COMMUNITY ED PREVIEW DAY
INDIAN VALLEY
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ESCOM CLUBS
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TRADITIONAL HAWAIIAN DANCE
WITH PUA SAUNDERS
PAGE 21
Announcing the Second Season of

HOOKED ON MARIN SPEAKER SERIES

College of Marin and Emeritus Students College of Marin, in collaboration with the Town of San Anselmo, the Town of Corte Madera, the City of Larkspur, and the Tamalpais Union High School District, have combined forces to provide a series of four moderator-led events featuring a panel of people who have been or are involved in local, Marin-based topics.

NEW 2013/2014 SPEAKER SERIES

Discovering California Native Peoples
7pm, Wednesday, Oct 23
Drake Little Theater, Tamalpais Union School District

Inside the Star Wars Model Shop
7pm, Wednesday, Nov 20
Drake Little Theater, Tamalpais Union School District

Trains in Marin: Past and Future
7pm, Wednesday, Dec 4
Corte Madera Community Center

Rock ‘n’ Roll Music History
7pm, Wednesday, Jan 15
Corte Madera Community Center

General admission: $15 each; All 4 for $40
Tickets are available starting Aug 15.

For more information and to order tickets, please visit www.HookedonMarin.com.

Co-sponsors:
Writing

Marin Adventures

Textiles

Music

Registration Information

Physical Fitness

Parenting

Photography

Emeritus College

Emeritus Students College of Marin (ESCOM)

Film Appreciation

Financial Planning

Foods/Wine/Artisan Cheesemaking

Health Education

Health Sciences

Home and Garden

Indian Valley Campus Map

Intensive English Program (IEP)

Kentfield Campus Map

Languages

Literature/Humanities

Marin Adventures

Music

Parenting

Parking Information

Photography

Physical Fitness

Registration Information

Textiles

Writing

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**ON THE COVER:** Featured on the cover is College of Marin Community Education student Lisa Cimarelli. Since Fall of 2012, Lisa has been studying traditional Hawaiian hula kahiko dance here at COM under renowned kumu hula Pun Saunders. A graduate of Terra Linda High School, Cimarelli was first inspired by the traditional hula performances she encountered on family trips to Hawaii. When she saw “Traditional Hawaiian Dance” offered in this COM Community Education schedule, she enrolled immediately. In addition, Cimarelli has taken Community Education classes in Photography and Italian. “I work full-time,” she says, “so it’s nice to be able to take night classes with Community Ed.” See “Traditional Hawaiian Dance” class on page 21.
New for Fall 2013

**New at Kentfield Campus**

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**New off-campus or field courses**

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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.

**Sept. 7:**
- Watercolor Basics and Beyond ................................................................. 7
- Handmade Art Books .............................................................................. 10
- Infection Control ..................................................................................... 28
- Landscaping Your Marin Home .............................................................. 30
- Musical Snapshots: George Gershwin ................................................... 39
- Jazz and Pop Vocal Techniques .............................................................. 40
- Yoga for Every Body ............................................................................... 46
- Write On! Writing Workshop ................................................................. 53

**Sept. 14:**
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- iPhone/iPad Touch ................................................................................... 15
- Basketweaving ....................................................................................... 18

**Sept. 21:**
- Integrated Home and Landscape .......................................................... 30
- Fundraising 101 ....................................................................................... 23
- Poetic Pilgrimage ..................................................................................... 53

**Sept. 28:**
- Coming of Age ....................................................................................... 43

**Oct. 5:**
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- From Dynasty to Democracy: Chinatown ............................................... 19
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- Strategies to Get Your Child Into College ........................................... 42

**Oct. 12:**
- Basics of Banking .................................................................................. 23
- Digital Photography for Travelers ............................................................ 43

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- Excel Expert! ......................................................................................... 15
- Beginning and Intermediate Flintknapping ......................................... 18

**Oct. 26:**
- Introduction to PowerPoint ................................................................. 17
- Yoga for Every Body ............................................................................... 46

**Nov. 2:**
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- Watercolor Basics and Beyond .............................................................. 7
- Handmade Art Books ........................................................................... 10
- iPhone/iPad Touch ............................................................................... 15
- Intermediate PowerPoint ...................................................................... 17
- From Dynasty to Democracy: Chinatown ............................................ 19
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**Nov. 9:**
- Poetic Pilgrimage .................................................................................... 53

**Dec. 7:**
- Intermediate Excel ................................................................................ 14
- Build and Rebuild Your Credit .............................................................. 23

A registration form is at the center of booklet.
Art

Note regarding materials and supplies for art classes: 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.

FIGURE PAINTING
This studio course is an opportunity to explore materials, color, composition, and agenda in any medium while painting the figure. Class time is primarily devoted to painting but also includes discussions, demonstrations, and critiques as interest dictates. You 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.

6 Saturdays, 9am-1pm
Kentfield Campus, Fine Arts Center 301 Fee $231 (Includes $53 models fee)

FALL 1
Sept. 14-Oct. 19
Extended class on Oct. 19, 9am-5:30pm
CRN# 85014

FALL 2
Nov. 2-Dec. 14 (No class Nov. 30)
Extended class on Dec. 14, 9am-5:30pm
CRN# 85015

new GET READY TO PAINT: BEGINNERS REALLY WELCOME!
This class is an orientation for enthusiastic but novice painters who want to paint with acrylics. Learn the scoop about brushes, supports, mediums, how to prep a canvas, and basic color mixing. Through presentation and hands-on activities you will “get ready to paint” in a supportive, relaxed setting. Following this materials & terms introduction, you’ll be ready to jump into your favorite painting class, be it landscape, still life, abstract or other genre.

Mary Valente
Saturday, 10am-3pm
Sept. 7
Kentfield Campus, Fine Arts Center 301 Fee $65 (Includes $2 materials fee)
CRN# 85272 EC

INCREASING CREATIVITY IN PAINTING ACRYLIC LANDSCAPES
The classroom lectures focus on the creativity that enables students to develop their imagination through paint, with demonstrations by the instructor. The class is encouraged to discover the satisfaction of producing landscapes, seascapes, cliffs, mountains, forest creeks, and water scenes in their own unique style. Ongoing guidance and supportive critiques are given as painting skills are developed with this original art approach.

See Note regarding materials under Art heading above. Bring any acrylic paints and brushes that you may have to the first class.

Artist/Instructor Bernard Healey studied at the San Francisco Art Institute, is a graduate of the Academy of Advertising Art San Francisco, and a signature lifetime member of the Marin Society of Artists.

6 Tuesdays, 8:10-11am
Oct. 1-Nov. 5
Kentfield Campus, Fine Arts Center 301
Fee $117 (Includes $1 materials fee)
CRN# 85016

DRAWING WITH CHALK PASTELS
From sketches and dark and light studies to fully developed drawings/paintings, explore the full range of chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Classes include information about materials, demonstrations, 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 pencil and paper and any pastels you have, and a good photo to work from. Materials will be discussed in the first class.

Barbara Lawrence began her art training early with her father, a devoted artist and loving teacher. That influence helped create Barbara’s motto: Art is not essential for life, it IS life. She’s been teaching and exhibiting in Marin for many years.

7 Fridays, 1:10-4pm
Kentfield Campus, Fine Arts 215
Fee $113

FALL 1
Sept. 6-Oct. 18
CRN# 85017

FALL 2
Oct. 25-Dec. 13 (No class Nov. 29)
CRN# 85266
WATERCOLOR BASICS AND BEYOND
A comprehensive class welcoming all skill levels. For those just starting out, the basics are 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 work from studio still life and landscape. Bring whatever watercolor supplies you may have to the first class.

See Note regarding materials under Art heading above. The location for the Friday class is just 20 minutes west of the Kentfield campus and there is plenty of parking.

FALL 1
Marty Meade
6 Fridays, 10:10am–1pm
Sept. 6-Oct. 11
San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (Includes $16 special fee)
CRN# 85018 EC

Nancy Johnson
7 Saturdays, 10:10am–1pm
Sept. 7-Oct. 19
Kentfield Campus, Fine Arts Center 215
Fee $89
CRN# 85019 EC

FALL 2
Marty Meade
6 Fridays, 10:10am–1pm
Nov. 1-Dec. 13 (No class Nov. 29)
San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (Includes $16 special fee)
CRN# 85020 EC

Nancy Johnson
6 Saturdays, 10:10am–1pm
Nov. 2-Dec. 14 (No class Nov. 30)
Kentfield Campus, Fine Arts Center 215
Fee $81
CRN# 85021 EC

THE FLOW OF WATERCOLOR: CONTROL YOUR COLOR CHOICES WITH COLOR SCHEMES
You LOVE color, and you want to have more control over your color choices before and during your painting process. All levels can benefit from this class. Each time we meet we work with a new color scheme in simple and more complex combinations. Knowledge of color schemes enhances your paintings and all aspects of your life. Continuing students may develop their own projects and work independently. Individual attention given to all students.

Julie Cohn has been an exhibiting painter and teacher for over 25 years. She earned her BA and BFA in Fine Art, with a minor in Art History.

6 Wednesdays, 2:10-5pm
Sept. 18-Oct. 23
Kentfield Campus, Fine Arts Center 301
Fee $88 (Includes $7 materials fee)
CRN# 85022 EC

THE FLOW OF WATERCOLOR: STRONG CONTRASTS AND LOOSE BRUSHWORK
You have tried watercolor, yet feel that you are too controlling with the medium. Learn to loosen up and allow the paint to move with the water on the paper. Let each brushstroke convey the magical beauty of this medium as you learn to appreciate its transparent and opaque qualities. Please bring to the class photos showing strong contrasts between shadow and light. All levels are welcome! Continuing students may choose to work independently. Individual attention given to all students.

Julie Cohn has been an exhibiting painter and teacher for over 25 years. She earned her BA and BFA in Fine Art, with a minor in Art History.

6 Wednesdays, 2:10-5pm
Oct. 30-Dec. 4
Kentfield Campus, Fine Arts Center 301
Fee $88 (Includes $7 materials fee)
CRN# 85023 EC
FROM COLLAGE TO PAINTING
Discover the exciting possibilities of collage, a technique where different materials are assembled together to create a new work of art. This class guides beginning or experienced artists through the technical and creative aspects of using collage. Learn about the variety of materials that can be used, like printed papers, fabric, metal leaf, photos, and found objects. More advanced students are welcome to bring in their own projects or consult with the instructor for direction.

A list of materials will be provided in class. Materials may cost $35-$40.

Stephanie Jucker, MFA, is an exhibiting painter who uses collage, mixed media and printing techniques in her paintings. With an MFA in painting she also has 20 years of teaching experience.

7 Tuesdays, 7:10-9:30pm
Sept. 3-Oct. 15
Kentfield Campus, Fine Arts Center 312
Fee $103
CRN# 85024

ALSO OF INTEREST ...

T-SHIRT DESIGN
See page 51.

AWAKENING CREATIVITY WITH WATERCOLOR AND FLUID ACRYLIC
“Your thoughtful teaching, cheerful encouragement, and experimental approach has been really helpful. I loved your style and the demos. Learning to trust the paint and intuition is a big step for me. Thank you.” -Jane

In this upbeat class, we discover the nature of these poetic and spontaneous mediums, and learn how to handle them. By incorporating movement meditation and poetry, we awaken the creative spirit and enable our heartfelt expression to pour out onto the surface of our paper. Abstract, representational or combined approaches are encouraged to suit the individual expressive needs of each artist. Enhance your skill and open to your inner resources. All levels welcome.

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

Carol Duchamp, MA, encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. She is an exhibiting artist and transformative arts facilitator.

4 Thursdays, 6:10–9:30pm
Kentfield Campus, Fine Arts Center 301
Fee $89
FALL 1
Sept. 26-Oct. 17
CRN# 85025
FALL 2
Oct. 31-Nov. 21
CRN# 85026

Mark Your Calendars
COMMUNITY ED PREVIEW DAYS

Kentfield Campus
Saturday, Aug 17, 9:30am–12noon
Cafeteria, Student Services Bldg

Indian Valley Campus
Saturday, Aug 10, 10:30am–12noon
Indian Valley Campus
Community Education, Bldg 7
• Find out our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
New Traditional Chinese Brush Painting

Chinese painting is one of the oldest continuous artistic traditions in the world! Students will learn how to use a Chinese brush and ink to paint different animals, flowers, leaves, and bamboo. The connection of the brush and ink to the paper is both satisfying and challenging. Students create their own painting after the first class, and improve their painting skills and creativity throughout the session.

Alan Cheng S-Lun began studying Chinese brush painting over 40 years ago under Master Chow Yat-Fung. Mr. Cheng was named Fellow of the Study of Chinese brush painting at the University of Hong Kong, and Commissioner of the Antiquities Advisory Board of Hong Kong.

Fall 1
7 Mondays, 9:40-11am
Sept. 9-Oct. 21
Kentfield Campus, Fine Arts Center 301
Fee $120 (including $25 materials fee)
CRN# 85167

7 Wednesdays, 6:10-7:30pm
Sept. 4-Oct. 16
Indian Valley Campus, Bldg. 13, Rm 122
Fee $120 (including $25 materials fee)
CRN# 85168

Fall 2
6 Mondays, 9:40-11am
Oct. 28-Dec. 9 (No class Nov. 11)
Kentfield Campus, Fine Arts Center 301
Fee $111 (including $25 materials fee)
CRN# 85169

7 Wednesdays, 6:10-7:30pm
Oct. 30-Dec. 11
Indian Valley Campus, Bldg. 13, Rm 122
Fee $120 (including $25 materials fee)
CRN# 85170

Jewelry and Metalsmithing

The beginners/beginners plus class focuses 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 Center 123
Fee $138 (Includes $25 materials fee)
Fall 1
Beginners/Beginners Plus
7 Tuesdays
Sept. 3-Oct. 15
CRN# 85027
Intermediate/Advanced
7 Wednesdays
Sept. 4-Oct. 16
CRN# 85028

New Intermediate/Advanced
7 Wednesdays, 9am-4pm
Sept. 4-Oct. 16
Fee $248 (Includes $25 materials fee)
CRN# 85178

Fall 2
7:10–10pm
Kentfield Campus, Fine Arts Center 123
Fee $138 (Includes $25 materials fee)
Beginners/Beginners Plus
7 Tuesdays
Oct. 29-Dec. 10
CRN# 85029
Intermediate/Advanced
7 Wednesdays
Oct. 30-Dec. 11
CRN# 85030

New Intermediate/Advanced
7 Wednesdays, 9am-4pm
Oct. 30-Dec. 11
Fee $248 (Includes $25 materials fee)
CRN# 85179
INTERMEDIATE/ADVANCED HANDMADE ART BOOKS
This class introduces the versatile and tactile world of handmade art books. Using your own art, photo collection, or collage/montage, you learn how to make a variety of handmade books, from simple to sophisticated. The class includes design principles; organizing, folding, and binding techniques; how to choose suitable paper; imposition techniques; decoration and handmade art embellishment techniques. You leave class with something to carry home each week; by the end, you'll have a variety of unique art books of your own making and design.

Materials are provided for the first class, and the materials fee covers the cost of paper and other items. Students purchase additional supplies and materials (some optional) and a list of sources for materials is distributed in class. The instructor provides returning students with additional techniques and bookmaking processes.

Mark Lindsay, MFA (Photography and Painting), is devoted to the fine arts as a painter, photographer, and teacher.

FALL 1
Sept. 7-Oct. 19 (No class Sept. 21)
Kentfield Campus, Fine Arts Center 312
Fee $127 (Includes $35 materials fee)

Beginners
6 Saturdays, 10:10am-1pm
CRN# 85126

Beginners Plus/Intermediate
6 Saturdays, 2:10-5pm
CRN# 85127

FALL 2
Nov. 2-Dec. 14 (No class Nov. 30)
Kentfield Campus, Fine Arts Center 312
Fee $127 (Includes $35 materials fee)

Beginners
6 Saturdays, 10:10am-1pm
CRN# 85128

Beginners Plus/Intermediate
6 Saturdays, 2:10-5pm
CRN# 85129

THE ART OF ISLAM: FROM THE DOME OF THE ROCK TO THE TAJ MAHAL - Cancelled
This class examines the art and architecture produced during the acme of Islamic civilization, when the heartlands of the Islamic world, Syria, Egypt, Iraq and Iran, were the pivots of transcontinental trade in luxury goods such as silk, paper, ceramics, textiles and spices. We look at mosques, madrasas, caravansaries, mausolea, and palaces. We study calligraphy, perhaps the most highly regarded art form in Islam. The Dome of the Rock in Jerusalem, the desert palaces in Jordan and Israel, the Ummayad Mosque in Cordoba, the Mamluks in Cairo and the Timurids in Central Asia are also examined. We move on to the Ottomans in Turkey: Suleyman and Sinan in Constantinople, the Safavids in Persia, the Nazarids in and-Andalus (The Alhambra), concluding with Mughal India and Shah Jahan's Taj Mahal.

Kerrin Meis, MA (Art History)
7 Mondays, 2:10pm–4pm
Sept. 9-Oct. 21
Kentfield Campus
Science/Math/Nursing Center 229
Fee $72 (Includes $1 materials fee)
CRN# 00000 - Class cancelled

FRENCH IMPRESSIONISM IN CONTEXT - Cancelled
Impressionism has been described as an art of pure vision. The Impressionist painter, we are told, demonstrated more interest in the light and atmosphere surrounding the subject than the subject itself. The goal was to capture just that received on the retina of the eye at a certain “fleeting moment.” Thus Impressionism stood as a total contrast to the content-laden, Romantic or didactic art of the earlier part of the century. Now we are more interested in the political, social and economic milieu in which the artists worked and in the subjects they chose to paint. It is this interest in the “whys” of Impressionism that will be our focus in this slide/lecture course.

Artists include Manet, Degas, Monet, Morisot, Pissarro, Renoir, Sisley, Caillebotte and others.

Kerrin Meis, MA (Art History)
6 Mondays, 2:10pm–4pm
Oct. 28-Dec. 9 (No Class Nov. 11)
Kentfield Campus
Science/Math/Nursing Center 229
Fee $64 (Includes $1 materials fee)
CRN# 00000 - Class cancelled
Business/Career Development

CAREERS IN CONSTRUCTION
Learn the basics about crafts, tools, terms, safety and building green. By the end of the course, you will understand the construction process and the different careers and avenues available for these highly skilled and well paid jobs.

Information on the many apprentice programs offered in construction will be offered along with testing and interview skills. You will be given opportunities that will assist getting into a building trades apprentice program.

Topics covered:
• The building process
• Construction tools, terms
• Math
• Green building
• Apprenticeship
• Communication and testing
• Plan reading and sketching
• Ethics in the workplace

A Certificate of Completion will be awarded to those who successfully complete the course.

Lecture and hands-on demonstrations will be presented of specific trade applications and practices by staff from the North Bay Apprenticeship Coordinator’s Association. For more information about this class, please call 415.328-0386.

Bill Scott
9 Tuesdays & 9 Thursdays, 7:10–9pm
Sept. 3–Oct. 31
Indian Valley Campus, Bldg 16, Rm 114
Fee $25
CRN# 85033

FIND YOUR LIFE WORK AT ANY AGE
Discovering your right livelihood can be a fun and exciting journey. In this experiential class, we present the latest research on career satisfaction and guide you through a multi-step process of personal exploration and practical planning. You will conduct a three-generation history of work within your family, identify the types of tasks you most enjoy, and understand how your current stage of adult development can be harnessed to find work that is rewarding, profitable, and inspired. You will leave with a detailed plan for securing the paid or volunteer position best suited to your unique gifts. When you find your life work, your life works.

Dr. Beth Milwid is a psychologist and business consultant with over 20 years of experience, specializing in career development, strategic communications, employee training, and executive coaching. During the past two years, she helped 60 individuals who lost their jobs find new opportunities. Dr. Beth is the author of a book, Working With Men, the first oral history account of American women in business. She appeared on Larry King, Good Morning America, NPR, and CNN, and spoke at conferences and universities across the country.

7 Tuesdays, 6:10–8pm
Kentfield Campus
Science/Math/Nursing Center 229
Fee $104 (Includes $15 material fee)

FALL 1
Sept. 3–Oct. 15
CRN# 85130

FALL 2
Oct. 29–Dec. 10
CRN# 85034

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
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
There are two labs in Building 7 on the Indian Valley Campus for Community Education computer classes: 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.

For information about registering, parking, and other important information, please turn to page.

TEXTBOOKS FOR COMPUTER CLASSES
Students are expected to purchase their own textbook prior to the first class meeting. The same textbook is used for all classes within a subject area, i.e., all classes on Excel use the same text. Some classes do not require texts. This is 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.

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 Classes

Computer Fundamentals ..........................12
Dreamweaver CS5.5, Intro & Intern...15, 16
Excel 2010, Intro & Intern ..................14, 15
2010 Excel Expert!..................15
Illustrator CS5.5, Intro & Intern ...16, 17
InDesign CS5.5, Intro & Intern ........16
iPhone/iPod Touch/iPad Apps, Intro...15
Macintosh, Intro & Intern ............13, 14
Intro to Windows..................14
Word 2010, Intro and Intern ............13
Powerpoint Intro and Intern ..........17

COMPUTER FUNDAMENTALS
This is an introduction to the PC for first-time computer users and is designed to reduce feelings of intimidation. We 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. We also cover computer system basics, tips on buying a computer, on computer terminology, and in using application programs to create, edit, save, retrieve, and print documents. Along the way, you learn to navigate Windows by using menus, toolbars, and dialogue boxes.

No prior computer experience is expected. Instruction in this class is not textbook-based. Materials will be distributed in class.

Tom Millard
2 Mondays, 1:30-4:30pm
Sept. 9 & 16
Indian Valley Campus, Bldg. 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85131

2 Mondays, 1:30-4:30pm
Nov. 18 & 25
Indian Valley Campus, Bldg. 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85132

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.
INTRODUCTION TO THE MACINTOSH
Become productive with the Mac in the shortest time possible! This course is designed for the beginning computer user. We cover how RAM chips and hard disks work together; opening, closing, and resizing windows; Finder/desktop navigation; creating a navigational alias; creating and saving documents; accessing online help; file organization and backup; using the find utility; exploring System Preferences.
This is a beginning class and no prior computer experience is expected.
Recommended text: Pogue, David. OS X Mountain Lion: The Missing Manual O'Reilly Media; August 21, 2012

Steve Salzman
3 Tuesdays, 7–10pm
Sept. 10-24
Indian Valley Campus, Bldg. 7, Rm 199 Fee $138 (Includes $19 special fee) CRN# 85133
3 Tuesdays, 7–10pm
Nov. 5-19
Indian Valley Campus, Bldg. 7, Rm 199 Fee $138 (Includes $19 special fee) CRN# 85134

INTERMEDIATE MACINTOSH
This course takes you to the next level of Mac usage. We cover advanced Finder options, Smart Folders, System Preferences and Spotlight searches, installing and switching among Applications, an overview of Apple Mail, iTunes and iPhoto, backup options, and where to get help.
This course builds upon skills that are learned in Intro. to the Macintosh. Recommended text: Seibold, Chris. Mac OS X Lion Pocket Guide: The Ultimate Quick Guide to Mac OS X. O’Reilly Media 2011.

Steve Salzman
3 Tuesdays, 7–10pm
Oct. 1-15
Indian Valley Campus, Bldg. 7, Rm 199 Fee $138 (Includes $19 special fee) CRN# 85135
3 Tuesdays, 7-10pm
Dec. 3-17
Indian Valley Campus, Bldg. 7, Rm 199 Fee $138 (Includes $19 special fee) CRN# 85136

INTRODUCTION TO WORD 2010
If you are looking for a job in today's market, this is the software program to learn. This course explores 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. 11-25
Indian Valley Campus, Bldg. 7, Rm 192 Fee $129 (Includes $10 special fee) CRN# 85137
3 Wednesdays, 1:30–4:30pm
Nov. 6-20
Indian Valley Campus, Bldg. 7, Rm 192 Fee $129 (Includes $10 special fee) CRN# 85138

INTERMEDIATE WORD 2010
This course helps you become more productive with the program. We review basic Word, then 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
Oct. 2-16
Indian Valley Campus, Bldg. 7, Rm 192 Fee $129 (Includes $10 special fee) CRN# 85139
3 Wednesdays, 1:30–4:30pm
Dec. 4-18
Indian Valley Campus, Bldg. 7, Rm 192 Fee $129 (Includes $10 special fee) CRN# 85140
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
Oct. 7-21
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85141

3 Mondays, 1:30-4:30pm
Dec. 2-16
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85142

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

INTRODUCTION TO EXCEL 2010

A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course, you learn the basics of creating, modifying, formatting, and printing worksheets. In addition, you work with basic formulas and functions. This course uses the Windows Operating System.

Your personal laptop computer with appropriate software is permitted in this class. If you have a laptop with said software, please bring it to class. Your cooperation in this way may permit a students on the wait list to join the class. Wait-listed students with laptop and appropriate software will be seated if a seat is available.


Alice Dieli
3 Fridays, 6–9pm
Sept. 13-27
Kentfield Campus, Science/Math/Nursing Center 130
Fee $129 (Includes $10 special fee)
CRN# 85143

3 Fridays, 6–9pm
Nov. 8-22
Kentfield Campus, Science/Math/Nursing Center 130
Fee $129 (Includes $10 special fee)
CRN# 85144

INTERMEDIATE EXCEL 2010

In this course you learn how to become more productive using Excel’s financial and logical functions. You learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You also create links, hyperlinks, and explore quick and easy chart techniques. This class builds upon skills that are learned in Intro. to Excel 2010.


Susan Henning
2 Saturdays, 9am-12noon
Oct. 5 & 12
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85145

2 Saturdays, 9am-12noon
Dec. 7 & 14
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85146

Mark Your Calendars

COMMUNITY ED PREVIEW DAYS

Kentfield Campus
Saturday, Aug 17, 9:30am–12noon
Cafeteria, Student Services Bldg

Indian Valley Campus
Saturday, Aug 10, 10:30am–12noon
Indian Valley Campus Community Education, Bldg 7
• Find out our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
2010 EXCEL EXPERT!
Become an Excel expert! Topics 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 2010.
Susan Henning
Saturday, 9am-4pm
Oct. 19
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85147

SOCIAL MEDIA 101
Do you want to catch up with old friends or long-lost family? Wish you knew what
tweet was? This course will give you an overview of the most popular social net-
working sites, including Facebook, Twitter, YouTube, LinkedIn, and Blogging. Learn
how to build your personal profile, upload family photos, and connect with colleagues
and friends.
• Facebook: Profile set-up, upload pictures, learn to navigate the site and talk briefly
about privacy settings and preferences
• Twitter: An introduction to the micro-
logging service with examples of how
individuals use it, including demystify-
ing terms like and retweet
• YouTube: The basics on uploading and
sharing videos
• Blogs: An introduction to blogs and blog-
ging platforms
• LinkedIn: Includes the basics of LinkedIn’s
functionality and a discussion on mak-
ing and accepting connection requests
Be sure to bring your passwords to sites
you already belong to. Handouts will be
provided in class.
Melinda Molloy, MS (Educational
Psychology), has been a Social Media User
since 2005.
3 Saturdays, 1–4pm
Sept. 14-28
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85149
3 Saturdays, 1–4pm
Nov. 2-16
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85150

INTRODUCTION TO
IPHONE/IPOD TOUCH/
IPAD APPS
Transform your iPhone, iPad or iPod into
the true mobile computers these devices
have become and access their full internet
capability and mobile connectivity. During
this class, we view applications from the
Apps Store in many categories, including
Books, Business, Education, Entertainment,
Healthcare, Medical, Music, Photography,
Sports, and Travel. We also look at iTunes
U with free audio and video courses from
colleges and universities around the world.
There will be plenty of time for Q&A.
Bring your iPhone, iPad, or iPod Touch to
class. You will receive a disc with links to
iTunes Apps.
Recommended text: Pogue, David.
iPhone: The Missing Manual: Covers iOS 6
software and iPhone 5 plus older models
O’Reilly Media; Sixth edition (November 8,
2012).
Steve Salzman
3 Saturdays, 1–4pm
Sept. 14-28
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85149
3 Saturdays, 1–4pm
Nov. 2-16
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85150
INTRODUCTION TO DREAMWEAVER CSS.5
This course introduces the fundamentals of the leading software for creating and maintaining websites in one well-integrated package. The course is for anyone who wants to design visually compelling websites without having to hand-code their pages. 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 website.


Steve Salzman
3 Wednesdays, 7–10pm
Sept. 11-25
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85151

3 Wednesdays, 7–10pm
Nov. 6–20
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85152

INTERMEDIATE DREAMWEAVER CSS.5
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build and 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
Oct. 2-16
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85153

3 Wednesdays, 7–10pm
Dec. 4-18
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85154

INTRODUCTION TO INDESIGN
Learn the professional layout and design tool used by most graphic designers, magazine, book, and newspaper publishers, and ad agencies around the world. InDesign is tightly integrated with Adobe’s Photoshop, Illustrator, and Dreamweaver applications. Learn to set up master pages, create style sheets, import photos and graphics, and employ effects such as drop shadows and blending modes, gradient tones, and drawing — all in one program. By the end of the course, you will have created either a small brochure or ebook.


Lynda Banks
3 Thursdays, 6:30–9:30pm
Oct. 3–24 (No class Oct. 10)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85155

3 Thursdays, 6:30–9:30pm
Nov. 7-21
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85156

INTERMEDIATE INDESIGN
In this class, we learn the book feature that makes managing long documents a breeze, explore many typographic refinements, create tables for both data and visuals, add animation and interactivity, and how to export documents to a PDF with customized presets and package files for the printer or as interactive files.

This course builds upon skills that are learned in Intro. to InDesign.


Lynda Banks
3 Thursdays, 6:30–9:30pm
Oct. 3–24 (No class Oct. 10)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85157

3 Thursdays, 6:30–9:30pm
Dec. 5–19
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85158

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 57.
INTRODUCTION TO ILLUSTRATOR CS6

In this course, you learn essential skills such as basic approaches to creating graphics and art for print and the internet, typography, the toolbox, graphic tools, Bezier curves, layers, effects such as distortions and drop shadows, color treatments, brushes, patterns, and type-on-a-path. Learn the appearances panel and how to manage multiple art boards.


Lynda Banks
2 Fridays, Sept. 13 & 20
Sept. 13, 9am-4pm
Sept. 20, 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85159

2 Fridays, Nov. 8 & 15
Nov. 8, 9am-4pm
Nov. 15, 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85160

INTERMEDIATE ILLUSTRATOR CS6

We cover symbols and the use of symbol tools, customizing brushes and patterns, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, gradient mesh, 3-D, perspective, 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, Sept. 20 & 27
Sept. 20, 1-4pm
Sept. 27, 9am-4pm
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85161

2 Fridays, Dec. 6 & 13
Dec. 6, 9am-4pm
Dec. 13, 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85162

INTRODUCTION TO POWERPOINT 2010

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
2 Saturdays, Oct. 26 & Nov. 2
Oct. 26, 9am-4pm
Nov. 2, 9am-12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85163

INTERMEDIATE POWERPOINT 2010

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
2 Saturdays, Nov. 2 & 9
Nov. 2, 1-4pm
Nov. 9, 9am-4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85164

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.
California Indian Studies Certificate Program

The California Indian Studies Certificate Program was developed by College of Marin in collaboration with the Miwok Archaeological Preserve of Marin (MAPOM) and the Point Reyes National Seashore.

Our goal is to promote understanding of the culture of California Native peoples, their skills and their environmental wisdom. You are welcome to enroll in just one or any number of the classes listed below. If you wish to obtain a Certificate of Completion, please see following Certificate Requirements.

The California Indian Studies Certificate Program started with a big kickoff at the Kule Loklo Big Time Festival in July 2012. Our first Certificate of Completion Award Ceremony was held at Big Time on July 20, 2013, and the next one will be in July 2014. The required class, Overview of California Indian Culture and History, is scheduled three times each year with a different emphasis. Electives are offered once during each academic year. Classes are listed in the Community Education brochures which come out three times a year. The year-long overview is available on the MAPOM website, (www.MAPOM.org).

Certificate Requirements

Complete the required Overview of California Indian Culture and History plus four electives to be eligible for a Certificate of Completion. This list of classes may be changed without prior notice.

Core Class (required):

- Overview of California Indian Culture and History

Electives may include but are not limited to the following (any four):

- Basketweaving with Lucy and Julia Parker
- California Indian Baskets
- Indigenous Cultural Practices
- Introduction to Paleotechnology
- Beginning and Intermediate Flintknapping
- Petroglyphs and Introduction to Coast Miwok Cultural History
- Present State of Tribal Affairs
- Weaving a Pomo Style Coiled Willow and Sedge Basket

- Traditional Jewelry Making, Storytelling, Tule Crafts and Cultural Wisdom
- Traditional Acorn Preparation

Registration

Register with College of Marin. Go to www.marin.edu/CommunityEducation or see page 56 in this schedule for complete information. There is a registration form at the center of this schedule which can be mailed or faxed. Classes will fill; early registration is advised.

Registration for Community Education's Winter/Spring Quarter 2014 begins on or around January 2. Put it on your calendar!

BASKETWEAVING WITH JULIA AND LUCY PARKER

In this class, with nationally renowned basket weavers Julia Parker (Coast Miwok/Pomo) and Lucy Parker (Coast Miwok/Pomo/Paiute), participants create their own traditional California basket from materials gathered with reverence and thanksgiving. Lucy and Julia offer instruction in the art and craft of creating a basket, but on a more informal level, they'll share understanding of the wisdom and practices gathered from generations of California Indian cultural experience. Materials for the class will be provided.

Julia Parker and Lucy Parker
Saturday and Sunday, September 14-15, 10am-4pm
Kule Loklo, Point Reyes National Seashore, Marin County
Fee $249 (Includes $40 materials fee) CRN# 85055

NEW BEGINNING AND INTERMEDIATE FLINTKNAPPING

Arrow, spear and drill points and knife blades of obsidian (volcanic glass) and chert have been made in California for thousands of years. In this class you learn about styles of points and blades, and how they were made and used, with Ken Peek and Tsim Schneider (Miwok/Pomo). You will also see numerous examples of stone tools and the different kinds of stone used to produce the points. Your own flintknapping kit is provided and used to make obsidian points. Participants must be sixteen years or older.

Ken Peek and Tsim Schneider
Saturday, October 19, 9am-4pm
Kule Loklo, Point Reyes National Seashore, Marin County
Fee $89 CRN# 85053
NEW  JEWELRY MAKING, STORYTELLING, TULE CRAFTS AND CULTURAL WISDOM

Wila! Come! Explore the Coast Miwok culture with Sky Road Webb (Coast Miwok) and Alicia M. Retes (Mayo, Yaqui and Cherokee). These engaging storytellers and artisans introduce Miwok cultural arts with hands-on instruction. You’ll be making shell beads, abalone necklaces and tule crafts, as well as building a mini tule boat. You’ll learn Coast Miwok games, creation stories and a “Happy” song using clapper sticks. The class begins with a tour of Kule Loklo, the Miwok Village, and includes some time in the Round House to connect with the Spirit of the land. The class is open to both adults and chaperoned children from eight to twelve years of age.

Sky Road Webb and Alicia M. Retes
Saturday, November 2, 9am-4pm
Kule Loklo, Point Reyes National Seashore, Marin County
Fee $142 (Includes $40 materials fee)
CRN# 85054

COMING IN WINTER 2014

CALIFORNIA INDIAN BASKETS

A rare opportunity to view the substantial California Indian basket collection housed at the Hearst Museum’s Storage Facility at UC Berkeley, and learn more about weaving past and present. Ralph shares his extensive knowledge and understanding of the art and craft of this still-vibrant practice based on the decades of his research.

Ralph Shanks, MA
Monday, January 27, 2014
Hearst Museum, UC Berkeley
Fee and CRN information: please see Winter/Spring 2014 Community Ed Schedule

Marin Chinese Cultural Association Educational Programs

College of Marin’s department of Community Education, Lifelong Learning, and International Education is pleased to join with the Marin Chinese Cultural Association (MCCA) in presenting courses that promote awareness and understanding of Chinese American culture and history.

NEW FROM DYNASTY TO DEMOCRACY: HOW CHINATOWN CHANGED AMERICA AND THE WORLD

This dynamic, informative course explores 2000 years of Chinese and Chinese American history, culminating in San Francisco Chinatown’s struggle for civil rights and cultural dignity. Within this complex journey, we look through the lens of Chinatown’s story to gain a deeper understanding of changing notions of ethnicity, national identity, and human rights, and the role they played in the evolution of American democracy.

Darin Ow-Wing has developed community-based educational programs for children, teens, and young adults in San Francisco for over 30 years, and is a recipient of the Daniel E. Koshland Civic Unity Award from the San Francisco Foundation and the Enola Maxwell Lifetime Service Award.

First meeting: Kentfield Campus
Fine Arts 201
Fee $47
FALL 1
2 Tuesdays, 1:10pm–4pm
Oct. 8 & 15
CRN# 85260
FALL 2
2 Saturdays, 9:10am–12noon
Nov. 2 & 9
CRN# 85261

ALSO OF INTEREST ...

NEW  TRADITIONAL CHINESE BRUSH PAINTING

See page 9.
DANCE

INTERNATIONAL FOLK DANCE
Come learn dances from all over the world including Serbia, Turkey, Rumania, Armenia, Bulgaria, Russia, Greece, and Israel. You will be introduced to basic international dance movement vocabulary, dance formats, rhythms, and cultures. The dances are fun, danced to a wonderful assortment of world music, and a great way to stay mentally and physically fit. The class is open to both novice dancers and those with more experience; no partner is required.

Carol Friedman
Kentfield Campus
Physical Education Center 22

FALL 1
6 Wednesdays, 2:10–3:30pm
Sept. 4–Oct. 16 (No class Oct. 2)
Fee $54
CRN# 85051 EC

FALL 2
7 Wednesdays, 2:10–3:30pm
Oct. 30–Dec. 11
Fee $59
CRN# 85052 EC

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
Enjoy an evening workout using a combination of Samba and Capoeira, two traditional Afro-Brazilian art forms, and Lambada, a partner dance from the Caribbean Islands. These movement styles blend music, dance, and exercise to promote health and well-being. The warmup consists of the Tai Chi-like stretching exercises of Capoeira and then moves into the aerobic Samba circle dance. Classes are accompanied by traditional Brazilian instruments.

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.

Kentfield Campus
Physical Education Center 22

FALL 1
7 Mondays, 7:10–8:30pm
Sept. 9–Oct. 21
Fee $79
CRN# 85180

FALL 2
6 Mondays, 7:10–8:30pm
Oct. 28–Dec. 9 (No class Nov. 11)
Fee $74
CRN# 85181

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 class includes an optional, guided Practica where you can practice what you’ve learned.

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

4 Wednesdays, 6pm–7pm
(Optional, guided Practica: Fridays 8-10pm)
September 4-27
Knights of Columbus Hall
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 85075
**TRADITIONAL HAWAIIAN DANCE**

Now you too can learn Hula: the traditional dance of Hawai’i. In the classic choreographies to be presented, we will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of our 50th state.

Lisa “Pua” Saunders, MA (Ethnic Dance), is a kumu of a professional hula performance company, Hula Manu O’o. 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 culture-bearers and Hula masters including Nona Beamer and George Naope.

7 Thursdays, 7:10–8:30pm
Fee $79
Kentfield Campus
Physical Education Center 23

**FALL 1**
Sept. 5–Oct. 17
CRN# 85076

**FALL 2**
Oct. 24–Dec. 12 (No class Nov. 28)
CRN# 85077

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**Drama/Stage and Screen**

**NEW CREATIVE VOICE ACTING: GAME VOICE!**

The video game market is the most lucrative consumer entertainment market on the globe. And, contrary to what many think, it is not the exclusive province of male actors. Women’s voices are also in demand!

If you would like to turn those voices you do for friends and family into money-making reality, Terry McGovern is the man who can show you the way. His voice can be heard on hundreds of games, educational videos and animated projects. 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, and the voice of Sega NFL, Terry will show you the skills necessary for success.

Many of Terry’s students have gone on to sign with talent agencies and have found work in voiceover and animation. Let Terry show you how!

2 Saturdays, 10am-5pm
Sept. 7 & 14
Kentfield Campus
Science/Math/Nursing Center 229
Fee $99 (includes $2 materials fee)
CRN# 85259

**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. Scripts provided! There will be a one-hour lunch break.

Terry McGovern
2 Saturdays, 10am-5pm
Nov. 16 & 23
Kentfield Campus
Science/Math/Nursing Center 229
Fee $99 (includes $2 materials fee)
CRN# 85256
Film Appreciation

NEW FILM APPRECIATION: BUTCHER, BAKER, LEISURE-TIME MAKER
Work and play...the eternal dichotomy. Or is it? Are we wage slaves, careerists, or heeding a calling? Do we pursue leisure activities simply to get away from work, or do those activities fulfill needs as important as our jobs? These films examine ways we earn our living, spend our leisure time, and what we think about these pursuits. Films for the two sessions include: Up Close and Personal (US 1996), Monsoon Wedding (US/India 2001), Stand and Deliver (US 1988), Made in Dagenham (UK 2010), and Bela Fleck: Throw Down Your Heart (US/Mali/Senegal 2008).

Suresa Dundes, MFA (Theatre), MA (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.

Kentfield Campus
Learning Resources Center 53
FALL 1
7 Thursdays, 2:10–5pm
Sept. 12-Oct. 24
Fee $94 (Includes $1 materials fee)
CRN# 85185 EC

FALL 2
6 Thursdays, 2:10–5pm
Oct. 31-Dec. 12
Fee $82 (Includes $1 materials fee)
CRN# 85186 EC

NEW CINEMA & PSYCHE: MYTH AND THE MOVIES
In this course we view and discuss movies that—like myths—convey archetypal stories that explore universal psychospiritual questions: What do we long for? What beliefs define us? What obstacles defeat us? What sacrifices move us forward? We also explore how great filmmakers create a mythic experience through production design, cinematography, sound, and editing.

Participants learn to identify archetypal themes and images in movies, analyze cinematic imagery for its symbolic content, and join in soulful discussions which delight in a multiplicity of perspectives.

Terry Ebinger, MS, brings twenty-five years as a depth psychological educator, dream consultant, and group leader to unique programs bridging film studies, archetypal psychology, and cultural anthropology.

6 Mondays, 2:10-5pm
Oct. 21-Dec. 2 (No class Nov. 11)
Kentfield Campus
Learning Resources Center 53
Fee $97
CRN# 85069

Financial Planning

WISE UP: FINANCIAL EDUCATION FOR WOMEN
This financial education program helps women gain the knowledge, skills, and confidence they need to move their financial lives forward. Each week students go through basic information on each module, discuss case studies, and leave with action plans to begin their own planning. Modules cover topics such as financial math, credit, savings, insurance, risk management, investing, and achieving financial security.

The Wi$e Up Program came about as a result of focus group discussions held by the Women’s Bureau of the U.S. Department of Labor with women from across the United States. Helen Abe has more than 20 years of experience helping women with retirement and financial planning. Helen is a Certified Investment Management Analyst, a Chartered Retirement Planning Counselor, and a Certified Wealth Strategist.

8 Wednesdays, 6:30-7:30pm
Oct. 30-Dec. 18
Kentfield Campus
Learning Resources Center 53
Fee $73 (Includes $8 materials fee)
CRN# 85035

CLASSES START TUESDAY, SEPT 3. REGISTER EARLY.
HOW TO ASK FOR MONEY: FUNDRAISING 101
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 one-day workshop removes the mystique and examines the fear of why we are afraid to ask for money.

In addition, the class helps identify, cultivate, solicit and steward potential contributors regardless of the organization.

Janet Benjamin
Saturday, Sept. 21, 10am-4pm
Kentfield Campus
Learning Resources Center 36
Fee $59
CRN# 85227

BASICS OF BANKING
Is this your first time handling money? Are you ready to become financially independent? Do you want to save money? This course teaches the basics of handling money, understanding how banks process transactions, and ways to avoid paying bank fees and hidden fees. You will learn how to balance your bank statement, how to write checks and verify the accuracy of bank statements. You will become knowledgeable about bank products and how to create positive relationships with financial institutions.

Kim Ngo has an MBA in Finance from Golden Gate University. She is currently a bank manager with over ten years’ experience in the financial industry.

1 Saturday, 9:00am-12noon
October 12
Kentfield Campus
Science/Math/Nursing Center 229
Fee $55 (includes $5 materials fee)
CRN# 85182

NEW BUILD AND REBUILD YOUR CREDIT
Do you want to rebuild your credit and reputation? Are you ready to make big purchases but do not have enough credit? This course will teach the basics of handling your credit score and credit report and how to correct your credit scores with the three major credit bureaus. You will discover ways to build your credit, ways to save money, and ways to cut unnecessary expenses. You will become more confident with your money and create positive relationships with financial institutions.

Kim Ngo has an MBA in Finance from Golden Gate University. She is currently a bank manager with over ten years’ experience in the financial industry.

Saturday, Dec. 7, 9am-12noon
Kentfield Campus
Science/Math/Nursing Center 229
Fee $55 (includes $5 materials fee)
CRN# 85232

GETTING READY FOR RETIREMENT: LIVING A LIFE OF FINANCIAL INDEPENDENCE
When you are getting ready to retire, you are faced with important long term financial decisions. What will your lifestyle be in retirement? When can you afford to retire? This course is designed to help you determine when to take Social Security, how to take your pension, which Medicare plan is right for you. We design a system for cash management and planning your investments in retirement. Additionally, we discuss how to plan for all the eventualities of your older years.

Barbara Bachelder is a Certified Financial Planner and owner of a financial planning, investment management, and insurance firm.

6 Mondays, 6:40-8:30pm
Sept. 9- Oct. 21 (No class Sept. 2)
Kentfield Campus, Fine Arts 201
Fee $84 (includes $1 materials fee)
CRN# 85231
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!

Note: Each class includes a tasting of artisan cheeses with wine and beverage accompaniments.

Judy Creighton is a Certified Cheese Professional, cheese educator and consultant who has owned two San Francisco cheese shops, served as a judge at American Cheese Society. She is Cheese Program Director at Lavender Ridge Vineyard in the Sierra Foothills, and currently serves on the board of the California Artisan Cheese Guild, is guest lecturer at School of Restaurant Hospitality, City College of San Francisco, and Cheese School of San Francisco.

4 Mondays, 6:10–9pm
Nov. 4 - Dec. 2 (No class Nov. 11)
Indian Valley Campus, Bldg. 3, Rm 154
Fee $274 (Includes $104 materials fee)
CRN# 85036

Hands-On Cheesemaking at Home
The following classes are designed for the adventurous hobby cheesemaker and enthusiast! These three-hour, hands-on classes will teach you how to make delicious homemade cheese. You will leave class instructions so that you can make glorious, fresh cheese on your own! The instructor provides verbal and written instructions and is available via phone and e-mail to answer any questions that arise.

NOTES ON ALL CLASSES: Cheeses made in the hands-on cheesemaking classes are for teaching purposes only and not to be taken home after class. Classes begin promptly at 6:15pm and to ensure the highest quality experience for all students, all hands-on cheese classes will be capped at 20 and walk-ins over the class maximum size will not be accepted.

Sacha Laurin is a native of Australia who honed her cheesemaking skills after moving to France. With one part science and one part romance, she brings a refreshing take to the artisanal cheesemaking process. Sacha also teaches cheesemaking classes at the Sacramento Artisan Cheese Guild and UC Cooperative Extension.

For registration information please see page 57.
Natural Foods Co-op and the Cheese School of San Francisco, and is the cheesemaker for Winters Cheese Company.

Please note: The following classes are NOT required for the Artisan Cheesemaking Certificate. These classes are for educational and demonstration purposes only. The cheese products are not intended for consumption.

HANDS-ON WASHED RIND VS. WASHED CURD CHEESES
Why are washed rind cheeses orange and stinky but still mellow and creamy? Why wash whey away and what does that do to a washed curd cheese? Washed rind vs. washed curd--explore these tasty tongue twisters and classic cheese families with cheesemaker Sacha Laurin and learn 3 different rind washing techniques, and make a washed curd Havarti.

Sacha Laurin
Wednesday, 6:15–9pm
Sept. 25
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 85171

HANDS-ON MOZZARELLA
Learn to make Mozzarella! In this class you will discover the mysteries and intricacies of this elusive cheese. Using organic, non-homogenized Straus Family Creamery milk, you will learn about milk coagulation, the curd/whey separation, and why the curd can be stretched with mozzarella and not with most other cheeses. You will have fun stretching and braiding your fresh mozzarella, and then feasting on it! Join cheese maker and instructor Sacha Laurin for this invaluable and fun class!

Sacha Laurin
Wednesday, 6:15–9pm
Oct. 2
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 85166

HANDS-ON FETA
“Feta fête!” As summer winds down, keep the spirit alive learning to transform whole milk and live cultures into one of summer’s favorite ingredients--Feta cheese. Join cheesemaking instructor Stephanie Soleil in this hands-on class to explore her French perspective on this classic Mediterranean cheese and how best to have it create and complement southern European gastronomy.

Stephanie Soleil
Wednesday, 6:15–9pm
Oct. 9
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 85172

HANDS-ON BLOOMY RIND CHEESES
Explore the art and science of the most classic of French style cheeses and specialty of native French cheesemaking instructor Stephanie Soleil. You will learn about milk acidification, long acid vs short-time enzyme coagulation, how to create a soft white mushroomy rind, how taste and texture can be varied by the size and aging conditions of the cheese, and what ingredients you will need to make a classic brie-style or chèvre-style cheese at home in your own kitchen!

Stephanie Soleil
Wednesday, 6:15–9pm
Oct. 16
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 85173

WINE TASTING FUNDAMENTALS
Have you ever wanted to know more about the aromas and tastes in your wine glass? This class will cover: the basics of the process of winemaking, wine tasting, explore different types of wines, talk about “wine talk” and what it all really means, and some basics of food and wine pairings. Students should bring 2-3 glasses to each class.

David Sandri is a wine industry professional, wine judge around the country, internationally published wine writer, and a Certified Specialist of Wine through the Society of Wine Educators.

2 Thursdays, 6:40-9pm
Sept. 5 & 12
Indian Valley Campus, Bldg. 3, Rm 154
Fee $69 (includes $13 materials fee)
CRN# 85247

FOR MORE INFORMATION CALL 415.485.9305
WINES OF THE WORLD - AROUND THE GLOBE IN A GLASS
This class offers students the opportunity to explore wines from all points of the globe, and discover why this beverage is so universal in its appeal, and so characteristic of each place that produces it. Come along and discover the 7-plus millennium journey of grape to glass.

Students should bring 2-3 glasses to each class.

David Sandri
5 Thursdays, 6:40-9pm
Sept. 19-Oct. 17
Indian Valley Campus, Bldg. 3, Rm 154
Fee $133 (includes $42 materials fee)
CRN# 85248

EXPLORING WHITE WINES
From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes. Please bring 2 or 3 wine glasses with you for class.

David Sandri
2 Thursdays, 6:40-9pm
Oct. 24 & 31
Indian Valley Campus, Bldg. 3, Rm 154
Fee $71 (includes $15 materials fee)
CRN# 85246

EXPLORING RED WINES
With their varying hues and bodies, red wine brings hundreds of subtle flavors and nuances. Discover the different red wine varieties, their characteristics and tastes. Please bring 2 or 3 wine glasses with you for class.

David Sandri
2 Thursdays, 6:40-9pm
Nov. 7 & 14
Indian Valley Campus, Bldg. 3, Rm 154
Fee $71 (includes $15 materials fee)
CRN# 85245

NEW WHEN THE TAPS OPENED AGAIN - A TOAST TO THE 80TH ANNIVERSARY OF REPEAL - AND HOW PROHIBITION STILL AFFECTS US TODAY
This special class commemorates the 80th Anniversary of Repeal: December 5, 2013!
Almost a century ago, America tried a bold experiment – Prohibition. And, over the next 13 years, it changed American history, culminating in the ultimate change – the repeal of a constitutional amendment. Explore the rise and fall of Prohibition, and how Repeal did not necessarily end the battle for what you can put in your glass today.

David Sandri
2 Thursdays, 6:40-9pm
Nov. 21 & Dec. 5
Indian Valley Campus, Bldg. 3, Rm 154
Fee $56
CRN# 85250

Health Education

INTRODUCTION TO MINDFULNESS-BASED STRESS REDUCTION
Mindfulness is a way to live in harmony, responding with choice rather than reacting to life. Mindfulness is the guiding light that dwells within us. Mindfulness-Based Stress Reduction utilizes natural and proven methods for increasing awareness to relieve stress and manage pain more effectively. Research over the last twenty years with thousands of participants shows that the majority of the participants report Mindfulness-Based Stress Reduction, a program accredited by the Center for Mindfulness at the University of Massachusetts School of Medicine, as a valuable tool for improved overall quality of life, and for the support of self-healing. In this class, we explore stress and the role of mindfulness, awareness of the breath, meditation techniques, gentle movement, and mindfulness applied in daily life.

Janet Copeland has been a health educator for 20 years.

2 Saturdays, 9:00am-1pm
Oct. 19 and 26
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 85242
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. 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. Call 415.453.6130 for more information or email betsybest@comcast.net.

Required text: Long Term Care and syllabus (ISBN: 1882883896), by Elizabeth Best Martini, Mary Anne Weeks, and Priscilla Worth, are available in the Kentfield Campus Bookstore.

Betsy Best Martini, M.S. CTRS
Marianne Gontarz York, LCSW
Lauren Ellis, OT/L
15 Tuesdays & 15 Thursdays, 4:10–7pm
Sept. 3–Dec. 17 (No class Nov. 11 or 27)
Starts on Tuesday, Sept. 3
Kentfield Campus
Austin Science Center 104
Fee $299
CRN# 85111

Dental Assisting

RADIOLOGY COURSE
This course is approved by the Dental Board of California to instruct in the operation of dental x-ray equipment with emphasis on radiation safety.

The students will produce complete dentition radiographic surveys of diagnostic quality on four patients. Attendance is mandatory for all five days.

All course work must be met with 75% accuracy to receive your California Certificate.

Prerequisite: Students must have prior knowledge of mounting and developing radiographs, and be employed in a dental office. Class is limited to 12. Fee includes syllabus and all supplies. Lab coats or uniforms and gloves are required for all classes. There are no Continuing Education Hours given for this course.

If you have any questions, please e-mail Kathleen Rooney at kathleen.rooney@marin.edu, or call 415.883.2211, ext 8427. Class is limited to 12; register early.

Marlene Wilgis, CDA, RDA
3 Saturdays, 8am-5pm
2 Fridays, 5-9pm
Starts and ends on a Saturday
Indian Valley Campus, Bldg 27, Rm 224
Fee $507 (Includes $175 materials fee)

FALL 1
Sept. 14-28
CRN# 85174

FALL 2
Nov. 2-16
CRN# 85175

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
INFECTION CONTROL FOR THE DENTAL TEAM
This course meets the Dental Board Requirements for Dental Assistant Employees who must complete an Approved Infection Control Class within one year of employment as well as for RDA applicants within five years prior to application. Topics include microorganisms, pathogenic organisms, methods of disease transmission, cross-contamination, and sterilization vs. disinfection. Hazard Communication Management is also discussed.

If you have any questions, please e-mail Kathleen Rooney at kathleen.rooney@marin.edu, or call 415.883.2211, ext 8427. Class is limited to 12; register early.

Marlene Wilgis, CDA, RDA
Saturday, 8am-5pm
Sept. 7
Indian Valley Campus, Bldg 27, Rm 224
Fee $115 (Includes $30 materials fee)
CRN# 85176

CORONAL POLISH
This course is approved by the Dental Board of California to prepare the student in the technique of Coronal Polish as required for RDA licensure. Participants will serve as practice patients for fellow classmates. The participant will need to provide one outside patient for the final evaluation by a dentist or hygienist on Saturday afternoon. Please bring a lab coat or uniform, gloves, and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive a certificate. There are no Continuing Education Hours given for this course.

If you have any questions, please e-mail Kathleen Rooney at kathleen.rooney@marin.edu, or call 415.883.2211, ext 8427. Class is limited to 12; register early.

Marlene Wilgis, CDA, RDA
Friday, 5-9pm
Saturday, 8:30am-5pm
Oct. 25 & 26
Indian Valley Campus, Bldg 27, Rm 224
Fee $279 (Includes $60 materials fee)
CRN# 85177

NEW
EUROPE IN A NUTSHELL: HISTORY AND CULTURE
The history of Europe is the story of many different peoples and cultures. Some peoples lagged behind, while others surged far ahead in the development of social, intellectual, political institutions and ideas. Some regions, because of location, became influenced by cultures far from the continent. Wars and treaties changed Europe’s political boundaries throughout history. During different periods we studied the histories of different European countries, but we never discussed Europe as a whole!

Join us for this stimulating study of the gradual changes in the dynamics between different European countries, their rivalries, loyalties determined by wars and desires for possessions, and how their cultures and ethics influenced each other.

Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest.

8 Wednesdays, 2:10–4pm
Sept. 4-Oct. 23
Kentfield Campus
Science/Math/Nursing Center 229
Fee $64 (Includes $1 materials fee)
CRN# 85066 EC

HISTORY

History

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 57.
NEW PACIFIC WAR HISTORY
Featuring lectures, personal histories, and films on the Pacific War, 1931-1945 (World War II), this course is an introduction to one of the most significant world history periods of the twentieth century. Because Pacific War history is largely unknown in the U.S., and because the Pacific War has had such a profound impact on U.S. history, this course aims to present a vital addition to general knowledge for educated citizens.

Jean Bee Chan, Ph.D., has been teaching at Sonoma State University for 40 years. She is a Pacific War survivor and the co-founder of the Asian American Alliance of Marin. Dr. Chan was inducted to the Marin Women’s Hall of Fame in 1998.

Peter Stanek, Ph.D., has devoted many years to study the Pacific War. He now serves as President of the Global Alliance for Preserving the History of WWII in Asia. They have made several trips to China and also a trip to Japan to study this subject more closely, collect background information, and interview Pacific War survivors.

4 Wednesdays, 10:10am–12noon
Oct. 2-23
Kentfield Campus
Learning Resources Center 53
Fee $47
CRN# 85262 EC

ALSO OF INTEREST ...

NEW FROM DYNASTY TO DEMOCRACY: HOW CHINATOWN CHANGED AMERICA AND THE WORLD
See page 19.

NEW WHEN THE TAPS OPENED AGAIN - A TOAST TO THE 80TH ANNIVERSARY OF REPEAL - AND HOW PROHIBITION STILL AFFECTS US TODAY
See page 26.

Home and Garden

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 grass-like 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, Oct. 5, 9:10am–12noon
Kentfield Campus
Austin Science Center 185
Fee $48
CRN# 85229

Mark Your Calendars
COMMUNITY ED PREVIEW DAYS

Kentfield Campus
Saturday, Aug 17, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Aug 10, 10:30am–12noon
Indian Valley Campus
Community Education, Bldg 7
• Find out our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs
Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
SUCCESSFULLY LANDSCAPING YOUR MARIN HOME
Join us for a dynamic and interactive design course, going beyond the theory to walk you through the process of creating an overall landscape design. One lucky student will have their garden randomly chosen for our field trip so that everyone will have the experience of applying what you learn in a garden. Bring Photos of your garden and any questions about design to the first Saturday. You may also wish to prepare for the class by filling out “The Landscape Questionnaire” which is available for free download at: http://www.mysticallandscapes.com/Design.html. Students are responsible for their transportation.

Dane Rose has been a landscape professional since 1991. He authored Successfully Landscaping Your Marin Home, a comprehensive and invaluable guide for homeowners who would like to design and install their own landscapes. The text is covered by the materials fee and will be distributed in class.

Saturday, Sept. 7, 1:40–5pm
Kensington Campus
Austin Science Center 176
Plus field trip to a local garden:
Saturday, Sept. 14, 1:40–6pm
Fee $139 (Includes $20 materials fee)
CRN# 85230

THE MEDICINAL AND EDIBLE HERB GARDEN
Did you know that we live in one of the bread baskets of the world for growing edible and medicinal herbs? You can save money and easily grow herbs for preventative medicine, cosmetic uses, cooking and increasing your nutritional health.

Join me for a fun evening where you learn about growing plants that are not only beautiful but can be used to make nutritious foods and to stock your home medicine cabinet and cooking pantry. Learn which medicinal plants will grow well in your yard. Fall is the time to pant!

Kami McBride, author of The Herbal Kitchen, has taught herbal medicine and women’s health since 1988. She has studied medicinal plants for more than 20 years and has taught Herboloy at UCSF School of Nursing and Stanford Hospital. Through classes and personal wellness consultations, Kami has helped thousands of people to use herbal medicine in their daily lives in ways that are healthy, safe and fun. Kami can be reached at www.livingawareness.com

Thursday, Oct. 10, 6:40–9pm
Indian Valley Campus, Bldg 3 Rm 255
Fee: $45
CRN# 85037

NATURAL FLORAL DESIGN: HOW TO MAKE STOREBOUGHT BOUQUETS LOOK GREAT
Buying bouquets at the grocery store or supermarket is how most of us bring flowers into our homes. It’s so easy; take the wrapper off and plunk it in water. But how to make them look better? In this beginning class honoring the bounty of autumn, we make a simple arrangement in a glass Ball jar, using storebought bouquets, supplemented with wild, foraged plant material from your yard or the great outdoors. You’ll learn how to assess the freshness of flowers, where they come from, local vs. imported, how to prepare them and compose them, and tips for making them last longer.

Please bring one bunch of mixed flowers (that includes 5 or more varieties of flowers) from a grocery store, supermarket, or farmers market, and a pair of pruning shears or sturdy kitchen scissors that will cut stems. Feel free to bring additional flowers or other plant materials from your yard or garden. The instructor provides jars and newspaper to bring your arrangement home.

MaryAnn Nardo is an organic gardener and freelance floral designer for weddings and large events. Her philosophy is that

MaryAnn Nardo
Indian Valley Campus, Bldg 3 Rm 255
CRN# 85037

NEW DESIGNING TO INTEGRATE HOME AND LANDSCAPE
Join Architect Dave Jochum and Landscape Designer Dane Rose for a rich multimedia presentation of the many ways to increase functionality, flow and beauty (while reducing costs) by intelligently integrating landscape and home design. This class is ideal for anyone considering a new construction project that will affect both house and landscape. It will also be useful for students with completed homes who are wrestling with the challenge of how to landscape in a way that integrates the house with the site. It complements Dane’s other class: “Successfully Landscaping Your Marin Home,” which goes more deeply into the principles of landscape design. Students are welcome to bring large-scale photos of their site, along with specific questions.

Dane Rose
Saturday, Sept. 21, 1:40–4:40pm
Kensington Campus
Austin Science Center 176
Fee $50
CRN# 85234
any plant material is worthy for inclusion in an arrangement, whether storebought flowers or garden-grown, or even humble “weeds” or branches considerably foraged from the roadside!

Saturday, Oct. 26, 10am-12:00noon
Kentfield Campus, Fine Arts Center 214
Fee: $62 (includes $9 materials fee)
CRN# 85243

NEW NATURAL FLORAL DESIGN: HAND-TIED BOUQUETS FOR THE TABLE

Hand-tied bouquets are versatile: they can be used on the table, brought as a gift, or serve as a wedding bouquet. All the arranging takes place in your hand while rotating the bouquet. They can be a tight cluster of flower heads, or have a looser, more natural look.

Please bring one bunch of mixed flowers (that includes 5 or more varieties of flowers) from a grocery store, supermarket, or farmers market; a pair of pruning shears or sturdy kitchen scissors that will cut stems; and a household bucket to carry your bouquet home. Feel free to bring additional flowers or other plant materials from your yard or garden. The instructor provides additional flowers and ribbon.

MaryAnn Nardo
Saturday, Nov. 16, 10am-12:00noon
Kentfield Campus, Fine Arts Center 214
Fee: $64 (includes $11 materials fee)
CRN# 85244

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

We provide a friendly staff to help with visas and scheduling needs.
TOEFL iBT TEST PREPARATION (20 HOURS/EVENING):
LISTENING/SPEAKING/READING/WRITING

This course will familiarize you with the format, help you analyze the questions, and give you practice with the test items. All four skill areas: Reading/Writing/Listening/Speaking will be practiced in this course.

For more information, please call the Intensive English Program at 415.883.2211, ext. 8579, or email sara.oser@marin.edu.


Sara Oser
Indian Valley Campus, Bldg 3, Room 251
10 Mondays, 7:10 to 9 pm
Sep. 9-Nov. 18 (Total 20 hours; no class Nov. 11)
Fee: $112
CRN# 85226

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.

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.

Kentfield Campus
Learning Resources Center 36

FALL 1
7 Mondays, 6:40–8:30pm
Sept. 9–Oct. 21
Fee $91
CRN# 85096

FALL 2
6 Mondays, 6:40–8:30pm
Oct. 28–Dec. 9 (No class Nov. 11)
Fee $85
CRN# 85097

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. Venez apprendre avec plaisir!

Anne–Marie Lebas
7 Wednesdays, 6:40–8:30pm
Kentfield Campus
Austin Science Center 159
Fee $91

FALL 1
Sept. 4–Oct. 16
CRN# 85187

FALL 2
Oct. 30–Dec. 11
CRN# 85188

Note: Community Education modern language teach conversation skills, emphasizing the ability to engage in everyday conversation and to handle typical situations. Most 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.

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 at http://marin.bncollege.com.
CONVERSATIONAL GERMAN: FIRST YEAR, FIRST AND SECOND QUARTERS
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 words, phrases, sentences and lively interactive dialogues are introduced, with correct grammar and pronunciation. Students also learn about German culture and are 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. Auf bald! Come and join us!

Kentfield Campus
Physical Education Center 91
Fee $92 (Includes $1 materials fee)
FALL 1
7 Thursdays, 6:40–8:30pm
Sept. 5–Oct. 17
CRN# 85119
FALL 2
6 Thursdays, 6:40–8:30pm
Oct. 31–Dec. 12 (No class Nov. 28)
CRN# 85120

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.

Recommended text: Learn Italian the Fast and Fun Way, by Marcel Danesi, Barron’s, ISBN 978-0764125300

FALL 1
Lido Cantarutti, MA
7 Wednesdays, 7:10–9pm
Sept. 4–Oct. 16
Kentfield Campus
Austin Science Center 133
Fee $91
CRN# 85078
Ilia Salomone–Smith
7 Tuesdays, 2:00–4:00pm
Sept. 3–Oct. 15
Kentfield Campus
Learning Resources Center 36
Fee $73 (Includes $2 materials fee)
CRN# 85189 EC

FALL 2
Lido Cantarutti, MA
7 Wednesdays, 7:10–9pm
Oct. 23–Dec. 11 (No class Nov. 27)
Kentfield Campus
Austin Science Center 133
Fee $91
CRN# 85079
Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Oct. 29–Dec. 10
Kentfield Campus
Learning Resources Center 36
Fee $73 (Includes $2 materials fee)
CRN# 85190 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.

Ilia Salomone–Smith
7 Tuesdays, 3:10–5pm
Kentfield Campus
Learning Resources Center 38
Fee $73 (Includes $2 materials fee)
FALL 1
Sept. 3–Oct. 17
CRN# 85191 EC
FALL 2
Oct. 29–Dec. 10
CRN# 85192 EC

JUST ADDED
Conversational Italian: First Year, Third and Fourth Quarters

FALL 1
7 Thursdays, 7:10pm–9pm
Sept. 5–Oct. 17
Kentfield Campus
Austin Science Center 104
Fee $91
CRN #85274
FALL 2
7 Thursdays, 7:10pm–9pm
Oct. 24–Dec. 12 (No class Nov. 28)
Kentfield Campus
Austin Science Center 133
Fee $91
CRN #85275
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 for N. McInnes: Spanish Now!, Level 1, 7th Ed. with CDs
Textbook for M. Hain: Cómo Se Dice, 8th edition. Please see Note above regarding Textbooks.

FALL 1
Nancy McInnes
7 Thursdays, 7-10–9pm
Sept. 5–Oct. 17
Kentfield Campus
Austin Science Center 159
Fee $91
CRN# 85193

Milt Hain
7 Tuesdays, 2-10–4pm
Sept. 3–Oct. 15
Kentfield Campus
TB 101 (revised)
Fee $71
CRN# 85195 EC

FALL 2
Nancy McInnes
6 Thursdays, 7-10–9pm
Oct. 31-Dec. 12 (No class Nov. 28)
Kentfield Campus
Austin Science Center 159
Fee $85
CRN# 85194

Milt Hain
7 Tuesdays, 2-10–4pm
Oct. 29-Dec. 10
Kentfield Campus
TB 101 (revised)
Fee $71
CRN# 85196 EC

CONVERSATIONAL SPANISH: SECOND YEAR, FIRST AND SECOND QUARTERS
Join this continuing class with 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
7 Fridays, 2-10-4pm
Kentfield Campus
TB 101 (revised)
Fee $71
FALL 1
Sept. 6-Oct. 18
CRN# 85197 EC
FALL 2
Oct. 25-Dec. 13 (No class Nov. 29)
CRN# 85198 EC

SPANISH FOR TRAVELERS
Prior knowledge of Spanish is not a prerequisite for this course. This class prepares you for travel in Spanish-speaking countries, and helps develop an appreciation for Spanish and Spanish-American life, culture and language. Basic conversation and situational phrases useful to tourists are emphasized. The course is completed in 12 sessions; Fall 2 is a continuation of Fall 1. Textbook: Learn Spanish the Fast and Fun Way (with audio CDs) by Gene Hammitt (available in the COM bookstore).

Dr. Fernando Cruz, Ph.D. (Spanish and Spanish-American Literature) has taught Spanish language and culture courses in the Bay Area and the Defense Language Institute for more than 30 years. He is dynamic and engaging!

6 Thursdays, 6:40-9pm
Kentfield Campus, Portable Village 3
Fee $101 (includes $5 materials fee)
FALL 1
Sept. 19-Oct. 24
CRN# 85237
FALL 2
Oct. 31-Dec. 12 (No class Nov. 28)
CRN# 85238

LANGUAGES
NEW BEGINNING LATIN

The study of Latin illuminates the ideas and stories of the ancient Romans, whose civilization left a lasting mark on many of today's cultures, but it also provides a foundation for all Romance languages, expands English vocabulary through recognition of Latin roots, and develops an understanding for (and appreciation of) grammar.

In these two courses, we aim to cover the first half of Wheelock's Latin. Completion of this text is equivalent to two years of high school language study or one year of college language study. Instruction is provided simply and clearly to ensure that students have the essential tools they need to study and practice at home successfully following each session. The class emphasizes language development; the cultural component typical of modern language study is very limited in Latin.


Christy Stocker taught Latin through the Advanced Placement level along with other courses related to classics and art in the Seattle area for 10 years. She is principal of Nicasio School.

7 Wednesdays, 6:10-8:00pm
Kentfield Campus, Fine Arts 201
Fee $93 (includes $2 materials fee)
FALL 1
Sept. 4-Oct. 16
CRN # 85070

FALL 2
Oct. 23-Dec. 11 (No class Nov. 27)
CRN # 85071

NEW THE BRONTE SISTERS: JANE EYRE AND WUTHERING HEIGHTS

Jane Eyre by Charlotte Bronte and Wuthering Heights by her sister, Emily Bronte, are two novels that have fascinated readers since they were first written. Their characters are marvelous creatures in the Romantic mold; their plots perhaps the culminating works of Gothic fiction. In this class we study these two novels, their interesting backgrounds and purposes, and the interesting backgrounds of their authors.

William Wallace, EdD, MA (English)
7 Tuesdays, 1:10-3pm
Sept. 3-Oct. 15 (revised)
Kentfield Campus
Austin Science Center 130
Fee $74 (Includes $3 materials fee)
CRN # 85073 EC

NEW WRITER’S VIEW OF THE WORLD: ON FOREIGN SHORES

For the past thirty years, memoir—a writer's account of his or her own life experience—has challenged the novel for the attention of serious readers. It may be that we’ve grown weary of the veils of fiction and increasingly seek the authentic in the revelations of the personal narrative. Or perhaps, the transformation of the memoir form itself, in the hands of master novelists, accounts for the recent explosion of interest in the genre.

This quarter we will explore some of these questions in our study of four memoir masterpieces: Vladimir Nabokov’s Speak Memory, Eudora Welty’s One Writer’s Beginnings, Amos Oz’s A Tale of Love and Darkness, and the anonymous work of translation, A Woman in Berlin.

Longtime writing and literature instructor Jacqueline Kudler, MA (English Literature) is a published poet and feature writer. She teaches a class in memoir writing at the College of Marin.

6 Thursdays, 1:10-3pm
Oct. 31- Dec. 12 (No class Nov. 28)
Kentfield Campus
Learning Resources Center 38
Fee $65
CRN # 85233 EC
GREEK MYTHOLOGY: GODS, MONSTERS, AND HEROES AT THE ORIGINS OF STORYTELLING

Greek mythology is the body of stories and legends belonging to the ancient Greeks, concerning their gods and heroes, and the nature, origins and significance of their world. Modern scholars study myths in an attempt to throw light on the religious and political institutions of ancient Greece and its civilization. Join us in a fascinating journey through stories of the birth and lives of Olympian Gods such as Zeus, Hera, Aphrodite, Apollo, Artemis, and Atlas; the creation of the world, Jason’s quest for the Golden Fleece, Theseus and the Minotaur, the Trojan War, the Return of the Heroes, and other legends. See you soon in the realm of Fantasy.

Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest.

7 Mondays, 2:10–4pm
Sept. 9-Oct. 21
Indian Valley Campus, Bldg. 27, Rm. 116
Fee $72 (Includes $1 materials fee)
CRN# 85068 EC

NEW THE LITERARY LIFE OF FRANCE: FATHER GORIOT BY HONORE DE BALZAC

The period that saw the transformation from “Romanticism” to “Realism” in France was represented by brilliant authors such as Henri Stendhal and Honore de Balzac. The novel Father Goriot, written by Balzac in 1835 and set in 1819 Paris, takes place during the Bourbon Dynasty restoration, which brought about profound changes in French society. The struggle of individuals to secure upper-class status is prevalent in the book, and the city of Paris impresses itself on the characters who grew up in Southern France. Balzac analyzes, through Goriot and others, the nature of society, human beings, family and marriage. Balzac brings out the characters beautifully in a tale that will shock the reader.

At the start of the novel, Balzac declares, “All is true.” Although the characters and situations are fictions, the details employed (and their reflection of the realities of life in Paris at the time) faithfully render the world of the “Maison Vauque.” Join us in this stimulating class to discuss and analyze the characters and main issues of this fascinating novel.

Erika Harkins
7 Wednesdays, 2:10–4pm
Oct. 30-Dec. 11
Kentfield Campus
Science/Math/Nursing Center 229
Fee $72 (Includes $1 materials fee)
CRN# 85067 EC

ALSO OF INTEREST...

EUROPE IN A NUTSHELL: HISTORY AND CULTURE

See page 28.
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 automatically mailed to you. Otherwise, call 415.485.9305 and press 4 when you hear the automated voice. Leave a detailed request, including the class title for which you are registered for and your name and mailing address.

### FLY FISHING 101
Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to “read the waters” to find fish and select the appropriate flies and strategies. Learn the magic of the 3 P’s: Preparation, Position, and Presentation on moving or still water.

The class includes Saturday field trips to local waters such as Lake Lagunitas and Putah Creek.

Class is limited to 14 students. Gear will be provided to those who need it, and equipment will be discussed in class. A supply list will be distributed.

**Larry Lack,** MA, with 37 years of experience teaching science, is a licensed Fly Fishing Guide for California, specializing in teaching beginners. His manual, From Start to Fish, will be distributed in class along with other handouts.

4 Thursdays, 7-10-9pm
Oct. 31-Nov. 21
Kentfield Campus
Physical Education Center 92
Plus Casting Practice:
Saturday, Nov. 9, 9-11am
Kentfield Campus
Physical Education Center 22
Plus 2 Saturday field trips:
Nov. 16 and Dec. 14, 8am-12pm
Fee $194 (Includes $6 materials fee)
CRN# 85074

### 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 meets in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes meet at field sites. Be sure to bring binoculars to the first day of class.

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, Oct. 8, 9:10am–1pm
Kentfield Campus
Learning Resources Center 53
Plus 4 field trips:
4 Tuesdays, 8:30am-12:30pm
Oct. 15-Nov. 5
Fee $105
CRN# 85098 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**
7 Mondays, 9:45am-1:45pm
Sept. 9-Oct. 28
Fee $120
CRN# 85103 EC

7 Tuesdays, 9:45am-1:45pm
Sept. 3-Oct. 19
Fee $120
CRN# 85104 EC

**FALL 2**
6 Mondays, 9:45am-1:45pm
Oct. 28-Dec. 9 (No class Nov. 11)
Fee $103
CRN# 85105 EC

7 Tuesdays, 9:45am-1:45pm
Oct. 29-Dec. 10
Fee $120
CRN# 85106 EC
HIKING MARIN TRAILS
(formerly 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 discuss plants, birds, insects, and whatever else may catch our eyes. Please note: This is not a beginning course. 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 water and a bag lunch and arrive promptly at 10:00am.

Sharon Barnett is a thoughtful and enthusiastic trail guide and dynamic naturalist. Sharon was the winner of the 2011 Terwilliger Environmental Award. She teaches science at Marin Country Day School and leads natural history outings for Point Reyes Field Institute and Marin Nature Adventures.

Locations: See Itineraries Note above

FALL 1
5 Saturdays, 10am-2pm
Last class, 10am-4pm
Sept. 7-Oct. 12 (No class Sep. 21)
Fee $100
CRN# 85094

FALL 2
6 Saturdays, 10am-2pm
Last class, 10am-4pm
Nov. 2-Dec. 14 (No class Nov. 30)
Fee $118
CRN# 85095

SURFING 101 - Cancelled
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. You will need a swimsuit at the first class. Be prepared for sun.

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

5 Saturdays, 9am-12noon
Aug. 17-Sept. 14

On-campus meeting:
Saturday, August 17
Kentfield Campus
Physical Education Center 91

Beach meetings:
4 Saturdays, Aug. 24-Sept. 14
Stinson Beach
Fee $158
CRN# 00000 - Class cancelled
Music

NEW! MUSICAL SNAPSHOTs: GEORGE GERShWIn - AN AMERICAN ORiGiNAL
George Gershwin's life, times, and music are explored in this in-depth discussion of his symphonic jazz piece Rhapsody in Blue, his opera Porgy and Bess, as well as his prolific output of songs for musical theater, from “Swanee” to “Our Love is Here To Stay.” The class includes live performance, video clips, and recorded music.

Jerry Frohmader taught in the Music department at College of Marin for 15 years. He has produced music for television and film, and his musical compositions have been performed in cities, festivals and universities throughout the U.S. and Europe.

4 Saturdays, 10:10am-12noon Sept. 7-Sept. 28 Kentfield Campus, Performing Arts 178 Fee $47 CRN# 85199 EC

NEW! MUSICAL SNAPSHOTs: THE GREAT AMERICAN SONGBOOK - WHERE HAVE ALL THE TUNES GONE?
Savor the unforgettable music of Gershwin, Porter, Rodgers & Hart, & Berlin, as we discuss the careers and musical styles of America's most popular songwriters from the 1920s to the 1950s. Enjoy such favorites as "I Got Rhythm," “You’re The Top,” “White Christmas,” “My Funny Valentine”, and more. The class includes live performance, video clips, and recorded music.

Jerry Frohmader 4 Saturdays, 10:10am-12noon Nov. 2-Nov. 23 Kentfield Campus, Performing Arts 178 Fee $47 CRN# 85200 EC

NEW! TURn! TURn! TURn!: THE 1960s FOllK-ROck REVOLUTION
In the 1960s, folk and rock music merged to create folk-rock, taking popular music and culture to a new and more poetic, socially conscious place that neither folk nor rock could have reached independently. This 14-week, two-part course details this revolution, starting from its roots in the folk revival of the 1950s and early 1960s. We then investigate the explosive fusion of acoustic folk and electric rock pioneered by Bob Dylan and the Byrds in the mid-1960s; the innovations of Simon & Garfunkel, Donovan, and Jefferson Airplane; the folk-rock supergroup Crosby, Stills, Nash & Young; as well as singer-songwriters of the late 1960s and early 1970s like Joni Mitchell and James Taylor. Through audio recordings and video clips, the genesis and peak of folk-rock is brought to life and explored in depth. The course also details how folk-rock was sparked by cultural shifts in American society, and how folk-rock in turn changed popular music forever.


ROck’n’Rolo: 1955-1967
During Fall 1 & 2, we will investigate the evolution of rock music from 1955 to 1980, starting from its roots in rhythm & blues and country and moving through the explosion of soul music, the British Invasion, folk-rock, and psychedelia in the 1960s, as well as the progressive rock, hard rock, funk, punk, and new wave of the 1970s. Through both common and rare audio recordings and video clips, the rapid development of rock’s key styles throughout its first quarter century will be brought to life and explored in depth. The course will also detail how rock’s phenomenal growth was sparked by economic and cultural changes in American and British society, and how rock in turn changed society forever.

Richie Unterberger is a speaker and award-winning author of ten books on popular music history.

6 Mondays, 7:10-9pm Sept. 9-Oct. 14 Indian Valley Campus, Bldg. 15, Room 181 Fee $88 (Includes $3 materials fee) CRN# 85124

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
ROCK’N’ROLL: 1967-1980
New and continuing students are welcome in this class, where we will investigate the evolution of rock music from the late 1960s to 1980. Starting with psychedelia, hard rock, and soul, we’ll make our way through the progressive rock, singer-songwriters, funk, punk, and new wave of the 1970s. Through both common and rare audio recordings and video clips, the rapid development of rock’s key styles during these crucial years will be brought to life and explored in depth. The course will also detail how rock’s phenomenal growth was sparked by economic and cultural changes in American and British society, and how rock in turn changed society forever.

Richie Unterberger
6 Mondays, 7:10–9pm
Oct. 28–Dec. 9 (No class Nov. 11)
Indian Valley Campus, Bldg. 15, Room 181
Fee $88 (Includes $3 materials fee)
CRN# 85125

A HISTORY OF FILM MUSIC: THE ART OF THE FILM SCORE
This course surveys the development of the film score for motion pictures, from its earliest inception and the first blockbusters, to the Golden Age of Hollywood film scores, up to the present day. In each class, a variety of selected film clips is shown to illustrate the importance of the film score and how it functions throughout its history to support the aesthetic and narrative elements, revealing hidden dimensions of the story. Learn about the musical styles of the great film composers, from Max Steiner’s groundbreaking 1939 score for King Kong, to Hans Zimmer’s music for Inception and how it functions throughout its history. No previous musical experience is necessary to enjoy this class.

Marcia Bauman, Ph.D. (Music Composition), has taught courses in film music history and appreciation at the San Francisco Academy of Art University, and currently teaches music composition at Sonoma State University.

7 Tuesdays, 7:10–9pm
Kentfield Campus
Learning Resources Center 53
Fee $71

FALL 1 [1895-1950s]
Sept. 3–Oct. 15
CRN# 85101 EC

FALL 2 [1960s-PRESENT]
Oct. 29–Dec. 10
CRN# 85102 EC

NEW RUSSIAN MUSIC: OPERA & BALLET
During the two fall quarters of this year, join us for an inside view of the world of Russian opera and ballet. The creation of the music, the composer’s life, ideas, and experiences, plus descriptions of Russian life at the time of the work’s setting. Score selections of particular interest are illustrated on the piano, to be better understood and enjoyed later when the entire performance is shown on video. These recordings are the best available of the ballet or opera being studied. The staging, costumes, manners and behavior are exactly according to the style of the time; all absolutely authentic.

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.

Kentfield Campus, Performing Arts 72

FALL 1
7 Fridays, 12:10–2pm
Sept. 6–Oct. 18
Fee $71
CRN# 85092 EC

FALL 2
6 Fridays, 12:10–2pm
Nov. 1–Dec. 13 (No class Nov. 29)
Fee $65
CRN# 85093 EC

CONTEMPORARY VOCAL TECHNIQUE FOR JAZZ AND POP SINGERS
Singing is an extension of speaking! Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. This class covers vocal exercises that balance the registers, increase range and strengthen your voice. The class includes vocal exercises, breath control, relaxation, control of vibrato, ear training, vowel production, group and individual singing with application of technique to songs. A fun and supportive class for all levels. You’ll leave with valuable tools to help you sing effortlessly!

Daria, an acclaimed jazz/pop vocalist and recording artist, studied with jazz greats Bobby McFerrin and Mark Murphy. Her training includes healthy techniques of singing and all popular styles of music.

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 57.
including Jazz, Brazilian, Blues, and Pop. She has performed and toured worldwide.

7 Saturdays, 10am-12noon
Sep. 7-Oct. 26 (No class Oct. 5)
Kentfield Campus, Performing Arts 177
Fee $89 (revised)
CRN # 85114

PIANO CLASSES FOR BEGINNERS TO ADVANCED
Piano instruction in both classical and popular music (chords and melody) is offered 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) assumes 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. If you 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.

7 Tuesdays & 7 Thursdays
Times as above
Kentfield Campus, Performing Arts 188
Fee $93
FALL 1
Sept. 3-Oct. 17
CRN # 85099

FALL 2
Oct. 29-Dec. 12 (No class Nov. 28)
CRN # 85100

BEGINNING BLUES AND FOLK HARMONICA
Breathing is our foundation as we take simple folk and pop melodies and rhythms and invigorate them with easy but powerful techniques to make any song deeply expressive! We then dive into the blues and learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail to get you jammin’. Both puckering and tongue blocking approaches are taught. No experience necessary! Students need a “C” major diatonic harmonica.

Dave Broida has 25 years of experience as a teacher, student, and performer. He loves to share music with all, especially those who don’t consider themselves musical. Questions about harmonicas? Call the instructor at 916.996.5222.

1 Tuesday, Oct. 22, 6:10-9:30pm
Kentfield Campus
Learning Resources Center 53
Fee $75 (includes $30 materials fee)
CRN # 85201

NEW ADVANCED PIANO DUET
The study, rehearsal and performance of music for one piano/ four hands (piano duet) by advanced pianists who are comfortable with public performance.

At the end of the course, there will be multiple free concerts throughout Marin County: concert times, dates and locations will be posted on the online schedule, when determined.

Admission is by audition only: please contact instructor at pianosmith@aol.com, or call 415-485-9460.

Paul Smith studied at the Royal College of Music in London, the Vienna Academy, and Dominican University. He is a faculty member at College of Marin, Artistic Director of the Contemporary Opera Marin, and the founder and Artistic Director of the Music From Marin Summer Festival.

Kentfield Campus
Performing Arts 75
Fee $101
9 Mondays, 10:40am-12:30pm
Sept. 9-Nov. 4
CRN # 85257

Advanced section:
9 Mondays, 12:40-2pm
Sept. 9-Nov. 4
CRN # 85258
Classes start Tuesday, Sept 3. Register early.

CHORUS EMERITUS
If you like to sing or think you would like to sing in a mixed chorus, join us! The music is fun, encompassing diverse styles and eras. At the end of fall 2, the class will culminate in concert performances. No audition required. A $20 materials fee helps provide sheet music.

Jeffrey Paul has been an integral part of the Bay Area music scene for the past decade through directing choirs, performing musical theater, and accompanying. Jeff holds a Bachelor of Music degree from the San Francisco Conservatory of Music.

Kentfield Campus, Performing Arts 72

FALL 1
7 Thursdays, 3:10–5pm
Sept. 5–Oct. 17
Fee $49
CRN# 85235 EC

FALL 2
6 Thursdays, 3:10–5pm
Oct. 24–Dec. 12 (No class Nov. 28)
Fee $43
CRN# 85236 EC

MARIN MEN’S CHOIR
“The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year.” Michael
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled—when determined, the performance dates, times, and locations will be posted on the online schedule. 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 Tuesdays, 7–9pm
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48

FALL 1
Sept. 3–Oct. 15
CRN# 85239 EC

FALL 2
Oct. 29–Dec. 3
CRN# 85240 EC

Parenting

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. Ongoing 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.
STRATEGIES FOR GETTING YOUR CHILD INTO COLLEGE TODAY

In this introductory course, you learn strategies that keep you and your child ‘on track’ with the college application process.

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 extracurricular activities play in the application process and receive tips for choosing the best activities for your child. Examples of how these factors relate to different colleges including the UC, Cal State, and selective private colleges are provided. You will have plenty of opportunity to ask questions.

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

Saturday, Oct. 5, 10am–12noon
Kentfield Campus
Temporary Building 101
Fee $39 (Includes $1 materials fee)
CRN# 85038

COMING OF AGE: DEVELOPING AND MAINTAINING A POSITIVE RELATIONSHIP WITH YOUR GROWING TEENAGER

Are your loving children turning into surly adolescents? Do you worry they have been taken over by aliens? Using the latest research, our own experience as teenagers, and a touch of humor, we explore the challenges to developing a more adult-like relationship with our teenage children. Looking at changes in the adolescent brain, the influence of media and peers, and the most effective styles of parenting, this class will reduce the anxiety that parents often experience as their children go through adolescence. Knowing how to de-escalate conflict, minimize power struggles, set limits, and gracefully acknowledge your teen’s strengths will help reduce tension in your family and make this transition something to celebrate.

Gary Gross, MFT, is the father of two young adults and a marriage and family therapist with over 40 years of practical experience working with teenagers and their families.

2 Saturdays, Sept. 28 and Oct. 5
10am-1pm
Kentfield Campus
Science/Math/Nursing Center 229
Fee $66 (Includes $1 materials fee)
CRN# 85228

PHOTOGRAPHY

Photography

BASIC PHOTOGRAPHY

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

Two Saturdays we combine classroom and field sessions. A morning in the field will be followed by an afternoon class. Then, an afternoon class is followed by an evening field trip where you 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’s most recent book is co-authored with Brenda Tharp and was released in August 2012 titled Extraordinary Everyday Photography: How to Awaken Your Vision to Create Stunning Images Wherever You Are.

4 Wednesdays, 7:10-10pm
Sept. 25-Oct. 16
Plus 2 Saturday field trip/class meetings: Sat., Oct. 5, field trip 8-11am, followed by classroom session 1-4pm; Sat., Oct. 12, classroom session 2-5pm, followed by field trip 7-10pm.
Indian Valley Campus, Bldg. 7, Rm 192
Fee $124 (Includes $2 materials fee)
CRN# 85184
DIGITAL PHOTOGRAPHY FOR TRAVELERS - Cancelled
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 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, and why you need personal articles insurance.

Please bring your digital camera and its manual, a notepad, and 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 view and discuss photographs taken on the field trip in the classroom. The fourth meeting will be the Art of Seeing class. Text: Hank Miller’s Digital Photography for Travelers Notebook will be distributed in class.

Hank Miller is a professional photographer and freelance writer, and was awarded artist in residency with the Nantucket School of Art and Design (a division of RISD)

Saturday, Oct. 12, 10am–1pm and Mon. Oct. 14, Tues. Oct. 15, 6:40–8:30pm Kentfield Campus
Student Services Building 111
Field trip: Sunday, Oct. 13, 10am-1pm
A Taste of Rome Cafe, 1001 Bridgeway, Sausalito
Fee $87 (Includes $5 materials fee)
CRN# 00000 - Class cancelled

Physical Fitness

Note: Please check with your physician before you register for any physical fitness classes. 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 45.

RESTORE AND IMPROVE YOUR BALANCE
Learn how balance works, why your balance may be deteriorating, and how you can safely implement very simple exercises to train your balance. Improve your stability and prevent falls, regain your confidence and independence. We bring mindfulness back to your movements and correct bad habits. Simple progressive exercises stimulate the nervous system and many can be done while sitting. We also cover what to do if you fall.

Please bring water and any one or two pound weights you may already have to class. Handouts will be distributed in class.

Thomas Attardi, MA, NMT, has worked in health and healing rehabilitation since 1992.

FALL 1
7 Tuesdays & 7 Thursdays, 12:10-1pm
Sept. 3-Oct. 17
Kentfield Campus
Physical Education Center 22
Fee $72 (Includes $1 materials fee)
CRN# 85202 EC
7 Mondays & 7 Wednesdays, 9:10-10am
Sept. 4-Oct. 21
Indian Valley Campus, Bldg. 20, Room 106
Fee $72 (Includes $1 materials fee)
CRN# 85203 EC

FALL 2
7 Tuesdays & 6 Thursdays, 12:10-1pm
Oct. 29-Dec. 12 (No class Nov. 28)
Kentfield Campus
Physical Education Center 22
Fee $69 (Includes $1 materials fee)
CRN# 85204 EC
6 Mondays & 7 Wednesdays, 9:10-10am
Oct. 28-Dec. 11 (No class Nov. 11)
Indian Valley Campus, Bldg. 20, Room 106
Fee $69 (Includes $1 materials fee)
CRN# 85205 EC
**FUNCTIONAL FITNESS**
Functional Fitness offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and overall sense of well-being, while participating in movement activities to music while sitting and/or standing in a supportive and friendly environment. The curriculum is designed for adults either beginning or returning to physical activity, those with physical limitations, or anyone who prefers a gentler, yet challenging, approach to exercise. No prior experience necessary.

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

**Kentfield Campus**
Physical Education Center 22

**FALL 1**
7 Mondays & 7 Thursdays, 8:30-9:20am
Sept. 4-Oct. 22
Starts on Wednesday, ends on Monday
Fee $71
CRN# 85058 EC

**FALL 2**
6 Mondays & 6 Thursdays, 8:30-9:20am
Oct. 28-Dec. 12 (No class Nov. 11 or 28)
Fee $65
CRN# 85059 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 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.

**Erik Riswold**
Kentfield Campus
Physical Education Center 22

**FALL 1**
7 Tuesdays & 7 Fridays, 9:10-10am
Sept. 3-Oct. 18
Fee $71
CRN# 85088 EC

**FALL 2**
7 Tuesdays & 6 Fridays, 9:10-10am
Oct. 29-Dec. 13 (No class Nov. 28)
Fee $68
CRN# 85089 EC

**MOVEMENT 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**
Whistlestop
930 Tamalpais Ave., San Rafael
FREE

**FALL 1**
7 Mondays, 11:10am–12noon
Sept. 9-Oct. 21
CRN# 85218 EC

**FALL 2**
6 Mondays, 11:10am–12noon
Oct. 28-Dec. 9 (No class Nov. 11)
CRN# 85219 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.

**Teresa Hanson**, GCFP
Celeste Binnings
Kentfield Campus
Physical Education Center 60
FREE

**FALL 1**
6 Wednesdays, 12:40pm-2pm
Sept. 11-Oct. 16
CRN# 85090 EC

**FALL 2**
7 Wednesdays, 12:40pm-2pm
Oct. 23-Dec. 11 (No class Nov. 27)
CRN# 85091 EC
TRANFORMATIONAL 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.

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

Kay Pepitone
7 Thursdays, 1:10–2pm
Kentfield Campus
Physical Education Center 22
Fee $45 (Includes $1 materials fee)

FALL 1
Sept. 5–Oct. 17
CRN # 85254 EC

FALL 2
Oct. 24–Dec. 12 (No class Nov. 28)
CRN # 85255 EC

YOGA AND MEDITATION
In this hatha yoga class, the regular practice of asanas builds to encompass a rich transition of seated, supine, prone, standing, twisted, inverted, and balancing postures — moving through all the body’s planes of motion andeventuating with a practice that flows and grows.

Appropriate for new and returning students. Modifications are given to support beginners to advanced practitioners. Class is designed to gradually increase your strength and flexibility, allowing a deeper exploration of inward reflection, concentration, meditation, and relaxation, and an awakening of our energetic centers.

Please arrive with an empty stomach. Please bring a yoga mat and water, also any yoga props, such as blanket, blocks, straps and/or bolster.

Puni Elston has been dedicated to fitness for over 20 years, has studied and practiced yoga and Pilates for 19 years, and taught for 12 years.

FALL 1
7 Mondays & 7 Wednesdays, 5:40–7pm
Sep. 4- Oct. 21
Indian Valley Campus, Bldg. 20, Rm 106
Fee $113
CRN# 85056

FALL 2
6 Mondays & 7 Wednesdays, 5:40–7pm
Oct. 28- Dec. 11 (No class Nov. 11)
Indian Valley Campus, Bldg. 20, Rm 106
Fee $108
CRN# 85057

INTRODUCTION TO PILATES
This popular mind/body exercise conditioning program was developed by Joseph Pilates. We 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.

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,

INFORMATIONAL 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.

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

Kay Pepitone
7 Thursdays, 1:10–2pm
Kentfield Campus
Physical Education Center 22
Fee $45 (Includes $1 materials fee)

FALL 1
Sept. 5–Oct. 17
CRN # 85254 EC

FALL 2
Oct. 24–Dec. 12 (No class Nov. 28)
CRN # 85255 EC

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. Note: If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@gmail.com or 415.388.1549.

Susy Stewart has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.

Kentfield Campus
Physical Education Center 60

FALL 1
7 Saturdays
Sept. 7- Oct. 19

Beginner
10–11:30am
Fee $79
CRN # 85115

Intermediate
8–9:45am
Fee $86
CRN # 85116

Classes start Tuesday, Sept 3. Register early.
not only to increase performance, but also to rehabilitate the body after injury.

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 Mondays, 6:10pm-7pm
Sept. 9-Oct. 21
Indian Valley Campus, Bldg. 15, Room 170
Fee $68
CRN# 85206

7 Wednesdays, 10:10am-11am
Sept. 4-Oct. 16
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85207

7 Wednesdays, 5:40pm-6:30pm
Sept. 4-Oct. 16
Kentfield Campus
Physical Education Center 22
Fee $68 (revised)
CRN# 85208

FALL 2
6 Mondays, 6:10pm-7pm
Oct. 28-Dec. 9 (No class Nov. 11)
Indian Valley Campus, Bldg. 15, Room 170
Fee $57
CRN# 85209

7 Wednesdays, 10:10am-11am
Oct. 30-Dec. 11
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85210

7 Wednesdays, 5:40pm-6:30pm
Oct. 30-Dec. 11
Kentfield Campus
Physical Education Center 22
Fee $68 (revised)
CRN# 85211

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 focuses 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.

MinJae Laws

FALL 1
7 Wednesdays, 11:10am-12noon
Sept. 4-Oct. 16
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85212

FALL 2
7 Wednesdays, 11:10am-12noon
Oct. 30-Dec. 11
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85213

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, is a Certified Qigong Instructor.

FALL 1
7 Fridays, 10:40–12noon
Sept. 6-Oct. 18
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 85080 EC

7 Tuesdays, 1:10–2:30pm
Sept. 3-Oct. 15
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 85081 EC

FALL 2
6 Fridays, 10:40–12noon
Nov. 1-Dec. 13 (No class Nov. 29)
Fee $58
Kentfield Campus
Physical Education Center 60
CRN# 85082 EC

7 Tuesdays, 1:10–2:30pm
Oct. 29-Dec. 10
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 85083 EC
ADVANCED WILD GOOSE QIGONG
Please see course description above. In this Advanced class, we will learn the second set of 64 movements of the Wild Goose series. 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
Kentfield Campus
Physical Education Center 60
FALL 1
7 Fridays, 12:40–2pm
Sept. 6–Oct. 18
Fee $66
CRN# 85084 EC

FALL 2
6 Fridays, 12:40–2pm
Nov. 1–Dec. 13 (No class Nov. 29)
Fee $58
CRN# 85085 EC

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
Indian Valley Campus, Bldg 15, Rm 170
FALL 1
7 Thursdays, 1:10–2:30pm
Sept. 5–Oct. 17
Fee $66
CRN# 85086 EC

FALL 2
6 Thursdays, 1:10–2:30pm
Oct. 31–Dec. 12 (No class Nov. 28)
Fee $58
CRN# 85087 EC

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.
Katherine Rolston
FALL 1
7 Mondays, 3:40–5pm
Sept. 9–Oct. 21
Kentfield Campus
Physical Education Center 22
Fee $59 (Includes $1 materials fee)
CRN# 85107 EC

7 Tuesdays, 10:45am–12:15pm
Sept. 3–Oct. 15
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85108 EC

FALL 2
6 Mondays, 3:40–5pm
Oct. 28–Dec. 9 (No class Nov. 11)
Kentfield Campus
Physical Education Center 22
Fee $54 (Includes $1 materials fee)
CRN# 85109 EC

7 Tuesdays, 10:45am–12:15pm
Oct. 22–Dec. 10 (No class Nov. 5)
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85110 EC

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 57.
ZUMBA®
Move to the hypnotic Latin rhythms of salsa, calypso, reggae, meringue, 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. Tom Mayock was a performing artist with El Teatro Danza Contemporanea De El Salvador (modern, indigenous and classical dance), attended Cornish College of the Arts, and has performed with ballet, jazz, and modern companies, and for film. He is Zumba®-certified, and his web page is www.tommayock.com.

7 Wednesdays, 7:10–8:30pm
Kentfield Campus
Physical Education Center 22
Fee $81 (Includes $1 materials fee)

FALL 1
Sept. 4–Oct. 16
CRN# 85214

FALL 2
Oct. 30–Dec. 11
CRN# 85215

ALSO OF INTEREST ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page 20.

ZUMBA® GOLD
Zumba® Gold is a fusion of international music, primarily Latin, and dance fitness that creates a dynamic, exciting, and effective total body workout specifically designed for active older adults or anyone beginning their journey to a fit and healthy lifestyle, and can be modified for individuals who use a chair. Zumba® Gold considers the needs of the older adult when developing choreography with a lower level of impact and intensity, but providing the same friendly dance party atmosphere as Zumba®. No dance experience necessary. Please wear comfortable clothing and shoes, bring water, and come prepared to have fun!

Zumba® Gold I is a beginning class.
Zumba® Gold II is an intermediate class for adults who have attended at least two sessions of Zumba® Gold I and are comfortable moving at a more challenging pace. Please e-mail the instructor at diana.scranton@marin.edu for more information.

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

Zumba® Gold I:

FALL 1
7 Tuesdays & 7 Thursdays, 2:40–3:30pm
Sept. 3–Oct. 17
Kentfield Campus
Physical Education Center 60
Fee $71
CRN# 85060 EC

7 Mondays & 7 Wednesdays, 3:40–4:30pm
Sept. 4–Oct. 21
Starts on a Wednesday
Ends on a Monday
Indian Valley Campus, Bldg 15, Rm 170
Fee $71
CRN# 85061 EC

FALL 2
7 Tuesdays & 6 Thursdays, 2:40–3:30pm
Oct. 29–Dec. 12 (No class Nov. 28)
Kentfield Campus
Physical Education Center 60
Fee $68
CRN# 85062 EC

6 Mondays & 7 Wednesdays, 3:40–4:30pm
Oct. 28–Dec. 11 (No class Nov. 11)
Indian Valley Campus, Bldg 15, Rm 170
Fee $68
CRN# 85063 EC

Zumba® Gold II:

FALL 1
7 Tuesdays & 7 Thursdays, 3:40–4:30pm
Sep. 3–Oct. 17
Kentfield Campus
Physical Education Center 60
Fee $71
CRN# 85064 EC

FALL 2
7 Tuesdays & 6 Thursdays, 3:40–4:30pm
Oct. 29–Dec. 12 (No class Nov. 28)
Kentfield Campus
Physical Education Center 60
Fee $68
CRN# 85065 EC
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.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 20 years. Hursey is certified by the American Teachers Association of Martial Arts and the American Aerobics and Fitness Association, as a group exercise instructor.

Kentfield Campus
Physical Education Center 60
Fee $124

FALL 1
7 Mondays & 7 Thursdays, 6:40–8pm
Sept. 9–Oct. 21
Ends on a Monday
CRN# 85216

FALL 2
6 Mondays & 7 Thursdays, 6:40–8pm
Oct. 28–Dec. 11 (No class Nov. 11)
Ends on a Monday
CRN# 85217

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 workout that builds strength and endurance and helps you to lose weight. Using boxing skills and drills, you increase your muscular and cardio endurance and engage your core. Both the upper and lower body are toned and strengthened. Exercises are tailored to student’s level of fitness. One-on-one training and style development as time allows. This class does not include contact.

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

Kentfield Campus
Physical Education Center 22
Fee $124

FALL 1
7 Tuesdays & 7 Thursdays, 6:40–8pm
Sept. 3–Oct. 17
CRN# 85252

FALL 2
7 Tuesdays & 7 Thursdays, 6:40–8pm
Oct. 22–Dec. 12 (No class Nov. 26 & 28)
CRN# 85253

JOY OF 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 inspires you to be your best, on and off the court.

Skill levels must be appropriate for the class. For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor before enrolling. The instructor may be reached by phone at 415.717.5446 or by e-mail at effortlesstennis@comcast.net.

Brent Zeller has been playing tennis for 43 years, teaching the game for 37 years, and has an extensive background in psychology, philosophy, and learning theory.

Kentfield Campus, Tennis Courts
Beginning
12 Tuesdays, 9:40–11am
Sept. 3–Nov. 19
Fee $179 (revised) (Includes $8 materials fee)
CRN# 85263
Intermediate 1
12 Thursdays, 9:40–11am
Sept. 5–Nov. 21
Fee $179 (revised) (Includes $8 materials fee)
CRN# 85264
Intermediate 2
12 Wednesdays, 9:10–11am
Sept. 4–Nov. 20
Fee $206 (revised) (Includes $8 materials fee)
CRN# 85265
STRENGTH, FLEXIBILITY, BALANCE, AND AGILITY TRAINING FOR ADULTS AND OLDER ADULTS

This beginner/intermediate class is designed for you to get stronger and more flexible along with improving your posture, balance, and response time. Starting with mat work that includes core exercises, we progress to standing strengthening exercises, then focus on balance and agility movements. 15 minutes of luxurious stretching finishes off the routine. Students leave feeling energized, strong, flexible, and relaxed.

If you are new to exercise or getting back into a routine, recovering from an injury or just want to work out with a group, this class is for you! The instructor helps individualize your routine based on special needs and/or injuries.

Betsy Best-Martini, MS (Recreational Therapy), SFA certified, is a rehab therapist with over 25 years of experience working with adults and older adults.

Kentfield Campus
7 Wednesdays & 7 Fridays, 7:30–9am
Physical Education Center 22
Fee $94

FALL 1
Sept. 4–Oct. 18
CRN# 85112 EC

FALL 2
Oct. 25–Dec. 13 (No class Nov. 29)
Begin on a Friday
CRN# 85113 EC

ADVANCED 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. This class provides sensible and safe exercises for improving your strength, cardio-respiratory endurance, flexibility, body composition, posture, and balance. The instructor, co-author of an internationally acclaimed fitness textbook, helps you with a personalized and independent fitness program to meet your individual needs and goals. This class is for advanced students; please contact the instructor at kjones@mycom.marin.edu before registering.

Kim Jones, MA (PE–Exercise Physiology), ACSM, SFA-certified
Jim Owens, SFA-certified
7 Tuesdays & 7 Thursdays, 7am–8:45am
Kentfield Campus
Physical Education Center 20 (7-8am);
Physical Education Center 23 (8-8:45am)
Fee $99

FALL 1
Sept. 3–Oct. 17
CRN# 85220 EC

FALL 2
Oct. 24–Dec. 12 (No class Nov. 28)
CRN# 85221 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 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 motion, 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.

Russell Robles
Fee $15

FALL 1
6 Mondays & 8 Wednesdays, 9:40–11am
7 Fridays, 10:40–12noon
Sept. 4–Oct. 23 (No class Mon. Oct. 21)
Starts on a Wednesday
Ends on a Wednesday
Kentfield Campus, Pool
CRN# 85222 EC

7 Tuesdays & 7 Thursdays, 9:10–10:30am
7 Fridays, 2:10–3:30pm
Sept. 4–Oct. 23
Indian Valley Campus, Bldg. 21 Pool
CRN# 85223 EC

FALL 2
6 Mondays & 7 Wednesdays, 9:40–11am
6 Fridays, 10:40–12noon
Oct. 28-Dec. 13 (No class Nov. 11 & 29)
Kentfield Campus, Pool
CRN# 85224 EC

7 Tuesdays & 6 Thursdays, 9:10–10:30am
6 Fridays, 2:10–3:30pm
Oct. 29-Dec. 13 (No class Nov. 28 & 29)
Indian Valley Campus, Bldg 21 Pool
CRN# 85225 EC
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 guides you through the design process and the technical steps required to transform fabrics and create one of a kind T-shirts and hoodies. Have fun experimenting with different fabric printing techniques and color applications. We’ll explore the possibilities of recycling old clothes and embellishing new ones.

A supplies list will be distributed and discussed at the first class meeting. Supplies may cost up to $46. 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 Mondays, 7:10–9pm
Sept. 9–Oct. 14
Kentfield Campus, Fine Arts Center 301
Fee $84
CRN# 85040

Writing

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.

6 Mondays, 1:10–3pm
Oct. 28–Dec. 9 (No class Nov. 11)
Kentfield Campus
Physical Education Center 91
Fee $65
CRN# 85041 EC

THE BEST LITTLE GRAMMAR CLASS EVER!
Do I use who or whom? Is it affect or effect? What do I do with a semicolon? This course has all the answers to the most common grammar questions and issues. Designed for professionals, job seekers, recent graduates, students, and anyone who would like to be more confident when writing and speaking, the course begins with the basics such as parts of speech, parts of a sentence, punctuation, and capitalization. Using fun quizzes, lectures, and class discussions, we will cover dead words, parallel structure, often-confused words, commonly misspelled and mispronounced words, and how to write paragraphs, letters, and reports.

Recommended text: The Best Little Grammar Book Ever! by Arlene Miller is available at the Bookstore on the Kentfield Campus.

Arlene Miller, MA, has taught for nine years and has over 20 years of experience as a writer and editor.

5 Thursdays, 6:10–7:30pm
Sept. 19–Oct. 17
Kentfield Campus
Physical Education Center 92
Fee $69 (includes $2 materials fee)
CRN# 85042

Mark Your Calendars
COMMUNITY ED PREVIEW DAYS
Kentfield Campus
Saturday, Aug 17, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Aug 10, 10:30am–12noon
Indian Valley Campus
Community Education, Bldg 7
• Find out our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
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 receives 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. He is the author of three books, and his work has been featured on NPR and in many anthologies.

The Redwoods
40 Camino Alto, Mill Valley

FALL 1
7 Mondays, 5:30–8:30pm
Sept. 9-Oct. 21
Fee $119
CRN# 85043 EC

FALL 2
6 Mondays, 5:30–8:30pm
Oct. 28-Dec. 9 (No class Nov. 11)
Fee $102
CRN# 85044 EC (revised)

WRITE ON! WORKSHOP:
CREATIVE WRITING THAT NURTURES WELL-BEING THROUGH SELF-EXPRESSION

We write to reveal ourselves to ourselves and to others. WRITE ON! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. Sensing, stretching, and breathing bring us into the moment. This creative learning and training process rekindles self-esteem, bringing us the confidence to lead a more effective life. While the focus of the workshops is not on writing techniques, students find their writing improves in depth and resonance.

Among the topics discussed are personal history, fictional derivatives of that history, loss, health/aging, birth/rebirth, the nature of love, and transitions. Constructive criticism has its place, but not in this class; here only positive reflections are shared.

Published poet Robert-Harry Rovin developed and has led WRITE ON! for nine years.

Kentfield Campus, Fine Arts 201

FALL 1
7 Saturdays, 2:10-4:30pm
Sept. 7-Oct. 19
Fee $69
CRN# 85045 EC

FALL 2
6 Saturdays, 2:10-4:30pm
Nov. 2-Dec. 14 (No class Nov. 30)
Fee $63
CRN# 85046 EC
THE POETIC PILGRIMAGE: WRITING POETRY AS SPIRITUAL PRACTICE

This Fall’s Theme: STARTING POINTS
As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. 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.

This fall, following the essential qualities of poetry, we will explore such Starting Points as: Gateways to Imagination, Finding What’s Deep and True, the Weird and Wonderful World of People, and the Mystery and Magic of Place. As always, we will practice the Art of Being Surprised by Our Own Poems, and we’ll read and write to our hearts’ content. All levels of writers welcome!

Co-taught by Prartho Sereno, MFA, whose award-winning poetry books include Causing a Stir and Call from Paris, and Catlyn Fendler, MFA (Poetry), MA (Interdisciplinary Consciousness Studies), published poet and non-fiction writer.

Kentfield Campus
Science/Math/Nursing Center 227

FALL 1
Starting Points: Poetry As Path
7 Tuesdays, 2:10–4:30pm
Sept. 3–Oct. 15
Fee $85 (Includes $2 materials fee)
CRN # 85047 EC

FALL 2
Starting Points: People and Place
7 Tuesdays, 2:10–4:30pm
Oct. 29–Dec. 10
Fee $85 (Includes $2 materials fee)
CRN# 85048 EC

NEW SATURDAY SPOTLIGHTS WITH PRARTHO
LISTENING IN: THE HEART OF REVISION

In this one-day workshop, we explore many vantage points for looking again at our poems. Many writers are either bored or frightened by the prospect of revising the spontaneous murmurings of their hearts, but this approach to re-visioning will take us even deeper into our hearts as we listen in on the poem itself to discover the clearest truth it has to tell. We will write a few poems at the start of class, but also bring 3 copies of 3 poems you want to revisit.

Prartho Sereno
Saturday, September 21, 9am-1pm
Kentfield Campus
Science/Math/Nursing Center 227
Fee $50 (Includes $15 materials fee)
CRN# 85049 EC

NEW SATURDAY SPOTLIGHTS WITH PRARTHO
THE PAINTED POEM

In this one-day workshop, we’ll explore the powers of both the written image and the wordless realms of color, texture and shape. Bring a poem or two you’d like to “illuminate,” and we’ll write a few more. In the end, you will have created a greeting card, a broadside, and a small folded piece; just in time for the giving season. No experience or supplies necessary; the workshop is designed to evoke such radiant poems they’ll almost paint themselves.

Prartho Sereno
Saturday, November 9, 9am-1pm
Kentfield Campus
Science/Math/Nursing Center 227
Fee $50 (Includes $15 materials fee)
CRN# 85050 EC
For More Information Call 415.485.9305

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.

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LIFELONG LEARNING
• Classes on physical fitness, art, music, writing, history, film appreciation and foreign languages. Phone 415.485.9305 for more information or to obtain the latest Community Ed. Schedule.

• $15 Membership comes with joining as many of the stimulating and sheer fun Clubs as you wish, or start your own club – see inside back cover for current listings.

• Receive your monthly Emeritus Newsletter full of the latest Emeritus buzz, where you can submit an article, a short story or see your paintings or photographs hang in the Emeritus Gallery.

• Attend the HOOKED ON MARIN Speaker Series where Marin comes alive and into full focus. Visit www.HookedonMarin.com for details.

LIFELONG DOING
• Serve on the ESCOM Council, or various Committees that suit your interests. Sharpen your writing skills by helping to shape and UPDATE our Active Lifelong Learners’ website. Emeritus is where you can Volunteer Your Skills, the ones you always wanted to see valued. Become a shaker and mover for your community when you join the Emeritus Program. Or just experience Emeritus for the joy of it.

LIFELONG FRIENDS

EMERITUS CENTER
Kentfield Campus: Students Services Building Room 146. Phone 415.485.9652
Indian Valley Campus: 415.457-8811 ext. 8322
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Emeritus Students
College of Marin (ESCOM)

A Student Organization for Marin’s Mature Adults
Join Emeritus Students of 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.

EMERITUS CENTERS
Kentfield Campus:
415.485.9652
Indian Valley Campus:
415.457.8811, ext. 8322

Please visit the Emeritus Center on the Kentfield Campus or 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.

JOIN EMERITUS For the Joy of it. Emeritus Students Activities Application

LAST NAME FIRST MIDDLE INITIAL

STREET ADDRESS

CITY STATE ZIP

PHONE NUMBER

EMAIL

☐ Female ☐ Male ☐ 55 or Over ☐ Under 55

PLEASE CHECK THE APPROPRIATE BOX

☐ New ☐ Renew

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 to the above address. Checks should be made out to ESCOM.
REGISTRATION INFORMATION

ESCOM Tuition Grants
The ESCOM Council awards tuition grants 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.

To be eligible for a Tuition Grant, you must have registered and paid all registration fees. Please call 415.485.9652 to request the 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 26.

Registration Information
REGISTRATION BEGINS
Monday, August 5
For more information, call 415.485.9305.

To Apply
New/Returning Students
If you have NOT enrolled in a Community Education, Noncredit or Credit class at College of Marin for one year or more, 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 Community Education Application. Complete and submit the application form online. All questions must be answered in order to process your application. Please allow up to five (5) working days for your application to be processed. New students will receive an email with their Username and temporary Password and may then logon to the MyCOM portal and register for classes. Returning students may use their existing Username and Password to register after their applications have been processed.

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. You can also print out the online form and bring it with you to pay in person.

To 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 tabs, including 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: Fall 2013 Community Ed. (Term must include words Community Ed.) Click Submit. The next screen will say Add or Drop and will give you 10 boxes in which 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.

Emeritus Council is Looking for Writers, Artists, Accountants, Desk Volunteers and People Who Want to Lead.
Call 415.485.9652
Become a Member. Join ESCOM.
Lifelong Learning
Lifelong Doing
Lifelong Friends
To Pay Registration Fees 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. Under My Courses, click where indicated 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.

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

Register by 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
Fax your registration to 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 Please see To Pay for Classes Online above.

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.

Materials and Special Fees
Materials fees cover the cost of supplies and duplicating distributed to students in class. Special fees cover additional costs and may include rental fees, other supplies, and in the case of computer classes, software licenses, computer replacement fund, and other equipment fees.

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 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.

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. Click on the Student tab and find the center box that says: My Courses. Under My Courses, click where indicated to view the classes in which you are now registered. Print this and attach your fee payment information.

Registration Forms
A registration form is at the center of this schedule. Additional forms may be photocopied 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.
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 recommend a textbook to students, that information will be included in the course description. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online at http://marin.bncollege.com (Note: Select “C ED” under Department).

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 (Mon.-Fri.) prior to the starting date of the class. For instance, if a class starts on a Monday, the refund request must be received in the Community Ed office by the end of Wednesday of the prior week. 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.

There is a $10 service fee for all processed refunds.

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 415.456.5065. 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) business days prior to the start date of the class. Refunds take approximately six (6) weeks to process.

Parking Information
Parking Permits are required all day for parking Monday through Friday. They are not required on Saturdays, Sundays, or holidays. You may purchase a permit for the day for $3 (subject to change) through Parking Permit dispensers located near the entrance to each lot. Or you may purchase a semester-length Parking Permit as described below. Except during summer, a semester encompasses two Community Ed quarters. 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.

Purchase Your Parking Permit Online
Fall 2013 Parking Permits are available now for online purchase only.
Please be advised that you must be enrolled for Fall 2013 classes in order to be eligible to purchase a student Parking Permit. A nominal processing fee of $3.50 applies to all online Parking Permit orders. Follow these easy steps:
• Click on the Parking Permit link in the Student Records Channel (bottom left corner of the portal page)
• Fill out the form & follow directions
• Print Temporary Parking Permit (paper)
You will receive your Term Parking Permit in the mail (decal). Please note: Discount for eligible financial aid students will be applied to online orders.
Directory

Community Education Main Office
415.485.9305

Intensive English Program
415.457.8811, ext. 8579

International Education Office
415.457.8811, ext. 7740

Admissions & Records Office
415.457.8811, ext. 8822

Emeritus Center, Kentfield
415.485.9652

Emeritus Center, Indian Valley Campus
415.457-8811, ext. 8322

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

Community Education

College of Marin Superintendent/President
David Wain Coon, Ed.D.

Executive Dean
Indian Valley Campus & Workforce Development
Nanda Schorske

COMMUNITY EDUCATION SERVICES STAFF

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The Community Education Schedule is published four times a year by College of Marin (a nonprofit organization), 835 College Ave., Kentfield, CA 94904-2590

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. College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

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

Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Dr. Armulfo Cedillo, SS Center, Rm. 254, 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

Admissions and Records
SS 254; 415.457.8811 ext. 8822
Assessment and Testing Office
SS 238; 415.485.9469
Bookstore
LC, First Floor; 415.485.9394
CalWORKs
LC 160; 415.485.9605
CalWORKs Employment Counseling
LC 31; 415.457.8811 ext. 7616
Campus Police
TB 1, Rm. 105; Lost and Found and other non-emergencies 415.485.9435
In case of emergency, dial 911
Child Development Center
AC 40; 415.485.9468
Counseling
SS 212; 415.485.9432 (appointments) 415.485.9431
Disabled Students Program and Services (DSPS)
LC 115; 415.485.9406
Distance Education Support Center (DESC)
LC 121; 415.457.8811 ext. 7953
Emeritus (ESCOM)
SS 146; 415.485.9652
English as a Second Language (ESL)
SC 137, Credit/Noncredit ESL; 415.485.9642
English Lab/Writing Center
LRC 120; 415.485.9609
Extended Opportunity Programs and Services (EOPS)
LC 160, 415.485.9605
Financial Aid
SS 236; 415.485.9409
Food Service
SS 1st Floor, Fresh & Natural Café; 415.456.7661
Health Center
HS; 415.485.9458
Instructional Technology, Distance Education
LC 126, 415.485.9540
Intercollegiate Athletics
PE 16; 415.485.9580
International Student Admissions
SS 254; 415.883.2211 ext. 7719
Job Placement
SS 206; 415.485.9410
Library
LC 2nd Floor; 415.485.9656
Math Lab
SMN 129; 415.485.9608
Media Center/Language Lab
LC 110, 415.485.9645
Outreach and School Relations
SS 232; 415.485.9663
Puente Program
SS 241; 415.485.9375
415.485.9432 counseling appointments
Single Stop
SS 124; 415.457.8811 ext. 7761
Student Affairs
SS 250; 415.485.9376
Student Ambassadors
(Campus Tours)
SS 232; 415.457.8811 ext. 7860
Transfer and Career Center
SS 202; 415.485.9671
Tutoring and Learning Center (TLC)
LC 160, 415.485.9620
Veterans Admissions Services
SS 254, 415.457.8811 ext. 7719

DIRECTIONS FROM HIGHWAY 101: Kentfield Campus, 835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight).

For Diamond Physical Education Center, Austin Science Center, Learning Resources Center (library and bookstore) and the Student Services Building (Admissions and Records), turn left on College Avenue. For Performing Arts Building (James Dunn Theatre and Fine Arts Gallery), Fine Arts Building, and Fusselman Hall, stay on Sir Francis Drake Blvd., turning left on Laurel Ave. Park in college parking lots.

For information about Parking Permits, please see page 59
Classes start Tuesday, Sept 3. Register early.

Indian Valley Campus Map

Indian Valley Campus, 1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit and continue on Ignacio Blvd. west (approx. two miles) to the Indian Valley Campus.

For Buildings 1, 2, 3, 4, 5, 6, 7 and 27 park in Lots 1 and 2.
For Fiscal Services, Buildings 8, 9, 10, 11, 12, 13, 14, 15, 16 and 17, park in Lots 3 and 4.
For Building 20, the pool, and the Organic Farm, park Lots 5 and 6.

For information about Parking Permits, please see page 59
MONDAY
Club: Bridge Club
When: Mondays, 1:00 to 4:30 p.m.
Where: Cafeteria, Kentfield
Contact: Lynn Mason, 456-2508.

Club: Great Minds of Western Philosophy Club
When: 1st and 3rd Mondays of month, 10:15 a.m. to 12:15 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Arlene Stark, 925-1214, arlenestark@att.net

Club: IVC Book Forum
When: 4th Monday of month, 3:00 to 5:00 p.m.
Where: Emeritus College, IVC campus
Contact: Louise Kerr, 883-2823, LRKerr210@gmail.com

TUESDAY
Club: Moral-Ethical & Legal Issues Roundtable
When: 1st and 3rd Tuesdays of month, 10:00 a.m. to 12 Noon
Where: Emeritus College, Kentfield Campus
Contact: Cole Posard, 491-4118, colemanposard@att.net

Club: Writer’s Workshop
When: 1st Tuesday of month, 1:00 to 4:00 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Shirley Pullan, 381-6952, shirlmv@comcast.net

Club: Bocce Ball
When: Tuesdays, 9:30 a.m.
Where: San Rafael courts
Contact: John Kouns, 332-5929

Club: Great Books Discussion Group
When: 2nd and 4th Tuesdays of month, 10:00 a.m. to 12 Noon
Where: Emeritus College, IVC campus
Contact: Don Polhemus, 883-3567, dondorpol@aol.com

WEDNESDAY
Club: Opera and Beyond Club
When: Last Wednesday of month, 1:00 to 3 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Gil Deane, 456-2853, gildeane@aol.com

Club: Current Events and Issues Club
When: 2nd and 4th Thursdays of month, 10:00 to 12 Noon
Contact: Jerry Weisman, 383-1831, gweisman@gmail.com;

Club: Scrabble Club
When: Every Thursday, 2:00 to 4:00 p.m.
Where: Cafeteria, Kentfield Campus
Contact: Marlene Knox, 459-1427, marlsteve@comcast.net

Club: Great Ideas in Philosophy Club
When: Every Thursday, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: L. Witter, 883-6889, LWitter@sonic.net

FRIDAY
Club: Book Banter Club
When: 2nd and 4th Fridays of month, 1:00 to 2:30 p.m.
Contact: Len Pullan 381-6952, lenpullan@comcast.net

Club: Global Issues Club
When: 3rd Friday of month, 2:00 to 4:00 p.m.
Where: Emeritus College, IVC campus
Contact: Colleen Rose 898-0131, colleenrose@juno.com

SATURDAY
Club: IVC Film Noir DVD Forum
When: 2nd and 4th Saturdays of month, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: Rudy Ramirez, 491-0522, ruramc@mac.com

Club: Humanities Club
When: 1st and 3rd Saturdays of month, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: Rudy Ramirez, 491-0522, ruramc@mac.com

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Sara Oser, IEP Coordinator
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