Songcatcher (2000), Life as a House (2001), and Transamerica (2005).

Fall 2 will feature films from around the world, including The Snapper (Ireland 1993), L’Auberge Espagnole (France/Spain 2002), and Tokyo Sonata (Japan 2008).

Suresa Dundes, MFA (Theatre), M.A. (Education), has worked as a Literary Manager, director and designer in films, video, and theatre. Experienced in teaching Acting, Voice, Film Appreciation, and Art Direction, she writes fiction, screenplays, and creative nonfiction.

2:10–5pm
Kentfield Campus, Science Center 101
FALL 1: AMERICAN STYLE
7 Thursdays, Sept. 8–Oct. 20
Fee $94 (Includes $1 special fee)
CRN# 85093 EC
FALL 2: WORLD VIEW
6 Thursdays, Oct. 27–Dec. 8
(No class Nov. 24)
Fee $82 (Includes $1 special fee)
CRN# 85094 EC

Drama/Stage & Screen

VOICE OVERS: THE BIG PICTURE
This is a chance to have time on the mic with a critique from Terry McGovern, as well as learn everything you’ve ever wanted to know about the business and marketing side of being a successful voice over actor. This experiential and informational workshop includes a guest speaker from the industry who will be available to answer questions.

Scripts provided! Bring a bag lunch; we will work through the lunch hour.

Terry McGovern, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for” from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business.

2 Saturdays, 10am–5pm
Kentfield Campus, Fusselman Hall 120
Fee $99 (Includes $2 materials fee)
CRN# 85030
Financial Planning

BASICS IN PERSONAL FINANCIAL PLANNING
In this modern world of do-it-yourself financial planning, this course will help you gain mastery in cash flow, investing, and goal planning. Starting with the basics, you will learn money management strategies for a good quality of life today and in the future.

- Budgeting and taxes, cash flow, insurance basics
- Setting future goals and strategies to meet them
- Investing basics: how to choose an investment, retirement planning
- The best way to buy a house or car
- When to use credit and when not to
- The role of money in your life

Hand outs are provided.

Barbara Bachelder, CFP, is the founder and owner of a financial planning, investment management, and insurance firm.

6 Mondays, 6:40–8:30pm
Oct. 24–Nov. 28
Kentfield Campus, Harlan Center 161
Fee $84 (Includes $1 materials fee)
CRN# 85031

Foods & Wine

Artisan Cheesemaking Certificate Program in Dairy Arts

Certificate Requirements
The Artisan Cheesemaking Program at Indian Valley Campus trains beginning cheesemakers in the art and science of making artisan cheese. Through lectures and hands-on workshops with experienced cheese professionals, students will gain the knowledge and skill needed to identify, evaluate, and produce artisan cheese. This pilot program is being developed in collaboration with the California Artisan Cheese Guild and UC Cooperative Extension.

It is highly recommended that students with no background knowledge in food science do not need to follow any sequence in order to complete this certificate program. Additionally, prior cheesemaking experience will be extremely valuable to the understanding of the process.

The following courses are required to complete the Artisan Cheesemaking Certificate Program in Dairy Arts:

- A Full Introduction to Artisan Cheese and Its Traditions
- Basic Starter Cultures for Cheese and Fermented Milks
- Milk Types and Quality
- Cheese Chemistry
- Principles and Practices of Cheesemaking
- Hygiene and Food Safety in Cheesemaking

It is recommended that Hygiene and Food Safety be taken with or following Principles of Cheesemaking.

A FULL INTRODUCTION TO ARTISAN CHEESE AND ITS TRADITIONS

Love cheese? Join us in this workshop for a complete immersion in the world of cheese. This class will include the history of cheesemaking, the professional way to taste cheese, cheese types and classification, regional specialties and variations, the importance of terroir, cheese flavor profiles, understanding affinage, food and beverage pairings, proper care and handling of cheese, service, and presentation, and even more!

Daphne Zepos ranks among the most outspoken and dynamic cheese advocates in the United States. She is a co-founder of the Cheese of Choice Coalition, an advocacy group dedicated to the preservation of raw milk and small production cheeses. She established Artisanal’s cheese maturing Program, created and taught Artisanal’s Cheese Master Class program. She is the owner of Essex Street Cheese Company and teaches a professional cheesemonger’s training program at the San Francisco Cheese School and Zingermans.

4 Mondays, 6:10–9pm
Oct. 24–Nov. 21 (No class Nov. 14)
Indian Valley Campus, Bldg 3, Rm 154
Fee $253 (Includes $83 materials fee)
CRN# 85214
BASIC STARTER CULTURES FOR CHEESE AND FERMENTED MILKS
This class will introduce the basic science of cheese and fermented milk starter cultures to novice and experienced cheesemakers. Topics cover basic starter microbiology, terminology, propagation, and application as it refers to daily cheesemaking. Learn more about what starter cultures are and the role they play in the fermentation of milk. This course will focus on the application of specific cultures for specific styles of cheese, allowing you to develop new cheese styles or perfect current cheese recipes.

Dave Potter has been involved in the food and dairy industry since 1982. He spent his first 21 years employed with a culture fermentation company which is now Danisco USA. His primary responsibilities were in the technical application of cultures and other ingredients used in the commercial manufacture of fermented milks and cheeses.

Thursday, 8am–4pm  
Oct. 6  
Indian Valley Campus, Bldg 3, Rm 154  
Fee $199  
(Includes $44 special/materials fee)  
CRN# 85215

CHEESE CHEMISTRY
This course presents the basic chemistry of the cheese manufacturing process and the affects each step has in the final cheese product as it relates to flavor, texture, aroma, and functionality in the finished cheese. Through lecture, question-and-answer sessions, and demonstrations, you will develop an understanding of specific manufacturing parameters of various cheese styles and how simple changes can be made that allow for physical and chemical changes to occur in the final cheese product.

David Potter  
Friday, 8am–4pm  
Oct. 7  
Indian Valley Campus, Bldg 3, Rm 154  
Fee $199 (Includes $44 special/materials fee)  
CRN# 85216

PRINCIPLES AND PRACTICES OF CHEESEMAKING
This two-day course features lecture and discussions on the cheesemaking process. You will learn why each step is done and the vocabulary associated with it. By the end of the course, you will be able to carry out basic cheesemaking procedures including fermentation, coagulation, cutting curd, cooking curd, and forming a finished cheese.

We will meet at The Fork classroom on both days for a mix of classroom lecture and hands-on practice in techniques discussed. The Fork is located on the Giacomini Dairy, overlooking Tomales Bay, and home to award-winning Point Reyes Farmstead Cheeses.

A catered lunch will be provided both days.

Marc Bates has over 40 years experience in the food industry including Creamery Operator and Manager for the Washington State University Creamery for 27 years and 11 years as a food industry consultant specializing in cheesemaking.

Maureen Cunnie has been the lead cheese maker at Cowgirl Creamery for ten years and has served on the board of the California Artisan Cheese Guild as President and Co-Chair for Education Committee.

Monday & Tuesday, 8am–4pm  
Oct. 3 & 4  
THE FORK  
Point Reyes Farmstead Cheese Company  
14700 Highway 1, Point Reyes Station  
Fee $372  
(Includes $191 special/materials fee)  
CRN# 85277
HYGIENE AND FOOD SAFETY IN CHEESEMAKING
This four-hour course will explore hazards of a biological nature which are capable of causing food borne illnesses if present in cheese. Not only will these hazards be identified, but their source and control during the process of cheese production will be explored. Topics to address the control of these hazards will include good manufacturing practices, cleaning and sanitizing issues, and temperature (i.e., heat treatment). Physical and chemical hazards in cheese will also be addressed with emphasis on the identification and eradication of potential sources of physical and chemical hazards.

Bring a 3-ring binder to class for lots of handouts!

Kuba Hemmerling is the master cheesemaker and plant manager at Point Reyes Farmstead Cheese. He has extensive experience as a quality assurance manager and consultant and is certified by the International HACCP Alliance.

Wednesday, 8:30am–12:30pm
Oct. 26
Indian Valley Campus, Bldg 3, Rm 154
Fee $99 (Includes $1 materials fee)
CRN# 85217

Health & Wellness

BONES FIT: OSTEOPOROSIS PREVENTION AND BONE HEALTH WORKSHOP
In this two-hour workshop, you will be introduced to the fundamentals of exercises for bone strength. Learn about postural alignment, key strengthening exercises, and what to avoid. This class is an excellent introduction to bone health and how to get started with active exercise. Join us for a very interesting and fun class!

Please bring a beach towel, yoga mat or blanket to class. You must be able to get up and down from the floor independently. Individual attention as time allows.

Please see Note regarding Portable Village on page 40.

Marion Kregeloh, PT, CFP is highly skilled in evaluating, treating, and educating students in bone health, osteoporosis prevention, back care, and individualized exercise programs.

Friday, 12noon–2pm
Sept. 9
Kentfield Campus, Portable Village 6
Fee $28
CRN# 85218 EC

Health Sciences

ACTIVITY COORDINATOR STATE CERTIFICATION COURSE
Have you ever thought about a career working with older adults and frail elders? This is your opportunity to get started. Become approved by California’s Department of Public Health and Social Services to become a qualified activity coordinator.

Activity Coordinators work in assisted living, adult day health, convalescent, day programs, and retirement communities. You will assess individual client leisure needs and design person-centered meaningful activity programs.

Some of the class topics covered are: theories on aging, resident rights, common medical disorders, leadership and group dynamics, diversity in programs, cognition and dementia, rehabilitation, behavioral interventions, safe exercise programs, documentation, regulations, and much more.

The course is taught by a Certified Recreational Therapist, Licensed Social Worker, and Licensed Occupational Therapist. This is one of the few training courses approved in Northern California.

No prerequisites. Call 415.453.6130 for more information or email betsybest@comcast.net.

Betsy Best Martini, M.S. CTRS
Marianne Gontarz York, LCSW
To be announced, OT/L
14 Tuesdays & 13 Thursdays, 4:10–7pm
Sept. 6–Dec. 6 (No class Nov. 24)
Kentfield Campus, Fine Arts 201
Fee $299
CRN# 85281
History

NEW HISTORY OF THE FRENCH CINEMA
Join us in this exciting class full of memories and nostalgia. France is the birthplace of cinema. In the 19th century, the brothers Lumière invented the cinématographe. Their 1895 movie The Arrival of a Train in the Station marks the official birth of cinematography. Characteristics of French cinema include analytical plotlines, strong character development, and deviance from conclusive endings. Through lectures, movie clips, and power point presentation, we shall examine post War I and II movies filmed by Marcel Pagnol, René Clair, Sacha Guitry, Auguste Renoir. We will examine New Wave movies (1950) of Jean-Luc Godard, François Truffaut, Claude Chabrol, and movie movements from the 1970s, 1980s, 1990s, and 21st Century. The influence of Hollywood will be highlighted. This class will conclude by discussing the future of French cinema.

Erika Harkins, MA (French Literature)
7 Mondays, 2:10–4pm
Sept. 12–Oct. 24
Kentfield Campus, Harlan Center 170
Fee $69 (Includes $1 materials fee)
CRN# 85153 EC

NEW EUROPEAN CULTURE AND HISTORY: THE HOUSE OF ROMANOV, A RUSSIAN DYNASTY
Born at the end of the Time of Troubles in the 16th Century, the Romanov Dynasty did not cease confronting the defiance of the Slavophil, the ambitions of the pretenders to the throne, and the disorders constantly threatening the equilibrium of Russia. Opening themselves to Western European culture without altering their Russian identity, the Romanov Dynasty, within three centuries, transformed a divided country into an Empire. They wrote one of the most fascinating pages in the history of the world. Join us in learning about their history, their captivating accomplishments in national and international relations, philosophy, art, architecture, and way of living.

Erika Harkins, MA (French Literature)
7 Wednesdays, 2:10–4pm
Oct. 26–Dec. 7
Kentfield Campus, Harlan Center 170
Fee $69 (Includes $1 materials fee)
CRN# 85154 EC

Also of interest ...

FRENCH WRITERS AND THEIR WORKS THROUGHOUT THE CENTURIES

LITERATURE AND LIBRETTOS IN OPERA: COMPOSERS VS. LIBRETTISTS
See page 33.

Home and Garden

NEW HOW TO REPLACE YOUR LAWN
If maintaining your lawn has gotten to be too much—too much time, too much mowing, too much water, fertilizer, pesticides, and herbicides, or just plain too much bother—then you’ll want to take this class. Learn to use alternative grasses and grasslike plants to create beautiful ‘lawns’ that are low care and water-conserving. In this one-day class, you will be guided, step-by-step, through the entire lawn-replacement process: from initial considerations of cost and difficulty, through selecting the right plants for your site, to soil preparation and planting, and finally, to the required maintenance.

Bob Hornback is an instructor of horticulture and botany, who is also a popular garden writer and speaker. He operates a company that specializes in plant brokerage, consultation, and design with ornamental grasses.

Saturday, 9:10am–12noon
Sept. 17
Kentfield Campus, Harlan Center 172
Fee $48
CRN# 85219
OH DEER! COPING WITH BAMBI IN THE GARDEN

Gardeners in the Bay Area frequently experience the ravages of deer. These wily creatures can do extensive damage in rural and suburban gardens by consuming both edible crops and ornamental plantings. This one-session workshop will provide all the information you’ll need to garden successfully in deer country.

Class includes lecture and a Q&A session. Please bring a notebook and pen for note-taking.

Bob Hornback is a horticulture instructor and an avid plantsman, who copes with deer on a daily basis in his woodland garden near Occidental, in Sonoma County.

Saturday, 9:10am–12noon
Oct. 1
Kentfield Campus, Harlan Center 172
Fee $48
CRN# 85220

NEW CREATING A WILDLIFE FRIENDLY GARDEN

Enhance the habitat value of your garden by combining California native plants and garden favorites from other Mediterranean climates to create abundant year-round resources that will attract a diversity of species to your backyard eco-system. Gain a deeper understanding and appreciation of the butterflies, bees, beneficial insects, and birds that will populate a backyard habitat by learning about their life cycles and plant associations, as well as identification tips and interesting facts about name origins.

Classes include power point presentations and extensive hand-outs, resources, and references will be available.

On Saturday we will take an easy, morning hike at the Indian Valley Campus to view native plants in their natural habitat. Then, we will reconvene at a wildlife friendly garden in Novato to see the same plants in a garden setting. Students are responsible for their transportation.

Charlotte Torgovitsky
3 Thursdays, 6:40–8:30pm
Oct. 6–20
Indian Valley Campus, Bldg 3, Rm 154
Plus field trip: Saturday, Oct. 22
10am–12noon, Indian Valley Campus
1–3pm, Wildlife Friendly Garden, Novato
Fee $77
CRN# 85199

Also of interest ...

GREAT SOIL = GREAT GARDENS: HOME COMPOSTING MADE EASY
See page 52.

Intensive English Program (IEP)

College of Marin’s Intensive English Program has more than 30 years of success educating English language learners. We welcome new and returning F-1* international students, F-1 transfer students from other schools, au pairs, and local residents who wish to improve English language skills. Students who complete the advanced level are guaranteed admission into College of Marin Credit Program, without the TOEFL requirement.

- SMALL CLASSES, FIELD TRIPS, 8 or 16*-WEEK Program, TOEFL PREPARATION
- FRIENDLY STAFF WHO HELP WITH VISAS and SCHEDULING NEEDS

FALL SEMESTER 2011
August 16—December 2 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours) (CRN 85095)
$2325 Other full-time students (CRN 85096)
$1925 (15 hours) (CRN 85097)
$1425 (10 hours) (CRN 85098)
$775 (5 hours) (CRN 85099)

Session A: August 16-October 7
(8 weeks)

Session B: October 11-December 2
(8 weeks)

$1175 for 8 weeks (20 hours)
(CRN Session A/B 85100/85104)
$975 (15 hours) (CRN 85101/85105)
$725 (10 hours) (CRN 85102/85106)
$375 (5 hours)(CRN 85103/85107)
Courses meet 5 hours per week:

Writing with Reading
Tuesday/Thursday 9:10-11:35

Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35

Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45

Idioms and TOEFL Preparation
Wednesday/Friday 12:30-2:45

* F-1 students must be enrolled in at least 12 units of credit at College of Marin to participate in Intensive English Program.
Languages

**Note:** The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press #4 to reach a staff person and ask to have the instructor call you.

**COM Modern Languages Department:**
If you wish to develop reading and writing skills, please call the Modern Languages department at 415.485.9348 or go to www.marin.edu.

**Textbooks:** When the purchase of a textbook is recommended, that text will be used for the entire series. Cost of textbooks vary. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online. See page 59.

**CONVERSATIONAL Farsi**
This beginner course is intended for those with no previous knowledge of Farsi. You will learn basic conversational skills, such as greetings, descriptions, and other basic survival skills in the language (day to day vocabulary needs). You will learn to communicate in basic Farsi and be introduced to Persian culture.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Fee (Includes $3 materials fee)</th>
<th>CRN#</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 1</td>
<td>6 Mondays, Sept. 12–Oct. 17</td>
<td>$86</td>
<td>85279</td>
</tr>
<tr>
<td>FALL 2</td>
<td>7 Mondays, Oct. 24–Dec. 5</td>
<td>$92</td>
<td>85280</td>
</tr>
</tbody>
</table>

**CONVERSATIONAL FRENCH:**
*FIRST YEAR, FIRST AND SECOND QUARTERS*
These sequential courses are designed for those who have no or very little knowledge of French. We work with pronunciation, vocabulary enrichment, and short conversations. See **Note** at the beginning of the Languages section.

**Anne Marie Lebas** is a native of France who has taught in the Bay Area for over 20 years. She teaches with great enthusiasm and energy and creates a lively and comfortable learning environment for students at any level. A bientot!

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Fee</th>
<th>CRN#</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL 1</td>
<td>6 Mondays, Sept. 12–Oct. 17</td>
<td>$83</td>
<td>85221</td>
</tr>
<tr>
<td>FALL 2</td>
<td>7 Mondays, Oct. 24–Dec. 5</td>
<td>$89</td>
<td>85222</td>
</tr>
</tbody>
</table>
CONVERSATIONAL FRENCH: SECOND YEAR, FIRST AND SECOND QUARTERS

These second year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. See Note at the beginning of the Languages section. Venez apprendre dans une ambiance joyeuse!

Anne-Marie Lebas
7 Wednesdays, 6:40–8:30pm
Kentfield Campus
Learning Resources Center 39
Fee $84
FALL 1
Sept. 7–Oct. 19
CRN# 85272
FALL 2
Oct. 26–Dec. 7
CRN# 85273

CONVERSATIONAL GERMAN

This fun course is for beginners, as well as serving as a refresher course for those who have previously had some exposure to German. In each class lesson words, phrases, sentences and lively interactive dialogues are introduced, with correct grammar and pronunciation. Students will also learn about German culture and be able to recite the short, famous poem, Gefunden, by Johann Wolfgang von Goethe, by the conclusion of the course.


Hamid Emami is a native German speaker with a Master’s degree from Universität Hamburg and has taught German in the Bay Area for over 10 years. Dedicated and passionate about teaching the German language, Emami creates a truly enjoyable, friendly setting in which to learn the language. Auf bald! Come and join us!

Kentfield Campus, Science Center 125
FALL 1
7 Thursdays, 6:40–8:00pm
Sept. 8–Oct. 20
Fee $79 (Includes $1 materials fee)
CRN# 85200
FALL 2
6 Thursdays, 6:40–8:00pm
Oct. 27–Dec. 8 (No class Nov. 24)
Fee $74 (Includes $1 materials fee)
CRN# 85201

ITALIAN IN THE KITCHEN: LEARN AND PRACTICE ITALIAN THROUGH RECIPES

Have fun improving your Italian by sharing recipes, food, and Italian culture through conversation in Italian. We will discuss Italian food and preparation: menus, recipes, ingredients, as well as Italian traditions surrounding food and culture. All in Italian, naturalmente! On the last day of class, you may bring one of your favorite dishes to share for a class party.

New recipes and the surrounding cultural traditions will be shared each quarter. A recommended text will be discussed in class.

This course is for those with some knowledge of Italian. The instructor may be contacted at caterina.labriola@marin.edu if you have questions about your placement.

Caterina Labriola is a native Italian with a Laurea (Master) in Foreign Languages and Literature. She also teaches in the credit program at College of Marin and at Santa Rosa Junior College.

7 Wednesdays, 2:40–4:30pm
Kentfield Campus
Learning Resources Center 36
Fee $89
FALL 1
Sept. 7–Oct. 19
CRN# 85202
FALL 2
Oct. 26–Dec. 7
CRN# 85203

CONVERSATIONAL ITALIAN: FIRST YEAR, FIRST AND SECOND QUARTERS

Learn basic conversational Italian, including pronunciation, vocabulary, and command of idiomatic expressions and colloquialisms. Emphasis will be on speaking and comprehension through oral drills. See Note at the beginning of Languages section.

For those in Ilia Salomone-Smith’s classes, please see Note regarding Portable Village on page 40.

FALL 1
Lido Cantarutti
6 Wednesdays, 7:10–9pm
Sept. 7–Oct. 19 (No class Sept. 21)
Kentfield Campus, Science Center 104
Fee $83
CRN# 85223
Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Sept. 6–Oct. 18
Kentfield Campus, Portable Village 5B
Fee $71 (Includes $2 materials fee)
CRN# 85225 EC

FALL 2
Lido Cantarutti
7 Wednesdays, 7:10–9pm
Oct. 26–Dec. 7
Kentfield Campus, Science Center 104
Fee $89
CRN# 85224

Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Oct. 25–Dec. 6
Kentfield Campus, Portable Village 5B
Fee $71 (Includes $2 materials fee)
CRN# 85226 EC

CONVERSATIONAL ITALIAN:
SECOND YEAR, FIRST AND SECOND QUARTERS
Join other students who have completed Conversational Italian: First Year, First through Fourth Quarters, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Italian, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. See Note at the beginning of the Languages section.
Please see Note regarding Portable Village on page 40.
Ilia Salomone–Smith
7 Tuesdays, 3:10–5pm
Kentfield Campus, Portable Village 5B
Fee $71 (Includes $2 materials fee)
FALL 1
Sept. 6–Oct. 18
CRN# 85227 EC
FALL 2
Oct. 25–Dec. 6
CRN# 85228 EC

CONVERSATIONAL SPANISH:
FIRST YEAR, FIRST AND SECOND QUARTERS
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The stress is on developing the ability to converse. See Note at the beginning of the Languages section.
Textbook: Cómo Se Dice, 8th edition. Please see Note above regarding Textbooks.

FALL 1
Nancy McInnes
7 Thursdays, 7:10–9pm
Sept. 8–Oct. 20
Kentfield Campus
Temporary Building 101
Fee $89
CRN# 85229

Milt Hain
7 Tuesdays, 2:10–4pm
Sept. 6–Oct. 18
Kentfield Campus
Temporary Building 119
Fee $69
CRN# 85231 EC

FALL 2
Nancy McInnes
6 Thursdays, 7:10–9pm
Oct. 27–Dec. 8 (No class Nov. 24)
Kentfield Campus
Temporary Building 101
Fee $83
CRN# 85230

Milt Hain
7 Tuesdays, 2:10–4pm
Oct. 25–Dec. 6
Kentfield Campus
Temporary Building 119
Fee $69
CRN# 85232 EC
CONVERSATIONAL SPANISH: SECOND YEAR, FIRST AND SECOND QUARTERS
Join other students who have completed Conversational Spanish: First Year, First through Fourth Quarters, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Spanish, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. The course will include an introduction to poetry and literature. See Note at the beginning of the Languages section.

Textbook: Cómo Se Dice, 8th edition. Please see Note above regarding Textbooks.

Milt Hain
Kentfield Campus
Temporary Building 119
FALL 1
7 Fridays, 2:10–4pm
Sept. 9–Oct. 21
Fee $69
CRN# 85233 EC
FALL 2
6 Fridays, 2:10–4pm
Oct. 28–Dec. 16 (No class Nov. 11 & 25)
Fee $64
CRN# 85234 EC

NEW CONVERSATIONAL YIDDISH
This class is total beginners in Yiddish. Knowledge of the Alef Bet from Hebrew can help; however, pronunciations and vowels are different. You will learn the Alef Bet and their pronunciations. You will then be able to read and write basic vocabulary and construct basic sentences. Songs will be used to help with comprehension.

No text is needed. Handouts will be distributed in class.

Julie Egger, MA, has studied Yiddish since she was a child, but has been studying it more intensely as an adult. This summer she participated in a Yiddish immersion program in Lithuania.

1:10–3pm
Kentfield Campus, Harlan Center 161
FALL 1
6 Mondays, Sept. 12–Oct. 17
Fee $64 (Includes $1 materials fee)
CRN# 85180 EC
FALL 2
7 Mondays, Oct. 24–Dec. 5
Fee $69 (Includes $1 materials fee)
CRN# 85181 EC

NEW INTRODUCTION TO MARK TWAIN
The course is an introduction to the work of Mark Twain, a great stylist and storyteller and a great comic and satirist. We will examine ten to twelve carefully selected short selections from his best known works, Tom Sawyer, Huck Finn and Roughing It, and discuss his descriptive skills, his humor, his satirical bent, and his ability to create character. We will also look at several of his many epigrams (he is the most quoted of American writers) and at Hal Holbrooke’s presentation of him as a lecturer. We will also read and discuss three of his best known short works, The Celebrated Jumping Frog, Fenimore Cooper’s Literary Offences, and The Private History of a Campaign that Failed, and an intriguing short novella, Pudd’nhead Wilson. During the course of the class, we will watch some superb DVDs about Mark Twain and his works.

William Wallace, EdD, MA (English)
7 Tuesdays, 1:10–3pm
Sept. 6–Oct. 18
Kentfield Campus, Harlan Center 127
Fee $69 (Includes $1 materials fee)
CRN# 85155 EC

DANTE’S DIVINE COMEDY: INTRODUCTION AND THE INFERNO
Spend the year with Dante! Beginning this fall, we will devote ourselves to an introduction to Dante, his times, and other works. The fall session will include an overview of the history and literature of late 13th and early 14th Century Florence, but will concentrate on the reading of the Inferno. The subsequent winter and spring quarters will be devoted to the Purgatorio and the Paradiso.

Wendy Walsh has a doctorate in Italian Literature from U.C. Berkeley.

9 Wednesdays, 2:40–5pm
Oct. 12–Dec. 14 (No class Nov. 23)
Kentfield Campus
Learning Resource Center 38
Fee $99
CRN# 85182 EC
LITERATURE AND LAW: THE PROVOCATIONS OF POETRY

Those who love poetry and those who fear poetry should consider this unusual and popular interdisciplinary course. We will see how great American poets assemble great poems to address the critical social and legal issues of our times. Their poetry can instruct us, sometimes much better than prose, about our jurisprudential choices. We will gather poems on freedom and captivity, security and disability, environment and industry, class and race, gender and sex. Our poets include John Ashbery, Elizabeth Bishop, Robert Owen Butler, Kate Daniels, Yusef Komunyakaa, Philip Levine, Michael Parker, Jorie Graham, Robert Hayden, Maria Hummel, Alice Jones, Galway Kinnell, Dora Malech, W.S. Merwin, Don Patterson, Kay Ryan, May Swenson, and Ellen Voigt, and James Wright.

David Robertson (Stanford, A.B., Yale Law School, J.D.), has taught political philosophy and literature at Yale College and College of Marin.

7 Wednesdays, 2:10–4pm
Oct. 26–Dec. 7
Kentfield Campus, Harlan Center 165
Fee $81
CRN# 85111 EC

NEW FRENCH WRITERS AND THEIR WORKS THROUGHOUT THE CENTURIES

During this course, we will discuss the origins of the French language; great texts in French Literature, and the richness of their themes. The students will become familiar with the historical background of France during a certain time period, along with the lives, works, and literary importance of the authors during each period, as well as the Literary Currents related to each writer.

We will also discuss the point of view of the French people, when interpreting their own literature during this time, and how, why, and when their emotions differ from other various nationalities.

Erika Harkins, MA (French Literature)
7 Wednesdays, 2:10–4pm
Sept. 7–Oct. 19
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $9 special/materials fee)
CRN# 85157 EC

NEW LITERATURE AND LIBRETTOS IN OPERA: COMPOSERS VS. LIBRETISTS

Join us to learn about the lives and works of famous authors and librettist, the people who inspired famous opera composers such as Mozart, Donizetti, Verdi, Puccini, Massenet, and others. Learn in an enjoyable atmosphere about the works of Abbe Prevost/Massenet: Manon Lescaut; Beaumarchais/Rossini/Mozart: The Barber of Sevilla, The Wedding of Figaro; Victor Hugo/Verdi: Ernani; Alexander Dumas the Son/Verdi: La Traviata, and more ... and discover the dynamics behind the stage, the relations among the authors composers and librettists, and the circumstances in which the librettos were written.

Erika Harkins, MA (French Literature)
7 Fridays, 10:10am–12noon
Sept. 9–Oct. 21
Tiburon Town Hall Community Room
1505 Tiburon Blvd., Tiburon
Fee $78 (Includes $9 special/materials fee)
CRN# 85158 EC

Also of interest ...

HISTORY OF THE FRENCH CINEMA

EUROPEAN CULTURE AND HISTORY: THE HOUSE OF ROMANOV, A RUSSIAN DYNASTY

See page 27.
**WRITER’S VIEW OF THE WORLD: THE LOST GENERATION**
Gertrude Stein dubbed them “The Lost Generation,” the young, alienated American writers who settled in Paris after WWI to practice their craft. They went on to produce a body of work that expanded the possibilities of American fiction, informing every novel written today almost 100 years later.

This quarter, we will read and discuss three such modern classics: Sherwood Anderson’s *Winesburg, Ohio*, F. Scott Fitzgerald’s *The Great Gatsby*, and Ernest Hemingway’s *The Sun Also Rises* along with some selected Hemingway short stories.

Please see Note regarding Portable Village on page 40.

Longtime writing and literature instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jacqueline was the first recipient of the Annual Calliope Award for Lifetime Achievement in Poetry given by the Marin Poetry Center in 2010.

6 Thursdays, 1:10–3pm
Oct. 27–Dec. 8 (No class Nov. 24)
Kentfield Campus, Portable Village 3
Fee $63
Course #85112 EC

**Marin Adventures**
Marin Adventures courses are conducted in the field; students provide their own transportation. There may be incidental entrance fees to parks. Wear comfortable shoes and dress for weather; bring drinking water and snacks — and your binoculars! Come prepared for fun!

Itineraries: If you register at least eight working days prior to the first class meeting, the Class Itinerary, which includes directions to sites, will be mailed to you. Otherwise, call 415.485.9305 and press 4 when you hear the automated voice. Please leave a detailed request, including the class title for which you are registered for and your name and mailing address. The itinerary for Bird-Watching in Marin will be distributed at the first class meeting.

**BIRD-WATCHING IN MARIN: A FIELD EXPLORATION**
Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class will meet in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes will meet at field sites.

An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation.

Lisa Hug, MEd, is an experienced birder in Marin and Sonoma Counties who co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! Her passion for birds is contagious!

Orientation: Tuesday, 9:10am–1pm
Sept. 6
Kentfield Campus
Learning Resources Center 53
Plus 4 field trips
Tuesdays, 8:30am–12:30pm
Sept. 13–Oct. 4
Fee $105
CRN# 85032 EC

**MEANDERING IN MARIN**
If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. Hikes are four to five miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine. Please see Itineraries above.

Wendy Dreskin, one of the most informative and enjoyable naturalists in the county, leads the always popular Meandering in Marin. Wendy is a recipient of the Terwilliger Environmental Award.

**FALL 1**
6 Mondays, 9:45am–1:45pm
Sept. 12–Oct. 17
Fee $103
CRN# 85033 EC
7 Tuesdays, 9:45am–1:45pm
Sept. 6–Oct. 18
Fee $119
CRN# 85034 EC

**FALL 2**
7 Mondays, 9:45am–1:45pm
Oct. 24–Dec. 5
Fee $119
CRN# 85035 EC
7 Tuesdays, 9:45am–1:45pm
Oct. 25–Dec. 6
Fee $119
CRN# 85036 EC
BEGINNING HIKING
Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these four to six mile hikes. Along the way we will discuss plants, birds, insects, and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain.

Please see Itineraries above. Please, dogs are not invited to this class. Please bring a bag lunch.

Sharon Barnett is a thoughtful and enthusiastic trail guide and dynamic naturalist. She teaches science at Marin Country Day School and leads natural history outings for Point Reyes Field Seminars and Marin Nature Adventures.

6 Saturdays, 10am–2pm
Last class, 10am–4pm
Locations: See Itineraries Note above
Fee $109

FALL 1
Sept. 10–Oct. 22 (No class Oct. 8)
CRN# 85113 EC

FALL 2
Oct. 29–Dec. 10 (No class Nov. 26)
CRN# 85114 EC

SURFING 101
During this introduction to surfing, you will learn basic water safety and surfing fundamentals, including an understanding of wave formation, tides and wind, surfing etiquette, and basic maneuvers, as well as surfing history and ecological and philosophical principles. Catch a wave at an ocean beach (to be determined in class).

Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach. Students provide their own transportation.

Bring your own wet suit and board, or rent them ($30-$45). Rental information will be provided in class. Bring your lunch, drinking water, and sunscreen. Be prepared for sun.

Jon Gudmundsson has been surfing for over 20 years and is a certified Life Guard.

5 Saturdays, 9–12noon
Sept. 17–Oct. 15
On-campus meeting, Sept. 17
Kentfield Campus
Physical Education Center 91
Field trips, Sept. 24–Oct 15
Stinson Beach
Fee $158
CRN# 85115

Music

THE BEATLES: THE ROCK GROUP THAT CHANGED THE WORLD
An in-depth overview of the history of the Beatles, the most popular and influential rock group of all time. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s through their breakup about a decade later. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively simple Merseybeat of their first recordings through the folk-rock, hard rock, psychedelia, and progressive art rock they delved into as the 1960s progressed. The Beatles were among the most important agents of social change of the 20th Century, and the course will also examine their massive effect on the popular music and culture of their era.

Richie Unterberger is a speaker and award-winning author of ten books on popular music history, including The Unreleased Beatles: Music and Film.

6 Tuesdays, 7:10–9pm
Sept. 6–Oct. 11
Kentfield Campus
Learning Resources Center 53
Fee $86 (Includes $3 materials fee)
CRN# 85116
**NEW WHAT IS IT ABOUT MUSIC? MUSIC IN OUR WORLD**

Why do we listen to music? Do you enjoy music from other parts of the world? In our fantastic journey, we will listen to music from all over the world and find out what makes music important for us. We will watch videos of musical performances, listen to recordings of unfamiliar and seemingly exotic music, host guest musicians playing some of the world's vast musical repertoire, discuss our reactions, and perform music ourselves. We will explore how music is related to culture and seek out our own unique relations with music.

**Michael Irvine** has a BA in Music and an MA in India Studies. Since 1982 his musical focus has been North Indian classical music, studying sarod with Ustad Ali Akbar Khan, and tabla with Sri Swapan Chaudhuri.

7 Thursdays, 6:40–8:30pm
Sept. 8–Oct. 20
Kentfield Campus, Fine Arts 315
Fee $89 (Includes $1 materials fee)
CRN# 85183

**RUSSIAN MUSIC: RARELY PERFORMED MASTERPIECES**

Not to be missed! Raise your the musical I.Q. in this class that combines listening to Russia's finest music, both recorded and live, with discussion of Russian music and of the lives and times of Russian composers. During **Fall 1**, we will listen to and discuss Tchaikovsky's operas Jolanta and Mazeppa, Symphonies by Borodin and Glazunov, music for piano by Rachmaninov. During **Fall 2**, the selections are *Pique Dame* by Tchaikovsky, Sonatas by Scriabin, vocal music by Rachmaninov, and music for motion pictures by Shostakovich.

**Alexander Vereshagin**, Music Director and Conductor, composer/arranger, pianist and teacher, graduated from and taught at St. Petersburg National Conservatory. He also conducted several of Russia's renowned orchestras, performing symphonic, operatic, and choral works. Currently he is the Music Director of the Russian Chamber Orchestra which performs locally.

12:10–2pm
Kentfield Campus, Olney Hall 96

**FALL 1**
7 Fridays, Sept. 9–Oct. 21
Fee $69
CRN# 85037 EC

**FALL 2**
5 Fridays, Oct. 28–Dec. 16
(No class Nov. 4, 11 & 25)
Fee $57
CRN# 85038 EC

**NEW A SEMINAR ON KLEZMER MUSIC**

Become familiar with what makes Klezmer music Klezmer music! For amateur as well as professional musicians, this class is for anyone who is interested in playing and/or singing and understanding Klezmer music. We will listen to and play lots of Klezmer tunes, as well as learn about the theory, history, and dances behind the music. Bring your own instrument to class. Singers who are interested in singing Yiddish with a band are also welcome. If you have questions about the class, please email the instructor at julieegger@comcast.net.

**Julie Egger**, MA, has played fiddle with *The Red Hot Chaackas*, a Klezmer band that has performed throughout the Bay Area since 1998. She is a music teacher and Suzuki Violin Teacher. This summer she participated in a Yiddish immersion program in Lithuania.

12:10–2pm
Kentfield Campus, Olney Hall 96

**FALL 1**
7 Fridays, Sept. 9–Oct. 21 (No class Sept. 30 & Oct. 7)
Fee $69
CRN# 85184 EC

**FALL 2**
5 Fridays, Oct. 28–Dec. 16 (No class Nov. 4, 11 & 25)
CRN# 85185 EC

**CHORUS EMERITUS**

If you like to sing or think you would like to sing in a mixed chorus, join us! During the fall we rehearse holiday and various musical selections in preparation for performances at the end of the second semester when we perform at retirement or convalescent facilities. There are no auditions. We ask for $25 to buy new music and to pay our talented accompanist.

**Phil Hildreth**
3:10–5pm
Kentfield Campus, Olney Hall 96

**FALL 1**
7 Thursdays, Sept. 8–Oct. 20
Fee $49
CRN# 85039 EC
FALL 2
6 Thursdays, Oct. 27–Dec. 8
(No class Nov. 24)
Fee $43
CRN# 85040 EC

MARIN MEN’S CHORUS
“The camaraderie and brotherhood is an impor-
tant part of this group, and keeps me coming
back year after year.” Michael
Open to all men who want to sing, regard-
less of residence. Repertoire is primarily
popular standards. Performances are
included and will be scheduled. The
instructor will collect an additional $53
at the first class meeting for materials/
accompanist fees.

Shawn Aluk, MA (Music Education),
is an experienced choral director and
music educator who strives to inspire his
students to appreciate and enjoy music.

7–9pm
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $44

FALL 1
7 Tuesdays, Sept. 6–Oct. 18
CRN# 85041 EC

FALL 2
7 Tuesdays, Oct. 25–Dec. 6
CRN# 85042 EC

PIANO CLASSES FOR
BEGINNERS TO ADVANCED
Piano instruction in both classical and
popular music (chords and melody) is of-
fered in a relaxed, supportive, and friendly
environment. You will have your own
upright piano in the classroom.

Section A (Tuesdays, 7:40-9pm) for those
with little or no knowledge of the piano.

Section B (Tuesdays, 6:10-7:30pm) as-
sumes the student has knowledge of note
reading and basic piano skills.

Section C (Thursdays, 7:40-9pm) is for
students who can proficiently play and
count, hands together, pieces of moderate
difficulty.

Section D (Thursdays, 6:10-7:30pm) is for
the more advanced student. Emphasis is on
musical interpretation and expression.

Students will be required to buy music at
an approximate cost of $25.

To sign up for Piano Class, use the
course number below. Students should at-
tend the section that matches their ability.
If you are new to the course or are unsure
of your placement, e-mail the instructor
at marciabau@aol.com. Early registration
strongly recommended.

Marcia Bauman, PhD (Eastman) is an
award-winning composer and pianist, and
has taught at Stanford University and the
Eastman School of Music.

Times as above
7 Tuesdays & 7 Thursdays
Kentfield Campus
Learning Resources Center 72
Fee $93

FALL 1
Sept. 5–Oct. 20
CRN# 85043

FALL 2
Oct. 25–Dec. 15 (No class Nov. 24 & Dec. 13)
CRN# 85044

Parenting

STRATEGIES FOR GETTING YOUR
CHILD INTO COLLEGE TODAY
In this introductory course, you will learn
strategies that will keep you and your child
‘on track’ with the college application pro-
cess. Learn about College Entrance Tests
(SAT and ACT) and the appropriate time
for your child to take them. Understand
how colleges evaluate student transcripts
and the best courses to take in high school.
Discover what role extra-curricular activi-
ties play in the application process and
receive tips for choosing the best activities
for your child. Examples of how these fac-
tors relate to different colleges including
the UC, Cal State, and selective private col-
leges will be provided. You will have plenty
of opportunity to ask questions.

Rosemary Costello, MA (Education/
Counseling) has advised over 1800 stu-
dents on the college admission process and
has a thorough understanding of what it
takes to get into college today.

Saturday, 10am–12noon
Sept. 24
Kentfield Campus, Harlan Center 161
Fee $39 (Includes $1 materials fee)
CRN# 85117
Foster and Kinship Care Education Program

Patty Cala, Program Director

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. On-going seminars and support groups are offered to help in the day-to-day caring for these children. Professionals, foster parents, and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board. Call Patty Cala at 415.457.8811, ext. 8239, for further information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.

INTRODUCTION TO FOSTER AND ADOPTIVE PARENTING

Especially for those new to foster and adoptive parenting, or those beginning the process. Couples and single parents will learn about the court process, behavioral issues, and emotional stresses for foster children and their new family; how to work with the agencies involved; the parent’s role in the child’s life; and the different ages and problems of the children. Offered in Spanish and English. For information, call Patty Cala at 415.457.8811, ext. 8239.

Personal Development

NEW DISCOVERING YOUR ROOTS: INTRODUCTION TO GENEALOGICAL RESEARCH METHODS

Learn the basics of genealogical and family history research. We will cover definitions, methodologies, forms used, research repositories, the internet, and software. We will discuss documents and citations, as well as the organization of information and archival of documents. You will be invited to share what your research yields, not only about who your ancestors were, but also the political and social issues involving their activities. You will also be encouraged to write your own history or memoir of an interesting family member as a legacy for future generations.

Experts in certain aspects of genealogical research methods will present at class. David Williams has been involved in Genealogical research for over 20 years and is a Board member and past President of the Marin County Genealogical society.

6 Mondays, 2:40–4pm
Sept. 12–Oct. 17
Kentfield Campus
Physical Education Center 91
Fee $64 (Includes $1 materials fee)
CRN# 85235 EC

Philosophy

A CONTEMPORARY INTRODUCTION TO ENLIGHTENMENT

Americans are dedicated to the ‘pursuit of happiness,’ but how does this pursuit serve us? Based on Advaita Vedanta, a 5,600 year old spiritual tradition relatively unfamiliar to the West, this highly pragmatic course offers a promising alternative approach to happiness. Designed for ‘thinking individuals’ utilizing common sense and logic, our explorations facilitate gaining Self-knowledge, which addresses and resolves our issues with mortality and contentment. To achieve our goal, the class maintains a dynamic equilibrium between theoretical underpinnings and overarching perspective on one hand and getting up-close-and-personal with values, practices, and day-to-day implications on the other.

Thomas Froitzheim has studied Self-realization and practiced meditation for thirty years with internationally known teachers of enlightenment and non-duality, including Taisen Deshimaru, Roshi Philip Kapleau, Toni Packer, Francis Lucille, Byron Katie, Dr. Carol Whitfield, Swami Dayananda, Swami Tattvavidananda, and Swami Viditatmananda.

7 Wednesdays, 7:10–9pm
Kentfield Campus
Temporary Building 104
Fee $89 (Includes $1 materials fee)
CRN# 85204

FALL 1
Sept. 7–Oct. 19
CRN# 85204

FALL 2
Oct. 26–Dec. 7
CRN# 85205
NEW THE SPIRITUAL PRACTICE OF CRITICAL ENQUIRY

You will be led to an understanding of the world’s first ‘realistic’ or critical assessment of the human condition and spiritual possibility. Using the Kosha system from the Upanishads as the over-arching framework, we will evaluate developmental psychology and personal maturation. We will use specific enquiries associated with each developmental stage. No previous familiarity of developmental psychology or spirituality is needed. If you like ‘Critical’ and ‘Spiritual’ together, you’ll love this class.

Frank Marrero has a Masters in the Arts of Education from John F Kennedy University where he is also an Adjunct lecturer. He has written and teaches four courses: Critical Enquiry, On Divine Ignorance, Orpheus and the Spiritual Foundations of Western Philosophy, and Education and Ecstasy.

5 Wednesdays, 7:10–9pm
Sept. 7–Oct. 5
Kentfield Campus, Olney Hall 107
Fee $77
CRN# 85186

Photography

BASIC PHOTOGRAPHY

This course will cover the basics: camera types, lenses, filters, depth of field, metering, exposure control, and tripods. We will also discuss digital formats, the camera’s menus, and what all the various choices mean.

Two Saturdays we will combine classroom and field sessions. On April 9, a morning in the field will be followed by an afternoon class. On April 23, an afternoon class will be followed by an evening field trip where you will learn and practice techniques for long exposures and night photography. Students meet on site and are responsible for their own transportation.

Bring an adjustable camera to class each week. This class is beyond simple point and shoot cameras. Darkroom work will NOT be discussed.

Jed Manwaring specializes in travel and outdoor photography. His photographs have appeared most recently in Golden Gate National Parks: A Photographic Journey, Guardians of the Gate, and in Outdoor Photographer and PC Photo magazines.

DIGITAL PHOTOGRAPHY FOR TRAVELERS

The course is for those who want to take better pictures while traveling. It is strongly recommended that you have a solid understanding of your camera’s basic features and functions. We will cover:

• Buying the right camera for the right trip
• Utilizing more advanced camera settings
• Composing better images
• Using natural and artificial light
• Capturing people in candid situations
• Avoiding the pitfalls of traveling with camera gear
• Why you need Medical and Personal articles insurance

Please bring your digital camera and its manual, a notepad, and a pen to class. The second meeting is a field trip/camera walk to practice what we’ve learned. (Students are responsible for their own transportation.) During the third meeting, we will view and discuss photographs taken on the field trip in the classroom.

Recommended text: Hank Miller. Digital Photography for Travelers Notebook, will be available at the College Bookstore.

Hank Miller is a professional photographer and freelance writer.

Saturday, Oct. 1, 10am–1pm
Monday, Oct. 3, 6:40-8:30pm
Kentfield Campus, Harlan Center 161
Field trip: Sunday, Oct. 2, 10am-1pm
A Taste of Rome Cafe
1001 Bridgeway, Sausalito
Fee $78 (Includes $2 materials fee)
CRN# 85159
INTRODUCTION TO PHOTOSHOP ELEMENTS: THE DIGITAL DARKROOM

The focus of this course is to learn basic photo editing to improve your digital photos. An introduction to image resolution, file formats, and file compression issues will be covered. We will also perform simple image clean up and photo enhancements, provide step-by-step exercises to crop and resize images for e-mail and print, repair damaged or scratched old photos, correct lighting, brightness/contrast and color, and remove blemishes, red-eye, and other irregularities. Time permitting, we will also create contact sheets of your digital camera folder.

Enroll in Beginning Computing or Computer Fundamentals first if you are unfamiliar with the mouse and keyboard and opening and saving files. See pages 12-13. A USB port plug in storage device, i.e. flash drive or thumb drive, is recommended if you would like to save your work.


Jazmine Loiselle
Friday, 9am–4pm
Sept. 9
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (includes $19 special fee)
CRN# 85236

INTERMEDIATE PHOTOSHOP ELEMENTS: THE DIGITAL DARKROOM

This course will continue to focus on photo editing techniques. We will review the basics, introduce basic selections and layers, and cover how to control separate areas of a photo in order to execute customized lighting and color adjustments. If there is enough time, we will cover step-by-step instructions to create a slide show with viewing capabilities on a CD or the Internet.

This class builds upon skills learned in Intro. to Photoshop Elements. Please see course description above for additional information.

Jazmine Loiselle
Friday, 9am–4pm
Sept. 16
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (includes $19 special fee)
CRN# 85237

Also of interest ...

PHOTOSHOP I AND II

See page 20.

Physical Fitness

Note: Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305, press #4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 51.

Portable Village: During Fall quarter 2011, all classes that normally meet in PE 22/23 will meet in Portable Village 6 due to construction schedules and the need to accommodate all classes. Other Community Ed classes meet in the Portable Village as well. From College Ave., turn into Parking Lot #12, next to the PE complex and across from Woodlands Market. Park in Lot #12 or the free lot nearby, following all posted regulations. Once you’ve parked your car, if you are facing the PE complex, the Portable Village is on the right (East).

TRANSFORMATIONAL FELDENKRAIS MOVEMENTS

Learn how The Feldenkrais Method™ can help you improve your functioning, balance, flexibility, coordination, posture, and sense of well-being. These lessons increase the capacity for easier and more effective movement in everyday activities. We will cover:

• Restoring functioning due to injuries, aging, or trauma
• Improving posture through learning a dynamic alignment
• How to relieve aches and pains
• Minimizing stress and tension
• Enhancing physical and emotional wellbeing

Each class will include time for discussion. Handouts will be distributed. You must be able to lower and raise yourself from the floor independently.

Please see Note regarding Portable Village above.

Kay Pepitone
1:10–2pm
Kentfield Campus, Portable Village 6
FALL 1
7 Thursdays, Sept. 8–Oct. 20
Fee $44 (Includes $1 materials fee)
CRN# 85045 EC

FALL 2
6 Thursdays, Oct. 27–Dec. 8
(No class Nov. 24)
Fee $39 (Includes $1 materials fee)
CRN# 85046 EC

FUNCTIONAL FITNESS
This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and over-all sense of well-being while participating in movement activities with music while sitting or standing in a safe and friendly environment. The curriculum is designed to be appropriate for adults with physical disabilities and those who prefer a gentler, yet challenging, approach to exercise. No prior experience necessary.

Please see Note regarding Portable Village on page 40.

Diana Scranton, MA (Education), is American Senior Fitness Association-certified and a Dance for Parkinson’s Disease Instructor.

10:10–11am
Kentfield Campus, Portable Village 6
Fee $66

FALL 1
6 Mondays & 7 Wednesdays
Sept. 7–Oct. 19
Starts on a Wednesday
CRN# 85047 EC

FALL 2
7 Mondays & 6 Wednesdays
Oct. 24–Dec. 7 (No class Nov. 23)
CRN# 85048 EC

THE FELDENKRAIS METHOD FOR THE ACTIVE OLDER ADULT
The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity.

To participate in this class it is necessary to be able to raise and lower yourself from the floor. Please bring a mat and two bath towels for comfort.

Please see Note regarding Portable Village on page 40.

Teresa Hanson, GCFP
6 Wednesdays, 2:10–3:30pm
Kentfield Campus, Portable Village 6
FREE

FALL 1
Sept. 14–Oct. 19
CRN# 85049 EC

FALL 2
Oct. 26–Dec. 7 (No class Nov. 23)
CRN# 85050 EC

A NEW WAY TO EXERCISE FOR PAIN RELIEF AND PHYSICAL REPAIR
Come to a friendly exercise class that welcomes your pace and problems. The original exercises used in class bring pain relief and develop new strength and flexibility without irritation or strain. The floor exercises are done from a fully supported position of healing comfort that you learn to make with the wedges and pillows in class. This exercise position gives even long-standing, complicated, and chronic problems the expanded and strainfree movements of pain relief and physical repair.

We make sounds, juggle, shake, and yawn. Leg exercises build protective flexiblity up and down the spine while hamstrings lengthen and hips and thighs tone. Breathing muscle exercises flatten the belly, improve posture, change scoliosis, and give your lymph nodes and vessels the expanding, contracting, and relaxing motions of immune enhancement.

Meg Margolis
3:40–4:30pm
Kentfield Campus, Fusselman Hall 120

FALL 1
6 Mondays & 7 Wednesdays & 7 Fridays
Sept. 7–Oct. 21
Starts on a Wednesday
Fee $111
CRN# 85051

FALL 2
7 Mondays & 7 Wednesdays & 5 Fridays
Oct. 24–Dec. 9 (No class Nov. 11 & 25)
Fee $105
CRN# 85052
MOBILITY AND MUSIC FOR THE OLDER ADULT: A UNIVERSAL LANGUAGE
This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

Diane Hain
11:10am–12noon
Whistlestop
930 Tamalpais Ave., San Rafael
FREE
FALL 1
6 Mondays, Sept. 12–Oct. 17
CRN# 85053 EC
FALL 2
7 Mondays, Oct. 24–Dec. 5
CRN# 85054 EC

ENERGY WARM-UPS FOR THE ACTIVE OLDER ADULT
A gentle, yet effective stretching and strengthening class for active adults which uses non-strenuous movement to increase flexibility, mobility, and range of motion with special attention paid to improving balance. Classes will include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation techniques which aid in reducing stress and increasing positive feelings of well being.

Please see Note regarding Portable Village on page 40.

Erik Riswold
FALL 1
6 Tuesdays & 6 Fridays, 9:10–10am
Sept. 6–Oct. 14
Kentfield Campus, Portable Village 6
Fee $63
CRN# 85055 EC

6 Wednesdays, 10:10–11am
Sept. 7–Oct. 12
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $39
CRN# 85056 EC

FALL 2
7 Tuesdays & 5 Fridays, 9:10–10am
Oct 25–Dec. 9 (No class Nov. 11 & 25)
Kentfield Campus, Portable Village 6
Fee $63
CRN# 85057 EC

6 Wednesdays, 10:10–11am
Oct. 26–Nov. 30
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $39
CRN# 85058 EC

EXERCISE FOR FITNESS AND PLEASURE FOR THE ACTIVE OLDER ADULT
Maintaining and improving general health and fitness are the goals of this class for the active adult. Join us in stretching, toning, strengthening, relaxation techniques, and rhythmic activities set to music.

Please see Note regarding Portable Village on page 40.

Erik Riswold
6 Tuesdays & 6 Thursdays, 3:40–4:30pm
Kentfield Campus, Portable Village 6
Fee $63
FALL 1
Sept. 6–Oct. 13
CRN# 85059 EC
FALL 2
Oct. 25–Dec. 8 (No class Nov. 24 & Dec. 6)
CRN# 85060 EC

GENTLE YOGA
This class is for first-time beginners or those who are returning or new to Iyengar Yoga and has benefits for students of all levels of ability. We will review the foundations at an easy pace, and you will learn basic poses, including principles of movement and posture, relaxation, and breathing techniques. This class focuses on increasing alignment, awareness, flexibility, and reducing stress by rebuilding the immune system through restorative postures. Individual needs are addressed with modifications for past injuries and health issues.

Please eat lightly prior to class. Bring a yoga mat and blanket and wear comfortable clothing to class. If you have other props, such as mats, blocks, straps, or bolsters, please bring them to class also.

Puni Elston
7 Tuesdays, 11:10am–10am
Indian Valley Campus, Bldg 20, Rm 106
Fee $15
YOGA FOR STRESS RELEASE

In these changing times we are prone to developing stress, which affects us in profound ways. This yoga class will restore the whole body towards dynamic stillness and increased stamina. You will experience:

- Deeper, more refreshing sleep
- Healthier joints to better strengthen and support the connective tissue
- Healthier cardiovascular function increasing the amount of oxygen in the blood
- Balanced mind/brain
- Feeling refreshed, replenished, and rejuvenated

Bring a yoga mat and blanket. Blocks and straps provided.

Ananda Ma, RYT, CMT has been teaching yoga in the San Francisco Bay Area for 17 years. She uses her classes to focus on the capacity for yoga to help you access your own inner resources for healing.

FALL 1
7 Thursdays, 5:10–6:30pm
Sept. 8–Oct. 20
Kentfield Campus
Physical Education Center 60
Fee $79
CRN# 85061

FALL 2
6 Thursdays, 5:10–6:30pm
Oct. 27–Dec. 8 (No class Nov. 24)
Kentfield Campus
Physical Education Center 60
Fee $74
CRN# 85062

YOGA FOR EVERY BODY,
YOGA FOR EVERY MIND

Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

Fall 1 classes will be taught by Susy Stewart and Tahsha Sanbrailo and Fall 2 by Laurel Houghton.

Note: If you are new to yoga or registering for the Intermediate class for the first time, contact Susy Stewart for Fall 1 classes at susyoga2@yahoo.com or 415.388.1549 and Laurel Houghton for Fall 2 classes at 415.454.0391.

Susy Stewart has studied yoga for 30 years and is certified in Integrated Yoga Studies by the California Institute of Integral Studies.

Laurel Houghton, MA, is certified to teach by three schools of yoga, including the San Francisco Iyengar Institute, and has studied yoga for over 25 years including studies in body/mind medicine.

Tahsha Sanbrailo has studied Iyengar yoga for 12 years, is a graduate of the Advanced Studies program at the Iyengar Institute of San Francisco, apprenticed with Suzanne Kanner, and continues her studies with Manouso Manos.

Kentfield Campus
Physical Education Center 60

FALL 1
7 Saturdays
Sept. 10–Oct. 22

Beginner
10–11:30am
Fee $79
CRN# 85160

Intermediate
8–9:45am
Fee $86
CRN# 85161

FALL 2
6 Saturdays
Oct. 29–Dec. 10 (No class Nov. 26)

Beginner
10–11:30am
Fee $74
CRN# 85162

Intermediate
8–9:45am
Fee $79
CRN# 85163
YOGA AND MEDITATION
This class is designed to help the student improve strength, flexibility, breathing, concentration, deep relaxation, and meditation. Yoga changes our body and meditation changes our attitudes and mind, leading us to optimal physical, psychological, and spiritual balance. The class is approximately 70% Hatha Yoga and 30% deep relaxation and meditation. Beginners are welcome.

Recommendation: Do not eat within two hours prior to class. Bring a yoga mat, wear comfortable non-binding workout apparel to class.

Paul Landrum, PhD, has been teaching yoga at the College of Marin since 1988.

5:40–7pm
Indian Valley Campus, Bldg 20, Rm 106

FALL 1
7 Tuesdays & 7 Thursdays, Sept. 6–Oct. 20
Fee $113
CRN# 85164

FALL 2
7 Tuesdays & 6 Thursdays, Oct. 25–Dec. 8
(No class Nov. 24)
Fee $105
CRN# 85165

INTERMEDIATE YOGA: THE ART AND SCIENCE OF INTEGRATING THE BODY/MIND
Are you ready to progress in your yoga practice? This class for intermediate yoga students explores yoga postures and breathing exercises with an emphasis on building physical intelligence and enhancing the body-mind relationship. Rooted in the Iyengar tradition but not strict in any one style, the practice includes multiple pose variations and the use of props to accommodate the uniqueness of each body and experience level.

If you have questions about your level, please email the instructor at dario@wholeathlete.com.

Dario Fredrick has studied yoga for 17 years, with a variety of teachers including the Iyengars in India. An exercise physiologist, he successfully integrates science and biomechanics with the many aspects of yoga. Dario understands the particular needs of active people and those new to yoga, teaching with sensitivity to limitations and injuries.

9:40–11am
Kentfield Campus
Physical Education Center 60

FALL 1
7 Tuesdays & 7 Thursdays, Sept. 6–Oct. 20
Fee $113
CRN# 85063

FALL 2
7 Tuesdays & 6 Thursdays, Oct. 25–Dec. 8
(No class Nov. 24)
Fee $105
CRN# 85064

INTRODUCTION TO PILATES
This popular mind/body exercise conditioning program was developed by Joseph Pilates. We will focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Pilates tones muscles, creates self-body awareness, promotes focused movement, increases flexibility and control, and improves posture. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury.

Please see Note regarding Portable Village on page 40.

Please bring your own mat to classes at the Indian Valley Campus. Be sure to arrive on time for warm ups to prevent injury.

MinJae Laws

FALL 1
7 Wednesdays, 10:10–11am
Sept. 7–Oct. 19
Kentfield Campus, Portable Village 6
Fee $68
CRN# 85118

6 Mondays, 6:10–7pm
Sept. 12–Oct. 17
Indian Valley Campus, Bldg 15, Rm 170
(Formerly Miwok 170)
Fee $58
CRN# 85119

FALL 2
7 Wednesdays, 10:10–11am
Oct. 26–Dec. 7
Kentfield Campus, Portable Village 6
Fee $68
CRN# 85120

7 Mondays, 6:10–7pm
Oct. 24–Dec. 5
Indian Valley Campus, Bldg 15, Rm 170
(Formerly Miwok 170)
Fee $68
CRN# 85121
CARDIO PILATES
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using various equipment and props such as stretch bands, stability balls, and more. The second half of the class will focus on alignment, flexibility, and deep core strengthening with Pilates mat work.
Be sure to arrive on time for warm ups to prevent injury. Please wear supportive shoes to class.
Please see Note regarding Portable Village on page 40.
MinJae Laws
Kentfield Campus, Portable Village 6
Fee $83
FALL 1
7 Wednesdays, Sept. 7–Oct. 19
11:10am-12noon
CRN# 85122
5:40–6:45pm
CRN# 85123
FALL 2
7 Wednesdays, Oct. 26–Dec. 7
11:10am-12noon
CRN# 85124
5:40–6:45pm
CRN# 85125

WILD GOOSE QIGONG
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.
Please dress appropriately in loose, comfortable clothing. Please have clean shoes to protect the floor.
Dove Harris Govrin, MS, BC–DTR, Certified Qigong Instructor
12:40–2pm
Kentfield Campus
Physical Education Center 60
FALL 1
7 Fridays, Sept. 9–Oct. 21
Fee $66
CRN# 85069 EC
FALL 2
5 Fridays, Oct. 28–Dec. 9 (No class Nov. 11 & 25)
Fee $46
CRN# 85070 EC
PHYSICAL FITNESS

WISDOM HEALING QIGONG
Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson’s, arthritis, cancers, chronic fatigue, and other imbalances.

Based on the teachings of Dr. Pang Ming, founder of the largest Medicineless Hospital in China, students will participate in a collective healing chi field and learn the basic Wisdom Healing Practices including Lift Chi Up and Pour Chi Down (LCUPCD), Wallsquatts, 3 Centers Merging, and LaChi.

This practice is for everyone, all ages and abilities. Please dress appropriately in loose, comfortable clothing. Please have clean shoes to protect the floor.

Dove Harris Govrin, MS, BC–DTR, Certified Qigong Instructor
1:10–2:30pm
Indian Valley Campus, Bldg 15, Rm 170 (formerly Miwok 170)

FALL 1
7 Thursdays, Sept. 8–Oct. 20
Fee $66
CRN# 85071 EC

FALL 2
6 Thursdays, Oct. 27–Dec. 8
(No class Nov. 24)
Fee $56
CRN# 85072 EC

THE JOY OF TAI CHI
The purpose of this tranquil class is to sample a series of gentle, health-giving exercises in a relaxed and playful environment. Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The mind is focused and one experiences a general sense of well being as the chi, or life force, is strengthened. A sampling of Qigong exercises is included. The course is open to all ages.

Please see Note regarding Portable Village on page 40.

Katherine Rolston

FALL 1
Beginning/Intermediate
6 Mondays, 3:40–5pm
Sept. 12–Oct. 17
Kentfield Campus, Portable Village 6
Fee $55 (Includes $1 materials fee)
CRN# 85073 EC

Beginning/Intermediate
7 Tuesdays, 10:45am–12:15pm
Sept. 6–Oct. 18
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85074 EC

FALL 2
Beginning/Intermediate
7 Mondays, 3:40–5pm
Oct. 24–Dec. 5
Kentfield Campus, Portable Village 6
Fee $59 (Includes $1 materials fee)
CRN# 85075 EC

Beginning/Intermediate
7 Tuesdays, 10:45am–12:15pm
Oct. 25–Dec. 6
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85076 EC

ADVANCED TAI CHI
An advanced class is being offered to practice in a group the natural flowing movements of this ancient exercise. Continue to fine tune your movements as well as emphasize the meditative aspects and strengthen your chi. This is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence, and well being. Some Qigong exercises are included. Strongly recommended: Beginning and Intermediate Tai Chi.

Katherine Rolston

FALL 1
7 Fridays, 2:10–3:30pm
Sept. 9–Oct. 21
Kentfield Campus
Physical Education Center 60
Fee $55
CRN# 85077 EC

FALL 2
5 Fridays, 2:10–3:30pm
Oct. 28–Dec. 9 (No class Nov. 11 & 25)
Kentfield Campus
Physical Education Center 60
Fee $44
CRN# 85078 EC

Note regarding Portable Village on page 40.

CRN: 85071 EC
QIGONG AND WOMEN’S HEALTH
Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.

Please see Note regarding Portable Village on page 40.

Denise Aubin
Kentfield Campus, Portable Village 6

FALL 1
7 Saturdays, 9:10–10am
Sept. 10–Oct. 22
Fee $61 (Includes $1 materials fee)
CRN# 85079

FALL 2
5 Saturdays, 9:10–10am
Oct. 29–Dec. 10 (No class Nov. 19 & 26)
Fee $54 (Includes $1 materials fee)
CRN# 85080

ZUMBA
Join professional dancer and certified Zumba® instructor Tom Mayock as he leads you through the hypnotic Latin rhythms of salsa, calypso, reggae, merengue, and pop in easy-to-follow moves in an aerobic fitness program that will blow you away. Routines feature interval-training sessions in combination with fast/slow rhythms to tone and sculpt your body while burning fat.

Bring exercise clothes, athletic shoes/dance sneakers, towel, and water to class.

Please see Note regarding Portable Village on page 40.

Tom Mayock has performed with ballet, jazz, and modern companies and has taught professionally throughout the West and in Washington, DC. He has worked as a choreographer and is founding director of the Kid Dance Brigade. He holds Zumba® certification and is currently pursuing studies in Child and Adolescent Development.

7 Wednesdays, 7:10–8:30pm
Kentfield Campus, Portable Village 6
Fee $79 (Includes $1 materials fee)

FALL 1
Sept. 7–Oct. 19
CRN# 85081

FALL 2
Oct. 26–Dec. 7
CRN# 85082

NEW ZUMBA GOLD
Zumba Gold is a fusion of Latin and international music and dance that creates a dynamic, exciting, and effective total body workout specifically designed for active older adults, those just beginning their journey to a fit and healthy lifestyle, and can be modified for individuals who use a chair. Unlike Zumba, Zumba Gold considers the anatomical and physiological needs of the older adult when developing choreography, with a lower level of impact and intensity. However, like Zumba it provides the same friendly dance party atmosphere. While exploring a medley of easy-to-follow dance rhythms and variations, Zumba Gold is accessible to most everyone, regardless of age or skill level. No dance experience is necessary.

Please wear comfortable clothing and shoes and come prepared to have fun!

Please see Note regarding Portable Village on page 40.

Diana Scranton, MA (Education), is certified to teach Zumba Gold, American Senior Fitness Association-certified, and a Dance for Parkinson’s Disease Instructor.

2:40–3:30pm
Kentfield Campus, Portable Village 6

FALL 1
7 Tuesdays & 7 Thursdays
Sept. 6–Oct. 20
Fee $69
CRN# 85187 EC

FALL 2
7 Tuesdays & 6 Thursdays
Oct. 25–Dec. 8 (No class Nov. 24)
Fee $66
CRN# 85188 EC
Also of interest ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page 22.

INTRODUCTION TO TAIKO
Taiko is the art of Japanese drumming and develops self-expression and musical creativity at the same time that it provides an energetic workout. This course is a basic introduction to the world of taiko, including Japanese expressions, the kinds and use of taiko drums, and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums provided by the instructor. **Note:** This class is for healthy, active people.

Kensuke Sumii
6 Sundays, 10am–11:30am
Kentfield Campus
Physical Education Center 60
Fee $145

FALL 1
Sept. 11–Oct. 16
CRN# 85126

FALL 2
Oct. 23–Dec. 4 (No class Nov. 27)
CRN# 85127

WADO KI KAI KARATE
"At the end of a long day, it feels so good to move and stretch while learning something new!" Christina

Wado Ki Kai means ‘to learn from all things.’ Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. The class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility, and a powerful sense of awareness are all attributes to this class. Karate attire is optional. Class ends on a Monday.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 19 years. Hursey is certified by the American Teachers Association of Martial Arts and the American Aerobics and Fitness Association, as a group exercise instructor.

6:40–8pm
Kentfield Campus
Physical Education Center 60

FALL 1
7 Tuesdays & 7 Thursdays, Sept. 6–Oct. 20
Fee $124
CRN# 85085

FALL 2
7 Tuesdays & 6 Thursdays, Oct. 25–Dec. 8
(No class Nov. 24)
Fee $117
CRN# 85086

BOXING FOR FITNESS
Train in the Art of Boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a work out that will build strength and endurance and help you to lose weight. Using boxing skills and drills, you will increase your muscular and cardio endurance and engage your core. Both the upper and lower body will be toned and strengthened. Exercises will be tailored to student’s level of fitness. One-on-one training and style development as time allows. This class will not include contact.

Edward Green, Executive Director of Marin Boxing Club, created the One Kid at a Time boxing program.

6:40–8pm
Kentfield Campus
Physical Education Center 60

FALL 1
6 Mondays & 7 Wednesdays
Sept. 7–Oct. 19
Starts on a Wednesday
Fee $117
CRN# 85083

FALL 2
7 Mondays & 7 Wednesdays, Oct. 24–Dec. 7
Fee $124
CRN# 85084

EFFORTLESS TENNIS
This evolutionary approach to the game eliminates the biggest impediment to peak performance — competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout — physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

Skill levels must be appropriate for the class. If you have any questions regarding your placement, please call the instructor at 415.457.9476 or e-mail him at effortlesstennis@comcast.net.
Brent Zeller has been playing tennis for 42 years, teaching the game for 36 years, and has an extensive background in psychology, philosophy, and learning theory.

Kentfield Campus, Tennis Courts

**Beginning**
- 10 Tuesdays, 9:40–11am
- Sept. 6–Nov. 8
- Fee $151 (Includes $8 materials fee)
- CRN# 85128

**Intermediate 1**
- 10 Wednesdays, 9:40–11am
- Sept. 8–Nov. 10
- Fee $179 (Includes $8 materials fee)
- CRN# 85130

**Intermediate 2**
- 10 Thursdays, 9:10–11am
- Sept. 8–Nov. 10
- Fee $179 (Includes $8 materials fee)
- CRN# 85130

**NEW BOOMER FITNESS**

If you are a boomer born between 1946 and 1954, this class is designed especially for you. Join us and learn how to keep strong, flexible and energetic, regardless of age! And how to get back into shape after injury or surgery. You will complete a national fitness test and compare your scores with others of the same age. This will help you evaluate both upper and lower body strength, agility, coordination, balance, and flexibility. You will learn a fitness routine that will be individualized to you according to the above results. You will also learn about wellness and the components of wellness (physical, social, creative, spiritual, emotional, cognitive, environmental). Boomers have always been trendsetters—now is the time to create that new definition of aging and wellness.

Please see Note regarding Portable Village on page 40.

**Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- 7 Wednesdays & 7 Fridays, 7:30–9am
- Sept. 7–Oct. 21
- Kentfield Campus, Portable Village 6
- Fee $94
- CRN# 85133 EC

**Kim Jones**, MS (PE–Exercise Physiology), ACSM, SFA certified
- 7 Tuesdays & 6 Thursdays, 7–8:45 a.m.
- Oct. 25–Dec. 8 (No class Nov. 24)
- Kentfield Campus, Physical Education 20
- Fee $92
- CRN# 85136 EC

**STRENGTH AND FITNESS TRAINING**

Improve your quality of life, prevent — or even reverse — typical trends of aging, and have fun along the way. For adults of all ages. These classes provide sensible and safe exercises for improving your strength, cardiovascular endurance, flexibility, body composition, posture, and balance. The instructors, co-authors of an internationally acclaimed fitness textbook, will help you personalize the workout to meet your individual needs and goals. You will also be kept up to date on the latest research for enhancing your health and wellness.

In the Beginner/Intermediate class you will learn a comprehensive routine to keep you in fit condition. In the Advanced class the instructor facilitates more individualized and independent fitness programs, taking you from physically fit to physically elite. Before signing up for the Advanced class please contact the instructor at kjones@mycom.marin.edu.

Please see Note regarding Portable Village on page 40.

**FALL 1**

**Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- 7 Wednesdays & 7 Fridays, 7:30–9am
- Sept. 7–Oct. 21
- Kentfield Campus, Portable Village 6
- Fee $94
- CRN# 85133 EC

**Advanced**

**Kim Jones**, MS (PE–Exercise Physiology), ACSM, SFA certified
- 7 Tuesdays & 6 Thursdays, 7–8:45 a.m.
- Oct. 25–Dec. 8 (No class Nov. 24)
- Kentfield Campus, Physical Education 20
- Fee $92
- CRN# 85136 EC
**AQUA EXERCISE FOR OLDER ADULTS**

The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance, and the whole cardiovascular system. Enjoy your body in movement, floating weightless while meeting others in a playful environment.

You must be able to get in and out of the pool on your own. No assistance is available.

**FALL 1**
Jillian Ruppenstein  
Kentfield Campus, Pool  
Fee $15

6 Mondays & 7 Wednesdays, 9:40–11am  
Sept. 7–Oct. 19  
Class starts on a Wednesday  
CRN# 85166 EC

7 Tuesdays & 7 Thursdays, 9:40–11am  
Sept. 6–Oct. 20  
CRN# 85167 EC

Russell Robles  
Indian Valley Campus, Pool  
Fee $15

6 Mondays & 7 Wednesdays, 9:10–10:30am  
Sept. 7–Oct. 19  
Class starts on a Wednesday  
CRN# 85138 EC

7 Tuesdays & 7 Thursdays, 9:10–10:30am  
Sept. 6–Oct. 20  
CRN# 85139 EC

**FALL 2**
Jillian Ruppenstein  
Kentfield Campus, Pool  
Fee $15

7 Mondays & 7 Wednesdays, 9:40–11am  
Oct. 24–Dec. 7  
CRN# 85168 EC

7 Tuesdays & 6 Thursdays, 9:40–11am  
Oct. 25–Dec. 8 (No class Nov. 24)  
CRN# 85169 EC

Russell Robles  
Indian Valley Campus, Pool  
Fee $15

6 Mondays & 7 Wednesdays, 9:10–10:30am  
Oct. 24–Dec. 7  
CRN# 85139 EC

7 Tuesdays & 6 Thursdays, 9:10–10:30am  
Oct. 25–Dec. 8 (No class Nov. 24)  
CRN# 85140 EC

---

**FITNESS SWIM**

Swimmers of all levels, from novices to competitive athletes, are invited to join a fun and motivating Masters-style group workout to improve their fitness and get into great shape. Highly skilled instruction will help you to learn or improve stroke technique and build fitness. The focus will be on the freestyle stroke (crawl) with additional instruction in non-freestyle strokes as well (backstroke, breaststroke, and butterfly). Workout levels vary according to swimmers’ abilities. Some swimming experience highly recommended. What to bring: swim goggles (required), swim cap (optional), and water bottle (recommended).

Jillian Ruppenstein  
Kentfield Campus, Pool

**FALL 1**
7 Tuesdays & 7 Thursdays  
Sept. 6–Oct. 20  
Fee $113

6:40–7:45am  
CRN# 85170

7:10–8:15pm  
CRN# 85171

**FALL 2**
7 Tuesdays & 6 Thursdays  
Oct. 25–Dec. 8 (No class Nov. 24)  
Kentfield Campus, Pool  
Fee $108

6:40–7:45am  
CRN# 85172

7:10–8:15pm  
CRN# 85173

---

**NEW SPRINGBOARD DIVING FOR TEENS**

This course is designed to improve the diving techniques of youngsters from 12 through 18 years of age. Students will learn proper front and rear approaches to the end of the diving board, body alignment at takeoff, and will develop procedures for excellent entry into the water for the completion of the dive. They will learn the five different groups of dives, degree of difficulty of dives, how dives are judged, and how final scores are achieved. Each student will progress to more difficult dives at their own rate of ability development.

Bob Justice, MA (Physical Education)  
5:10–6:15pm  
Kentfield Campus, Pool
FALL 1
7 Tuesdays & 7 Thursdays
Sept. 6–Oct. 20
Fee $98
CRN# 85270

FALL 2
7 Tuesdays & 6 Thursdays
Oct. 25–Dec. 8 (No class Nov. 24)
Fee $94
CRN# 85271

Public Service

FUNDRAISING 101: HOW TO ASK FOR MONEY
Most people are afraid to ask for money even though these gifts are for a cause they deeply care about. “I’ll do anything but ask for money” is frequently heard among most non-profits and other organizations. This six-hour workshop will remove the mystique and examine the fear of why we are afraid to ask for money. In addition, the class will help identify, cultivate, solicit, and steward potential contributors regardless of the organization.

We will work through the lunch hour. Please bring a bag lunch and a notebook.

Janet Benjamin is currently a National Major Gifts Officer for Guide Dogs for the Blind and works with CEO’s, celebrities, and philanthropists. She has also been a fund raiser for the California State Parks Foundation and the Marin YMCA.

Saturday, 10am–4pm
Nov. 5
Kentfield Campus, Olney Hall 103
Fee $58 (Includes $1 materials fee)
CRN# 85087

Textiles

T-SHIRT DESIGN
Discover a variety of ingenious T-Shirt design techniques, including silkscreen printing, stamping, bleach out, and appliqué. Whether you’re a beginner or an experienced artist, this class will guide you through the design process and the technical steps required to transform fabrics and create one of a kind T-Shirts and Hoodies. You will learn how to transfer a design onto a silkscreen using stencils. Have fun experimenting with different fabric printing techniques and color applications. We’ll explore the possibilities of recycling old clothes and embellishing new ones.

Art supplies will be provided in class. Bring your own old or new T-shirts and/or hoodies.

Stephanie Jucker is an exhibiting painter and fashion designer who has produced her own line of T-Shirts since 2005. With an MFA and degree in fashion design she also has 20 years of teaching experience.

6 Tuesdays, 7:10–9pm
Sept. 13–Oct. 18
Kentfield Campus, Fine Arts 312
Fee $129 (Includes $46 materials fee)
CRN# 85142

Also of interest ...

THE HISTORY OF FASHION
See page 8.
BASIC KNITTING MADE EASY
Designed for beginning to novice knitters, and those wishing to improve their basic knitting skills, this course will help students learn the 6 essential techniques to complete any basic knitted garment. This teacher can teach anyone, having more than 30 years of teaching experience in the Bay Area, and can explain the how-to’s of knitting in a variety of learning styles. This fun, hands-on class will help build your confidence and give you a sense of accomplishment in the process. Minimum age 10 years old.
Deborah McFarland has taught hundreds to knit in the Bay Area and has been called one of the best beginning knitting instructors in Marin.
6 Wednesdays, 1:10–3pm
Kentfield Campus
Temporary Building 119
Fee $79 (Includes $10 materials fee)
FALL 1
Sept. 7–Oct. 12
CRN# 85143 EC
FALL 2
Oct. 26–Nov. 30
CRN# 85144 EC

Urban Agriculture

GREAT SOIL = GREAT GARDENS: HOME COMPOSTING MADE EASY
Learn about soil structure and how to improve the fertility of any soil type with various organic and sustainable methods. Discussions will include the environmental impact of gardening and recycling of natural resources. A power point presentation will reveal the basic science behind the decomposition process; and how to harness this process to recycle yard trimmings and kitchen waste. During the first class we will go into details on how to set up and manage a worm bin. The second class will meet at a private garden to view various types of compost bins and for hands-on instruction in sheet mulching and building a hot compost pile.
Each student is eligible to purchase a Smith and Hawken’s Biostack compost bin for the subsidized price of $25. Subsidy provided by the Marin County Hazardous and Solid Waste Management Joint Powers Authority. Checks only, please, made out to the Dept of Public Works. Limit one bin per Marin County household. Biostacks will be distributed at the end of class.
Charlotte Torgovitsky
2 Saturdays, 10am–12noon
Sept. 24 & Oct. 1
Sept. 24: Kentfield Campus
Physical Education Center 92
Oct. 1: Private Garden to be announced
Fee $38
CRN# 85206

Also of interest ...
CREATING A WILDLIFE FRIENDLY GARDEN
See page 28.
BACKYARD BEEKEEPING
Learn the basic fundamentals of beekeeping — including a holistic understanding of honeybees, their cycles, human-bee interaction, nutrient and housing needs, and ways of supporting colony health through natural methods. Class will include visual presentation, hands-on demonstration, and techniques to approach a hive in a calm, centered manner. You will learn how to begin keeping bees in your own back yard and to harvest honey and wax. The first two weeks of indoor classes do not involve live bees. For the last class, we meet at the MAGC parking lot where we can observe a hive and enjoy a honey tasting!

Students are responsible for their own transportation. Handouts will be distributed in class.

Kalle Cook has operated a small beekeeping business since 2007, removing unwanted feral colonies, relocating them to more appropriate sites, and educating people about bees.

3 Saturdays, 10am–12noon
Sept. 10–24
Kentfield Campus, Harlan Center 165
Field trip on Sept. 24
Marin Art & Garden Center (MAGC)
Fee $59 (Includes $3 materials fee)
CRN# 85175

BACKYARD CHICKENS
This course is designed for beginners who are interested in raising laying hens on a small scale. An overview will be given of the current state of urban and suburban chicken-raising as well as a discussion of local ordinances. We will cover the basics, including feeding, shelter, health concerns, flock management, and egg production. In addition, appropriate building materials and composting techniques will be addressed.

Live chickens of many different breeds and their eggs will be used for class demonstrations. Emphasis will be given to flock selection.

This three session class includes two days in the classroom and one field trip to observe local backyard chicken environments. Students meet on site and are responsible for their own transportation.

Recommended text: Raising Chickens. Gail Damerow. Story. 2010, will be available in the College Bookstore.

Please see Note regarding Portable Village on page 40.

Robert Kennedy
Jane Kennedy Angulo
Sept. 10–24
Sept. 10 & 17, 9:10am–12noon
Kentfield Campus, Portable Village 5B
Field trip: Split Rail Family Farm
Sept. 24, 9am–1pm
Fee $79 (Includes $2 materials fee)
CRN# 85088

Writing
NEW! WRITING THE YOUNG ADULT NOVEL
How did J.K. Rowling anchor us in her world of Hogwarts and create such believable characters like Harry Potter and Hermione Granger? What can we borrow from her success to create our own believable characters and story worlds? Designed for writers of all levels, we will look at craft techniques related to openings, critical plot points, character development, story arc, dialogue and revision through lectures, readings, and free writes.

Annemarie O’Brien earned an MFA from Vermont College of Fine Arts in the Writing for Children and Young Adults Program. She edits children’s books for Room to Read and teaches writing for children at UC Berkeley and at Stanford. Her debut young adult novel, Dance with Borzoi, is in contract with Knopf and will be published in the spring of 2013.

6 Thursdays, 6:40–8:30pm
Sept. 8–Oct. 20 (No class Oct. 6)
Kentfield Campus, Olney Hall 105
Fee $83
CRN# 85207

WWW.MARIN.EDU/COMMUNITYEDUCATION 53
ELEMENTS OF CREATIVE WRITING
“There are three rules for writing well. Unfortunately, no one knows what they are.”
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you're just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

Thomas Centolella is a former Stegner Fellow in Creative Writing at Stanford University. Among his honors are an American Book Award, a California Book Award, and a Lannan Literary Fellowship. His work has been featured on NPR and in many anthologies.

5:30–8:30pm
The Redwoods
40 Camino Alto, Mill Valley

FALL 1
6 Mondays, Sept. 12–Oct. 17
Fee $103
CRN# 85089 EC

FALL 2
7 Mondays, Oct. 24–Dec. 5
Fee $119
CRN# 85090 EC

AN INTRODUCTION TO WRITING FLASH FICTION: HOW TO WRITE IT AND WHY YOU WANT TO
Charles Baxter says flash fiction stories “are between poetry and fiction, the story and the sketch, prophecy and reminiscence, the personal and the crowd.” Flash fiction is one of the most exciting story forms to read and write. The practice of writing these shorts-shorts causes you to flex your best writing muscle: precision. New outlets make this a growing market for publishing. Learn what makes these shorts-shorts different from other forms, and how writing them can improve your writing overall.

Please bring notebook and pen to class.

Peg Alford Pursell is an award-winning story writer and teacher. Her flash fiction Fragmentation is the title story of the Burrow Press Anthology (February 2011) Fragmentation and Other Stories. She is fiction editor at Prick of the Spindle and curates the Why There Are Words Literary Reading Series.

7 Wednesdays, 1:10–3pm
Sept. 7–Oct. 19
Kentfield Campus, Harlan Center 161
Fee $79 (Includes $1 materials fee)
CRN# 85176 EC

NEW HOW TO WRITE FLASH FICTION AND WHY YOU WANT TO: DEVELOPING YOUR SKILLS
This class continues the adventure with flash fiction, one of the most exciting and fastest-growing story forms in publishing. Continue refining your skills of writing with precision. Gain more practice at seeing your work with a discriminate eye, and come away with stories you can submit for publication. Taking the An Introduction to Writing Flash Fiction class is recommended before signing up; you may contact instructor at ppursell@mycom.marin.edu if you haven’t taken it first.

Please bring notebook and pen to class.

Peg Alford Pursell
7 Wednesdays, 1:10–3pm
Oct. 26–Dec. 7
Kentfield Campus, Harlan Center 161
Fee $79 (Includes $1 materials fee)
CRN# 85177 EC

TALES TOLD FROM MEMORY
Memoir has become one of the hottest genres of the current literary scene. This writing workshop will help you retrieve your own remembered experience and shape it into story. Each session, we study and discuss the work of veteran memoir writers for insights into the crafting of personal narrative. The stories we then write draw upon lessons learned from literature, as well as weekly instructor and class feedback.

Longtime writing instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jacqueline was the first recipient of the Annual Calliope Award for Lifetime Achievement in Poetry given by the Marin Poetry Center in 2010.

7 Mondays, 1:10–3pm
Oct. 24–Dec. 5
Kentfield Campus, Harlan Center 165
Fee $69
CRN# 85145 EC
As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. We long to ‘turn wandering into pilgrimage,’ to live life’s journey with heart and meaning. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. We will use poems from many traditions to explore such topics as: Silence and Sound, Metaphor Magic, Rhythm (& Blues), and the Art of Being Surprised by Our Own Poems. Following some of the timeless elements of pilgrimage, we will transform our longing into Departure and Journey, and Return with the Boon of writing and reading our poems to our heart’s content.

Catlyn Fendler, MFA (Poetry), MA (Interdisciplinary Consciousness Studies) is a poet with a passion for pilgrimage.

Emeritus College
Emeritus College is a unique program designed to meet the needs of the County’s lifelong learners who already have their degrees and/or are retired or considering retirement. Emeritus College classes and the Emeritus Students College of Marin (ESCOM) actively support the principles of quality of life, lifelong learning, and creative retirement. See information about ESCOM on page 56.

Get Ready to Paint: Beginners Really Welcome! .............................................. 5
Significant Others: Intimacy and Creativity in the World of the Visual Arts .......... 9
The Flow of Watercolor: Lakes and Reflections ............................................ 7
The Flow of Watercolor: Landscape Techniques ........................................... 6
Watercolor Basics and Beyond .................... 6

Computers
Beginning Computing for Older Adults .... 13
Microsoft Word Basics for Adults ............ 15

Current Events
Current Issues before the United States Supreme Court .................................... 20

Film Appreciation
The Family Matrix: American Style .......... 23
The Family Matrix: World View ............... 23

Health & Wellness
Bones Fit: Osteoporosis Prevention and Bone Health Workshop ........................ 26

History
European Culture and History: The House of Romanov, A Russian Dynasty .... 27
History of the French Cinema .................. 27

Languages
Conversational Italian: First Year .......... 31
Conversational Italian: Second Year .... 31
Conversational Spanish: First Year .......... 31
Conversational Spanish: Second Year .... 32
Conversational Yiddish ...................... 32

Literature/Humanities
Dante’s Divine Comedy: Introduction and the Inferno .................................... 32
French Writers and their Works throughout the Centuries ................................ 33
Introduction to Mark Twain .......................... 32
Literature and Law: The Provocations of Poetry ........................................... 33
Literature and Librettos in Opera: Composers vs. Librettists ..................... 33
Writer’s View of the World: The Lost Generation ........................................... 34

Marin Adventures
Beginning Hiking ...................................... 35
Bird-Watching in Marin ......................... 34
Meandering in Marin ............................... 34

Music
A Seminar on Klezmer Music .................. 36
Chorus Emeritus ...................................... 36
Marin Men’s Chorus ................................. 37
Russian Music: Rarely Performed Masterpieces ............................................. 36

Personal Development
Discovering Your Roots: Introduction to Genealogical Research Methods ............ 38
**JOIN THE FUN! Emeritus Students Activities Application**

<table>
<thead>
<tr>
<th>LAST NAME</th>
<th>FIRST</th>
<th>MIDDLE INITIAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STREET ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHONE NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>☐ Female</th>
<th>☐ Male</th>
<th>☐ 55 or Over</th>
<th>☐ Under 55</th>
</tr>
</thead>
</table>

Please check the appropriate box.

<table>
<thead>
<tr>
<th>☐ New</th>
<th>☐ Renew</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Signed:

You may personally apply at EMERITUS CENTER, COLLEGE OF MARIN, Kentfield, CA 94904, Monday–Friday, 9:30am–3:30pm, or mail this application enclosing a $15 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to ESCOM.

**Physical Fitness**

A New Way to Exercise for Pain Relief and Physical Repair.........................41
Advanced Tai Chi..................................46
Advanced Wild Goose Qigong...................45
Aqua Exercise for Older Adults.............50
Boomer Fitness.................................49
Energy Warm-ups for the Active Older Adult.................................42
Exercise for Fitness and Pleasure for the Active Older Adult..................42
Functional Fitness..............................41
Gentle Yoga........................................42
Movement and Music for the Older Adult: A Universal Language.............42
Strength and Fitness Training..................49
The Feldenkrais Method for the Active Older Adult..............................41
The Joy of Tai Chi..................................46
Transformational Feldenkrais..................40
Wild Goose Qigong..............................45
Wisdom Healing Qigong.........................46
Zumba Gold.........................................47

**Textiles**

Basic Knitting Made Easy..........................52

**Writing**

An Introduction to Writing Flash Fiction:
How to Write It.....................................54
Elements of Creative Writing...................54
How to Write Flash Fiction and Why You Want To: Developing Your Skills....54
Tales Told from Memory..........................54
The Poetic Pilgrimage: Writing Poetry as Spiritual Practice......................55

---

**Emeritus Students College of Marin**

**A Student Organization for Marin’s Mature Adults**

Join the 500 members of Emeritus Students College of Marin (ESCOM), established in 1974, and discover a world of opportunity to support lifelong learning and network with like-minded individuals. Members are from all social and educational backgrounds. Purchase of a $15 Student Activities Card entitles you to:

- Participate in ESCOM’s stimulating and recreational clubs and social events
- Take part in the ‘Take One, Leave One’ Book Exchange
- Receive a monthly newsletter
- Attend ESCOM-sponsored film presentations, art shows, and social events
- Serve on the ESCOM Council and other committees
- Advocate for new programs and course directions
- Serve on COM’s participatory governance system
- Subsidize low-enrolled classes

---

**Register Early to Secure Your Place in Class, See Page 57.**
Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations. The Emeritus Center, Kentfield Campus, Student Services Building, Room 146, is open Monday through Friday, 9:30am-3:30pm, and is staffed by volunteers. Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, please call 415.883.7805.

ESCOM Tuition Grants
The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any COM Community Education course. You must be a minimum of 55 years of age and submit a statement of financial need. Only partial grants are awarded due to limitations of funding.

New policy: To be eligible for a Tuition Grant, you must have registered and paid all registration fees; vouchers are no longer available. Please call 415.485.9652 to request to have the new application procedures and an application mailed to you, or come to the Emeritus Center. Completed application forms must be received at the Emeritus Center on the Kentfield Campus no later than the end of the business day, Monday, August 22.

ESCOM Clubs
Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers
R. King, 415.898.5845

Bocce Ball
J. Kouns, 415.332.5929

Book Banter
Len Pullan 415.381.6952
Karen Hemmeter 415.883.9120

Bridge
L. Mason, 415.456.2508
T. Metzger, 415.479.8290

Current Events
J. Weisman, 415.383.1831
J. Kennedy, 415.388.3939

French
D. McMurtry, 415.472.4738

Global Issues
C. Rose, 415.898.0131

Italian
M. Weed, 415.453.6054

IVC Book Forum
L. Kerr, 415.883.2823

IVC Film Noir
R. Ramirez, 415.491.0522

IVC Great Books
D. Polhemus, 415.883.3567

IVC Humanities
R. Ramirez, 415.491.0522

IVC Philosophy
L. Witter, 415.883.6889

Moral, Ethical, Legal Issues
C. Posard, 415.491.4118

Opera and Beyond
G. Deane, 415.456.2853

Scrabble
M. Knox, 415.459.1427

Shakespeare
V. Carter, 415.388.6335

Sing Along
M. Knox, 415.459.1427

Writers Workshop
M. Knox, 415.459.1427

REGISTRATION INFORMATION

REGISTRATION BEGINS
Monday, August 1, 8 a.m.

Apply

New Students
If you have NOT enrolled in a Community Education, Noncredit or Credit class at College of Marin subsequent to Summer 2008, you must first apply to the college before you can register.

To Apply Online
Go to www.marin.edu/CommunityEducation. Click on Apply and Register. Then click on Online Application. Complete and submit the application form online. All questions must be answered in order to process your application. Please allow up to 5 working days for your application to be processed. An email with your Username and temporary Password will be e-mailed to you. Then, go to To Register Online below.

Other Ways to Apply
You may also apply in person or by mail by completing and submitting the Noncredit/Community Services Application for Admission, available on campus and found at the center of this Community Education schedule of classes.
Register Online

Set-Up
The first time that you register online, you will be asked for the Username and temporary Password that were sent to you when your application was processed. Enter your Username and temporary Password, then click the Submit button. Once you hit the Submit button, you will be alerted that your temporary Password has expired. Be prepared to enter a permanent Password from 8 to 20 characters and including at least 1 number. Example: Giselle16. The next step is to answer the security questions. Once you do that, your Set-Up is complete.

To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are 3 tabs: Home, Student and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Winter 2011 Community Ed. (Term must include words Community Ed.) The next screen will say Add or Drop and will give you 10 boxes to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register. Community Education classes may not be dropped online.

To Pay for Classes Online
After you select Submit Changes as described above, click CHECKOUT (in blue), at the bottom of the page. This takes you to Registration Fee Assessment and shows total fees owed. Payment is due at the time of registration. Click on Payment Options. Click on the E-Cashier logo, and then on Proceed. Complete all the E-Cashier payment steps. Once you have paid for your classes, go back to MYCOM Portal home and find the center box that says: My Courses. Click on My Courses Click here to view the classes in which you are now registered.

REGISTRATION FEES ARE DUE AT THE TIME OF REGISTRATION. NONPAYMENT WILL RESULT IN BEING DROPPED FROM YOUR CLASS.

In Person
You may register in person for Community Education classes at the Admissions Offices on either campus.

U.S. Mail
Please mail your registration at least eight (8) business days prior to the first class meeting to ensure that your name appears on the instructor’s roster. The mailing address is College of Marin, Community Education Registration, 835 College Ave., Kentfield, CA 94904.

Register by Fax: 415.460.0773
Faxed registrations will be processed within five (5) business days.

Payment of Fees
For all registration methods, you may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to pay by check, please enroll in person or by U.S. Mail. Be advised that the college charges $15 for all returned checks. Fees are not transferable between quarters.

Additional Information
Changes May Occur Without Notice
College of Marin has made every reasonable effort to determine that information stated in its publications is accurate, but the College reserves the right to alter fees, statements, and procedures contained herein without notice. Fees and procedures are subject to change at any time by the State Legislature and the College Board of Trustees. It is the student’s responsibility to meet and remain informed of College requirements. When changes occur they will be printed in the next regular publication of the schedule, or posted online at www.marin.edu/CommunityEducation. Classes may be cancelled for insufficient enrollment at the discretion of the College.

Confirmation of Enrollment
A confirmation of enrollment may be obtained through the MyCOM Portal at https://MyCOM.marin.edu.

Waitlist Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, please follow directions under To Register after Class Begins below.
Verification of Enrollment/Registration Policy
For verification of your enrollment/registration in classes, please go to: http://mycom.marin.edu and put in your log-in information. The courses will be listed under the heading My Courses, and show what courses in which you are currently enrolled. Print this and attach your fee payment information.

Registration Forms
A registration form is at the center of this schedule. Additional forms may be Xeroxed or downloaded from www.marin.edu/CommunityEducation. Click on Apply and Register. Registration forms are also available at the Office of Admissions and Records on either campus.

For All Methods of Registration
Please answer all questions on the registration form to be sure that your registration can be processed. Registrations are processed in the order received.

Early Registration Recommended
Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, June 14.

Waitlist Procedures
If you are placed on a waitlist, you will not be charged for the class. If you are allowed into the class by the instructor, please request an Authorization Code from the instructor and register with it, using any of the registration procedures described here.

To Register after Class Begins
If you would like to register for a class which has already begun, please go to the class and ask the instructor for an authorization code and reference the code when you register, whether online, in person, or through the mail. Your admission into the class is at the instructor’s discretion.

Textbooks
If an instructor wishes to recommended a textbook to students, that information will be included in the course description. The course description will also note if the text is available at the College Bookstore. If so, the text may be ordered online and will be sent to your address for no extra cost.

To Order Textbooks Online from the College Bookstore
1. Go to www.marin.edu
2. Click on: Buy Textbooks Online, located under Register for Classes.
3. Click on: Textbooks, located on the blue ribbon near the top.
4. Complete the four steps of Step One:
   a. Select Term: From the drop down menu designate the quarter. (Textbooks for Spring Quarter classes will be included under Winter Quarter.)
   b. Select Department: From the drop down menu, choose ‘C ED’
   c. Select Course: From the drop down menu, choose from course titles offered.
   d. Select Section, i.e. CRN
5. To Purchase Additional Books: Click on Add Course and repeat Step One above.
6. When you have selected your textbooks: Click on View Textbook List and alter if necessary.
7. When ready: Click on Add Selected Items to Shopping Cart at the bottom, then pay for your purchases by clicking on Checkout or, if you have set up your PayPal account to pay for your classes, click on Check out with PayPal.

Faculty Evaluation Questionnaire
Evaluating faculty is an essential element in maintaining our high standards. You may be asked to spend a few minutes completing a faculty evaluation questionnaire in class. We appreciate your honest and thoughtful assessment of your instructor and of your experience with us.

Students Under 14
Minors 13 years of age and under must obtain the verbal consent of the instructor prior to registration. To contact an instructor or if you have questions, please call 415.485.9318.

Attendance at First Class Meeting
If you are registered but cannot attend the first class meeting, please call the Community Ed Office at 415.485.9318 or e-mail community.ed@marin.edu to get a message to the instructor.

Refund Policy
Classes canceled by College of Marin will be refunded in full. All refunds are disbursed in the form of a check mailed to the address you have on file with the college. Refunds take approximately six (6) weeks to process.
To Request a Refund

We will gladly process your request for a refund if it is received in our office at least three (3) business days prior to the starting date of the class. There is a $10 service fee for all processed refunds. We cannot accept requests for refunds, regardless of the reason, if they are received less than three (3) business days prior to the class start date.

To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number, and your signature). Requests may be e-mailed to community.ed@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: College of Marin, Refunds/Community Education, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least three (3) days prior to the start date of the class. Refunds take approximately four weeks to process.

Directory

Community Education Office 415.485.9305
Emeritus College Office 415.485.9368
Intensive English Program 415.457.8811, ext. 8579
Admissions & Records Office 415.457.8811, ext. 8822
Counseling 415.485.9432
Bookstore 415.485.9394
Library Services 415.485.9656
Media Center/Language Lab 415.485.9645
Disabled Students Program 415.485.9406

Civil Rights

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices, and procedures.

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.

College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

Contacts

Equal Opportunity Employment/A.D.A. Compliance Officer—Linda Beam, Executive Dean, Human Resources (or Designee) Administrative Center, Kentfield Campus 415.485.9504

Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Arnulfo Cedillo, SS Center, Rm. 251, Kentfield Campus 415.485.9375

Gender, Equity Coordinator—David Cook, Director of Financial Aid SS Center, Rm. 263, Kentfield Campus 415.485.9409

Open Enrollment Policy

It is the policy of College of Marin that every course section or class, for which attendance is reported for state aid, shall be fully open to enrollment and participation by any person who has been admitted to the college and who meets such prerequisites as may be established pursuant to Chapter II, Division 2, Part VI, Title V of the California Code.

Equal Opportunity Statement

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices, and procedures.

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.


College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

Equal Opportunity Employment/A.D.A. Compliance Officer—Linda Beam, Executive Dean, Human Resources (or Designee) Administrative Center, Kentfield Campus 415.485.9504

Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Arnulfo Cedillo, SS Center, Rm. 251, Kentfield Campus 415.485.9375

Gender, Equity Coordinator—David Cook, Director of Financial Aid SS Center, Rm. 263, Kentfield Campus 415.485.9409

Open Enrollment Policy

It is the policy of College of Marin that every course section or class, for which attendance is reported for state aid, shall be fully open to enrollment and participation by any person who has been admitted to the college and who meets such prerequisites as may be established pursuant to Chapter II, Division 2, Part VI, Title V of the California Code.
Kentfield Campus Map and Directory

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904
Emergency: Dial 911
Urgent: 415.485.9696
Kentfield Police Business: 415.485.9455

Summer 2011 Parking Notice
While our campus is under construction, parking lots 3 and 4 are closed this semester. Lots 12 and 15 typically have spaces available, and lot 13 remains a “free” lot. We appreciate your patience during our construction.

Parking
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots.

Motorcycle and handicap parking are available with no fee. Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13. Please note: the old Fine Arts building is now the Performing Arts building, and is designated as “PA” in the schedule (examples: PA 120, PA 150). The new Fine Arts building is designated as “FA” (examples: FA 201, FA 301).

AC
Administrative Center
Children’s Center

BC*
Business and Management Center

FA*
Fine Arts (new building)

FH*
Fusselman Hall

HC*
Harlan Center
ESL Program/College Skills Office

HS
Health Services

LC*
Learning Resources Center
Library

*Building contains classrooms

See information about Parking on the next page.
INdIAN VALLEY CAMPUS MAP AND DiRECTORY

College of Marin
Indian Valley Campus
1800 Ignacio Blvd.
Novato, CA 94949
Emergency: Dial 911
Urgent: 415.485.9696
IVC Police Business Phone: 415.883.3179

Parking
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit, which may be purchased from the parking ticket dispenser. Motorcycle and handicap parking are available with no fee. Parking permits are required at all times, except Saturdays, Sundays, and school holidays.

BUILDING 27 (New Main Building)
Student Services (Rooms 103-109)
Admissions, Financial Aid, Counseling
EMT (Room 112)
General Classrooms (Rooms 116, 118)
Food/Drink Vending Machines (Room 121)
Media Resource Center (Room 124)

Computer Classroom (Room 125)
Multimedia (Rooms 129-131)
Second Floor
Medical Assisting (Room 219)
Dental Assisting (Rooms 220, 224)
Court Reporting/General Classrooms (Rooms 228, 229, 233)
POMO (PM)
1. Trans Tech Auto Collision Repair Lab
2. Trans Tech Auto Technology Lab
3. General Classrooms/Labs/Offices/Drink/ Snack Vending Machines (Rooms 150-154, 250-263)
4. Machine & Metals Tech (Rooms 160-175)
5. SIM Center (Rooms 180-189)
6. General Classrooms/Labs/Offices (Rooms 100-119, 200-218)
7. General Classrooms, Offices, and Computer Labs (Rooms 190-199)

ADMINISTRATIVE SERVICES (AS)
8. Fiscal Services/Workforce Devlp.
9. Fiscal Services, College Operations
10. Emeritus Meeting Room/Modernization Office
11. Information Systems Center
12. Child Development Program: Classroom, Children’s Center, and Early Head Start Infant Toddler Center

BUILDING 17
Career Study Center/Math, English

OHlONE (OL)
18. Computer Labs (Rooms 120-135)
20. PE/OPS PE/Classrooms (Rooms 101-106)
22. Campus Police/Corporation Yard
24. Maintenance

ORGANIC FARM
25. Greenhouse
26. Shade Structure
28. Farm

REST ROOMS:
Buildings 5, 6, 9, 11, 13, 15, 17, 19, 20, 27

DIRECTIONS FROM HIGHWAY 101: Indian Valley Campus, 1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit in southern Novato and continue on Ignacio Blvd. for approximately two miles to the Indian Valley Campus entrance. For Building #27, Trans Tech, and Pomo Cluster, park in Lots 3 & 2; for Fiscal Services, Miwok Cluster, and Building 17, park in Lots 3 & 4; for Ohlone Cluster, the pool, and the Organic Farm, park in Lots 5 & 6.

PARKING: Parking permits are required for parking Mon.-Fri., all day; they are not required Sat., Sun., or holidays. The semester parking permit may be purchased for $50 (subject to change), $25 for summer semester, in the College Bookstore or at Indian Valley Campus. As an alternative, you may pay a $3 (subject to change) daily parking fee through parking permit dispensers located near the entrance to each lot. Dispensers accept both $1 bills and quarters and are designated by stars on campus maps. Semester permits must be attached inside the vehicle on the lower left of the front windshield; daily permits must be visible on the dashboard on the driver’s side. Permits are valid at either campus and for the entire day. Be sure to read parking rules posted at entrances to parking lots. All vehicles improperly parked will be ticketed. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate. Students receiving Financial Aid are permitted to purchase parking stickers at half price. For further information, contact the Campus Police at 415.485.9455 (Kentfield Campus) or 415.883.3179 (Indian Valley Campus).
Intensive ENGLISH PROGRAM

Academic English for new and transfer F-1 international students, au pairs, professionals, and Marin County non-native English speakers. Part-time and full-time options.

SPECIAL FEATURES
• TOEFL preparation
• Field trips around San Francisco Bay Area
• Peaceful learning environment and small class size for more practice time
• Easy transfer to credit program

COST
8 week session $375 - $1175
16-week session $775 - $2,325
F-1 students $2,500

WHEN
Fall Semester 2011
Aug 16 - Dec 2, 2011
Session A: Aug 16 - Oct 7
Session B: Oct 11 - Dec 2

WHERE
College of Marin
Indian Valley Campus
Novato, California, USA

CONTACT
415.883.2211, ext. 8579
www.marin.edu/iep
intensive.english@marin.edu
NEW

Discovering Your Roots

INTRODUCTION TO GENEALOGICAL RESEARCH METHODS

Have you ever wondered about who your ancestors were and what their lives were like? Are you interested in creating your family history for future generations? Want to learn the latest methods in genealogical detective work? Genealogist David Williams and other local experts will show you how to uncover your family origins in this fascinating class.

Find Out More on Page 38

ABOUT COVER PHOTO

Marin County Civic Center, one of the last commissions by architect Frank Lloyd Wright, was begun in 1960, and completed in 1962, by Wright’s protégé, Aaron Green. The Marin County Civic Center, located at 3501 Civic Center Drive, San Rafael, CA 94949, is a U.S. National Historic Landmark and reflects the Modern Movement in architectural style. It is also the location of the Anne T. Kent California Room, an archive dedicated to collecting and preserving information on local, regional, and state history. Cover Photo courtesy of the Anne T. Kent California Room, Marin County Free Library. www.californiaroom.marinlibrary.org

FALL 2011
SEPT 6 - DEC 10

COLLEGE OF MARIN

www.marin.edu/CommunityEducation