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Welcome to College of Marin Community Education, Lifelong Learning and International Education

COLLEGE OF MARIN

Youth Sports Camps

College of Marin Athletic Department, Community Education and the Tamalpais Union High School District have joined forces to offer a series of youth sports camps. Join COM Head Basketball Coach Dave Granucci and COM Head Baseball Coach Steve Berringer for an active, fun-filled, and educational summer.

Who: 8-13 year old boys and girls
Where: COM Kentfield Campus
When:
   Baseball Session 1: June 17-20 Session 2: June 24-27
   Basketball Session 1: June 24-27 Session 2: July 8-11

For more information/To Register: Go to www.marinlearn.com, or call 415.945.3730.
Questions: Call COM Athletic Department at 415.485.9580.
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## New for Spring 2013

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- Literary Life of France: 19th Century Pre-Romanticism and Romanticism ............ 30
- Petroglyphs and Miwok Cultural History .......................................................... 18
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### FEATURED CLASSES AT INDIAN VALLEY CAMPUS:

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- The Golden Age of San Francisco Rock: The Summer of Love ....................... 33
- Hands-on Fresh Cheeses: Ricotta, Paneer and Mascapone ................................ 20
- Hands-on Burrata ............................................................................................ 21
- World of Wines- Learning from Grape to Glass ............................................ 24

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**ON THE COVER: Maureen Cunnie** has been the lead cheesemaker at Cowgirl Creamery for over ten years and has served on the board of the California Artisan Cheese Guild as President and Co-Chair for Education Committee. The Artisan Cheesemaking Certificate Program at Indian Valley Campus trains beginning cheesemakers in the art and science of making artisan cheese. Through lectures and hands-on workshops with experienced cheese professionals, students gain the knowledge and skill needed to identify, evaluate, and produce artisan cheese. This program has been developed in collaboration with Cowgirl Creamery, the California Artisan Cheese Guild, and UC Cooperative Extension-Marin County.
Weekend Workshops
Invest in yourself and do something just for you on the weekend!

Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date shown below is the start date for the class. See page listed for more information.

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April 6
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How to Make Profit Finding Hidden Gold, Silver, and Platinum...................................................................................9
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How to Ask for Money: Fundraising 101 ....................................................................................................................19
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SPECIAL THANKS
We wish to acknowledge the following individuals for their commitment and support to Community Education, Emeritus College, and Emeritus Students College of Marin (ESCOM). Thanks for making a difference!

Gloria Aureguy  Valda Carter  Caroline Denicke
Joanne Devore  Genevieve Ginwala  Paul Gruner
Frisvilla Hanat  Maureen Hayes  Karen Hemmeter
Wes Huss  Oscar Klausenstock  Marlene Knox
Gloria Kopshever  Sue Lessin  Kaitlyn Lydell
Maureen Hayes  Gini Moore  Jim Moore
Karen Mermel  Georgann Pardee  Dick Park
Bev Munyon  Maureen Phillips  Don Polhemus
Marjie Park  Sue Lessin  Len Pullian
Cole Posard  Gini Moore  Ben Robinson
Bill Raffanti  Art Ravicz  Paul Tandler
Roz Seiden  Iris Tandler  Loretta Wolf Dawe
Barbara Tarasoff  Alicia Warcholski  Loretta Wolf Dawe
Art

ABSTRACT PAINTING
In a successful painting everything is integral... all the parts belong to the whole. If you remove an aspect or element you are removing its wholeness." Richard Diebenkorn
This course is designed for students of all experience levels who wish to strengthen their skills in abstract painting in any medium. Through lectures, demonstrations, discussions, critiques, and in class painting, we will deconstruct modern and contemporary themes as students work to develop a unique voice in their paintings. Topics include: materials, color theory, composition, depth, form, movement, and paint application.

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

Michael Azgour, MFA, is an exhibiting artist and art instructor.
6 Mondays, 6:10–10pm
Mar. 25-May 6 (No class Apr. 8)
Kentfield Campus, Fine Arts Center 301
Fee $158 (Includes $5 materials fee)
CRN# 35001

FIGURE PAINTING
This studio course is an opportunity to explore materials, color, composition, and agenda in any medium while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations, and critiques as interest dictates. You will work from undraped models every session and also have the option of working on your own projects from your own photos.

See Note regarding materials under Art heading above. Course includes critique.

Larry Bencich, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.

6 Saturdays, 9am–1pm
Mar. 30-May 11 (No class Apr. 13)
Extended class on May, 11, 9am-5:30pm
Kentfield Campus, Fine Arts Center 301
Fee $231 (Includes $53 models fee)
CRN# 35002

DRAW YOUR DOG – PAINT YOUR POOCH
Draw or paint your canine best friend. Express your love while learning valuable drawing and painting skills. You will learn how to capture expression and character, how to check and measure proportions, and how to get accurate shapes. Lectures and demos will include topics such as the creation of form through light and shadow and basic color theory. We will also discuss pencil and charcoal techniques.

Students will work from photos of their pets; please, do not bring your dog to class. Acrylic paint, especially ‘Open Acrylics’, watercolor, pastels, various pencils, and charcoal are all welcome at this class. Please, no oil paints or solvents. Bring whatever you may already have to the first class.

Diana Belenky, MFA, from the New York Academy of Art, has been teaching fine art for the past ten years. She has won the Posey Grant in Painting and exhibits in galleries.
7 Fridays, 2:10-5pm
Mar. 29-May 17 (No class Apr. 12)
Indian Valley Campus
Building 13, room 122
Fee $133
CRN# 35003

FREE
Tax Preparation
Visit Single Stop! All services are FREE.
They offer:
• Benefit Screenings
• Financial Advising
• Legal Advising
Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.
Monday – Friday from 10AM – 6PM Student Services Building Room 124
ART

ACRYLIC PAINTING LANDSCAPE PAINTING
Participants will learn how to use various brush techniques and to apply acrylic paint to produce finished art work on canvas. The students will receive guidance, demonstrations, and critiques on an ongoing basis. The subject matter for the first project will be landscapes of their own choice. There will be guidance on composition, color theory, perspective. How to render water, trees, ocean waves, grasses mood and the various subjects found in nature will also be discussed. The course is non-competitive and supportive in nature and will focus on the emotional experience and how a painter can discover his own personal style which can be a boon to developing new skills.  

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

Bernard Healey’s paintings of his beloved Marin County are viewable in a collection called Land, Water, Sky: The Art of Bernard Healey, now available in the Kentfield Campus Library.

6 Tuesdays, 10:40am-1:30pm  
Mar. 26-May 7 (No class Apr. 9)  
Kentfield Campus, Fine Arts Center 301  
Fee $116 (Includes $1 materials fee)  
CRN# 35165

WATERCOLOR BASICS AND BEYOND
A comprehensive class welcoming all skill levels. For those just starting out, the basics will be covered: color mixing, washes, wet-dry approaches — just handling the paint itself! More advanced students are welcome to bring in their own projects or to consult with the instructor for direction. We will work from studio still life and landscape. All subject matter welcome, including abstraction.

See Note regarding materials under Art heading above. Bring whatever watercolor supplies you may have to the first class.

Marty Meade  
6 Fridays, 10:10am-1pm  
Mar. 29-May 10 (No class Apr. 12)  
San Geronimo Valley Community Center 6350 Sir Francis Drake Blvd.  
San Geronimo  
Fee $98 (Includes $16 special fee)  
CRN# 35006 EC

Nancy Johnson  
7 Saturdays, 10:10am-1pm  
Mar. 30-May 18 (No class Apr. 13)  
Kentfield Campus, Fine Arts Center 215  
Fee $89  
CRN# 35007 EC

THE FLOW OF WATERCOLOR: LANDSCAPE FROM REAL LIFE, PHOTOS, IMAGINATION AND MEMORY
When artists emphasize emotion first, technique second, the process is guaranteed to be gratifying. Letting go of producing great results usually yields great paintings. I will teach some landscape techniques for ethereal, graphic and calligraphic modes of expression, though your main objective will be to develop your own techniques as you express your emotional response to the landscape. Bring a few small photos to the first class and get ready to wean from your reliance on photographs as the course progresses. As your imagination and memory develop, so will your amazing paintings!

All levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

Julie Cohn has been an exhibiting painter and teacher for over 25 years.

6 Fridays, 1:10-4pm  
Mar. 29-May 10 (No class Apr. 12)  
Kentfield Campus, Fine Arts 215  
Fee $116  
CRN# 35005

CHALK PASTEL PAINTING
Chalk pastels are used to create densely layered paintings, delicate drawings, spontaneous sketches, and all the possibilities in-between. This quarter will concentrate on pastels as a painting medium – using the chalks in a variety of ways to achieve painterly results. Included will be basic information on materials, techniques, color theory, and composition. Emphasis is on individual exploration and experimentation for expressive potential. 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.

6 Fridays, 1:10-4pm  
Mar. 29-May 10 (No class Apr. 12)  
Kentfield Campus, Fine Arts 215  
Fee $116  
CRN# 35005

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Fee $116 (Includes $1 materials fee)  
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Mar. 29-May 10 (No class Apr. 12)  
Kentfield Campus, Fine Arts 215  
Fee $116  
CRN# 35005

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

THE FLOW OF WATERCOLOR: LANDSCAPE FROM REAL LIFE, PHOTOS, IMAGINATION AND MEMORY
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All levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

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Fee $116  
CRN# 35005

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Fee $116  
CRN# 35005

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

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All levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

Julie Cohn has been an exhibiting painter and teacher for over 25 years.
**DRAWING IN COLOR AND MIXED MEDIA DRAWING**

This class is for both beginners and experienced artists combining the discipline of drawing with the experimental mixing of media. Students are invited to work with the media that they most wish to explore including pastels, oil paint, pencil, charcoal, any material is acceptable. We have a number of still life setups for the students to work from to help them develop skills in composition and perspective, the applications of light, shade, texture, and scale. The Instructors emphasis is on helping students explore and create in their chosen media.

This class will help you build a strong portfolio. It is also an excellent class for those who have never painted or drawn before! Individual instruction will be given as time allows. Bring any drawing art supplies you may already have to the first class. Materials will be discussed in class. For more information go to www.alisonhathaway.com

Alison Hathaway is an exhibiting artist with 20 years teaching experience in art schools colleges and universities in London and Wales.

7 Mondays, 5:10-8:30pm
Mar. 25-May 13 (No class Apr. 8)
Indian Valley Campus, Bldg. 13, Rm 122
Fee $163 (Includes $7 materials fee)
CRN# 35146

**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. Whether you're a beginner or an experienced artist, this class will guide you 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. Experiment with using different surfaces and discover how to combine it with painting media, such as acrylic and even oil. We'll review work by collage's major proponents, from Picasso and Rauschenberg to contemporaries like Hugh Leeman and Swoon. 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
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Fine Arts Center 312
Fee $113
CRN# 35008

**THE HISTORY OF FASHION**

In this class we will take a look at 5000 years of fashion history, from the fig leaf to the latest trends. Using slide shows, discussion, literature and real garments, we will review global costume timelines, consider the impact of culture and geography on dress styles and look in depth at the history of western costume. Slide shows will include costumes and textiles of the Victoria and Albert Museum in London, current international designer collections, and the costumes of ‘Historical’ movies. We’ll discuss the many ways that fashion serves more than a practical function. You will be encouraged to research a particular fashion era, and share your findings with the class.

Stephanie Jucker, MFA
7 Thursdays, 7:10-9pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Science Center 137
Fee $89 (Includes $1 materials fee)
CRN# 35009

**ALSO OF INTEREST ...**

**T-SHIRT DESIGN**

See page pp. 44.
WATER MEDIA PAINTING: EXPRESSIVE WATERCOLOR AND FLUID ACRYLIC TECHNIQUES

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

Renew your art spirit with wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color, brushwork, compositional energy, atmospheric and textural effects, edge tinting, visual awareness, and the use of inks and mediums. Innovative teaching methods will build self-confidence and skill whether your work moves in realistic or abstract directions. Focus on transparency, spontaneity, improvisation, iconography and visual balance. Continuing students welcome.

Please bring watercolor supplies to first class or email 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 with special training in transformative arts.

6 Wednesdays, 6:10–9:30pm
Apr. 3-May 15 (No class Apr. 10)
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 35010

HANDMADE ART BOOKS

This class is an introduction to the versatile and tactile world of handmade art books. Using your own art, photo collection, or collage/montage, you will learn how to make a variety of handmade books, from simple to sophisticated. We will cover: design principles; organizing, folding, and binding techniques; how to choose suitable paper; imposition techniques; decoration and handmade art embellishment techniques. You will leave class with something to carry home each week and will end class with a variety of unique art books of your own making and design.

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

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

Apr. 6-May 18 (No class Apr. 13)
Kentfield Campus, Fine Arts Center 312
Fee $127 (Includes $35 materials fee)

Beginners
6 Saturdays, 10:10am-1pm
CRN# 35011

Beginners Plus/Intermediate
6 Saturdays, 2:10-5pm
CRN# 35157

JEWELRY AND METALSMITHING

The beginners/beginners plus class will focus on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor.

The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student’s personal design ideas. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques.

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

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

Kentfield Campus, Fine Arts Center 123
Fee $138 (Includes $25 materials fee)

Beginners/Beginners Plus
7 Tuesdays, 7-10pm
Mar. 26- May 14 (No class Apr. 9)
CRN# 35012

Intermediate/Advanced
7 Wednesdays, 7-10pm
Mar. 27-May 15 (No class Apr. 10)
CRN# 35013
The Art of Islam: From The Dome of the Rock to the Taj Mahal

To understand what Islamic art is and is not, we must learn to look closely and what to look for. We will address the formal elements of color, line, space and composition, but perhaps more importantly we will try to determine the significance of the subject depicted or, in many cases, not depicted, and why. We will examine the changes in style over the past 1000 years from the death of the Prophet until the Fall of the Ottoman empire.

Kerrin Meis, MA (Art History)
7 Fridays, 2:10pm–4pm
Apr. 5–May 24 (No class Apr. 12)
Kentfield Campus, Fine Arts Center 101
Fee $69 (Includes $1 materials fee)
CRN# 35151 EC

Business

Internet Marketing Strategies

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

- Strategic marketing online and how it has changed over the last ten years
- The importance of market research and where to begin
- How branding gets mixed into an online strategy
- Fundamentals of search engine marketing
- Social Media: Twitter, Facebook, LinkedIn, YouTube, blogs, email marketing, etc.

The class will be conducted with a large screen display.

Martha Lee, MBA, is a web strategist with ten plus years of experience in the online marketplace.
7 Thursdays, 6:10–8pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus
Learning Resources Center 53
Fee $89
CRN# 35014

Small Business

How to Make Profit Finding Hidden Gold, Silver, and Platinum

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

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

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

Hank Friedman, alumnus of Gemological Institute of America, offers information, advice, and tips from his 30 years of experience buying in the field and selling for profit.
Saturday, 9am–1pm
April 6
Kentfield Campus, Portable Village 5A
Fee $78 (Includes $30 materials fee)
CRN# 35140
Professional Development

DARE TO CREATE ‘WHAT’S NEXT!’

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

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

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

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

Saturday, 10am–4pm
Apr. 6
Kentfield Campus, Fine Arts Center 101
Fee $89 (Includes $2 materials fee)
CRN# 35022

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 49.

TEXTBOOKS FOR COMPUTER CLASSES

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

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

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

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

2010 Excel Expert! ............................................. 13
Computer Fundamentals ..................................... 11
Computer Not Working? Diagnose and Solve Common Computer Problems.....11
Dreamweaver CS5.5, Intro & Interm............. 15
Excel 2010, Intro & Interm ................................. 12, 13
Illustrator CS5.5, Intro & Interm ..................... 16
InDesign CS5.5, Intro & Interm .......................... 16
iPhone/iPod Touch/iPad Apps, Intro............. 15
Macintosh, Intro & Interm ................................. 11
PowerPoint 2010, Intro & Interm ..................... 13
QuickBooks Pro 2011, Intro & Interm ............. 14
Social Media 101............................................. 14
Word 2010, Intro and Interm............................ 12
Intro to Windows............................................ 12
COMPUTER FUNDAMENTALS
This is an introduction to the PC for the first-time computer users and is designed to reduce feelings of intimidation. We will teach you how to turn on the computer and the first steps to Touch Typing; how to hold, move, and click the mouse; computer hardware identification; open a window; launch a Windows program; start an Internet browser to access several websites; and how to turn the computer off.
We will 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 will 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
Mar. 25 & Apr. 1
Indian Valley Campus, Bldg. 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 35110

COMPUTER NOT WORKING?
DIAGNOSE AND SOLVE
COMMON COMPUTER PROBLEMS

Bring your Personal Computer (PC) problems to class and be rewarded with answers to those questions. You will also benefit from answers to problems from the other students. Some typical problems are: How do I start my computer when it freezes? What do I do to keep my PC safe from spyware? What is going on when I click on a program and nothing happens? What is wrong when I turn on the power and nothing shows on the screen?

Find out what to do when your PC fails. You will learn how to troubleshoot your PC, your Windows OS, and your PC applications. Learn how to use the Internet to answer computer questions. Learn how to use the computer to do its own repairs.

Some of you have made discoveries about your PC. Bring these to class and share them with us.

We will demonstrate during class, as many discoveries, questions and answers as time permits.

You will be invited to email questions and problems to the instructor for several weeks after class. We will email the answers to all of those who volunteer their email addresses.

Levi Allen
2 Mondays, 9am-12noon
Apr. 29 & May 6
Indian Valley Campus, Bldg. 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 35111

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 will 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.

Steve Salzman
3 Tuesdays, 7–10pm
Mar 26-Apr 16 (No class Apr. 9)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35112

INTERMEDIATE MACINTOSH

This course will take you to the next level of Mac usage. We will 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.

Steve Salzman
3 Tuesdays, 7–10pm
Apr. 23-May 7
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35113
INTRODUCTION TO WORD 2010
If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text. This course uses the Windows Operating System.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Mar. 27-Apr. 17 (No class Apr. 10)
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35114

INTERMEDIATE WORD 2010
This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Apr. 24-May 8
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35115

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
Apr. 15-Apr. 29
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35116

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 will learn the basics of creating, modifying, formatting, and printing worksheets. In addition, you will 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.
Levi Allen
3 Mondays, 6–9pm
Mar. 25-Apr. 15 (No class Apr. 8)
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35117
INTERMEDIATE EXCEL 2010
In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.
This class builds upon skills that are learned in Intro. to Excel 2010.
Susan Henning
2 Saturdays, 9am-12noon
Apr. 27-May 4
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35118

2010 EXCEL EXPERT!
Become an Excel expert! The techniques you will learn include: importing data, creating a database query, data validation, pivot tables, using the ‘What If’ data analysis tools, nesting functions, using the LOOKUP function, Goal Seek and Solver tools, Macros, and how to work with the Scenario Manager.
This course builds upon techniques presented in the Intermediate Excel 2010.
Susan Henning
Saturday, 9am-4pm
May 11
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35119

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, Mar. 30 & Apr. 6
Mar. 30: 9am-4pm
Apr. 6: 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35120

Please see information regarding Textbooks for Computer Classes on page 10.

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 2010.
Susan Henning
2 Saturdays, Apr. 6 & Apr. 20
Apr. 6: 1-4pm
Apr. 20: 9am-4pm
Indian Valley Campus, Bldg. 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35121
INTRODUCTION TO QUICKBOOKS PRO 2011
In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials. All QuickBooks material is taught with an emphasis on best practices in accounting.

Recommended text: Intuit QuickBooks Pro 2011 Student Guide-ISBN# 978-1-57338-112-3. Textbook can be purchased by calling Intuit at 866-570-3843 or e-mail at education@intuit.com. The textbook will be used for both the Intro and Intermediate classes and is available at the Kentfield Campus Bookstore.

Pamela Lyons
Indian Valley Campus, Bldg. 7, Rm 192
Fee $149
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Mar. 26-Apr. 16 (No class Apr.9)
CRN# 35122
3 Thursdays, 1–4pm
Mar. 28-Apr. 18 (No class Apr. 11)
CRN# 35123

INTERMEDIATE QUICKBOOKS PRO 2011
We will build on skills learned in the introductory class and take QuickBooks to the next level. You will learn payroll, inventory and sales tax and how to: track time for your services; process payroll; perform year-end payroll functions; setup and track sales tax to enable QuickBooks to pay your sales tax; inventory setup, purchase orders, and adjustments to inventory; data management of files, including backup procedures; reports and financial analysis.

This class builds upon skills that are learned in Intro. to QuickBooks Pro 2011. We highly recommend completing the Introduction before taking the Intermediate class.

Please see information regarding textbook in course listing above.

Pamela Lyons
Indian Valley Campus, Bldg. 7, Rm 192
Fee $149
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Apr. 23-May 7
CRN# 35124
3 Thursdays, 1–4pm
Apr. 25-May 9
CRN# 35125

SOCIAL MEDIA 101
Do you want to catch up with old friends or long-lost family? Wish you knew what a tweet was? This course will give you an overview of the most popular social networking sites, including Facebook, Twitter, YouTube, LinkedIn, Pinterest, and Blogging. Learn how to build your personal profile, upload family photos, and connect with colleagues and friends. We want you to succeed in this course and recommend that you be familiar with a computer and internet browser before enrolling.

• Facebook: Profile set-up, upload pictures, learn to navigate the site and talk briefly about privacy settings and preferences
• Twitter: An introduction to the microblogging service with examples of how individuals use it, including demystifying terms like and retweet
• YouTube: The basics on uploading and sharing videos
• Blogs: An introduction to blogs and blogging platforms
• LinkedIn: Includes the basics of LinkedIn’s functionality and a discussion on making and accepting connection requests
• Pinterest: Learn how to “pin” images, videos, and other objects to pinboards in this social photo-sharing website
INTRODUCTION TO
PHONE/IPOD TOUCH/ IPAD APPS
Transform your iPhone, iPod or iPad into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this class, we will view applications from the Apps Store: Some of the categories are Books, Business, Education, Entertainment, Finance, Games, Healthcare, and Fitness, Lifestyle, Medical, Music, Navigation, News, Photography, Productivity, Reference, Social Networking, Sports, Travel, and Utilities. We will also look at iTunes U with the large number of free audio and video courses from the leading colleges and universities around the world. All course material can be loaded and viewed on the iPhone/iPod Touch, iPad.
There will be plenty of time for Q&A. Bring your iPhone, iPad, or iPod Touch to class. You will receive a disc with links to iTunes Apps.
Steve Salzman
3 Saturdays, 1–4pm
Apr. 27–May 11
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35127

INTRODUCTION TO DREAMWEAVER CS5.5
This course introduces you to the fundamentals of the leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images, and using dynamic media files. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.
Steve Salzman
3 Wednesdays, 7–10pm
Mar. 27-Apr. 17 (No class Apr.10)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35128

INTERMEDIATE DREAMWEAVER CS5.5
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.
This class builds upon skills that are learned in Intro. to Dreamweaver.
Steve Salzman
3 Wednesdays, 7–10pm
Apr. 24-May 8
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35129

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.
2 Wednesdays, 6-9pm
May 15 & 22
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35126
Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.
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 ebooks.

Lynda Banks
3 Thursdays, 6:30–9:30pm
Mar. 28-Apr. 18 (No class Apr. 11)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35130

INTERMEDIATE INDESIGN
You will 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 your document 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
Apr. 25-May 9
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35131

INTRODUCTION TO ILLUSTRATOR CS6
In this course you will 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, Mar. 29 & Apr. 5
Mar. 29, 9am-4pm
Apr. 5, 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35132

INTERMEDIATE ILLUSTRATOR CS6
We will 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, Apr. 19 & 26
Apr.19, 9am-4pm
Apr. 26, 9am-12noon
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35133

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.
The solar system formed very rapidly from a molecular cloud in space contracting into a star and planetary system within ~ 20 million years. During the 4.3 billion years that followed, there was not so much as a glimmer of the future California. How then and from where has today’s California been assembled during the past 300 million years? To answer that question requires travel from the surprising origin of the solar system to the early earth and moon’s cataclysmic formation, to the subsequent mixing and sorting of the planet’s crust and mantle heavily dependent upon water and finally to the tectonics that built the state’s present geology and landforms. California today exhibits areas that at once are complex but comprehensible, chaotic and predictable and robust but fragile. Join us in this class of discovery.

Pre-solar system meteorites, minerals, rocks and fossil samples combined with diagrams, charts and maps enhance the California story.

Rolf Ursin-Smith, M.S. (Geology)
7 Thursdays, 1:10-3pm
Mar. 28-May 16 (No class April 11)
Kentfield Campus, Science Center 137
Fee $74 (Includes $5 materials fee)
CRN# 35023 EC

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 is scheduled for Big Time on July 20, 2013.

With the exception of the required class, Overview of California Indian Culture and History, which will be offered twice, each class will be offered once during the academic year 2012-2013. Classes will be listed in the Community Education class schedules which come out four times a year on the same dates as the registration dates listed below. The class schedule as it is confirmed will also appear 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)
• California Basketweaving with Lucy and Julia Parker
• California Indian Baskets
• Indigenous Cultural Practices
• Introduction to Paleo Technology
• Introductory Flintknapping
• Petroglyphs and Introduction to Coast Miwok Cultural History
• Present State of Tribal Affairs
• Weaving a Pomo Style Coiled Willow and Sedge Basket

Registration
Register with College of Marin. Go to www.marin.edu/CommunityEducation or see pp 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 start dates for future quarters follow: Spring Quarter 2013 — Feb. 25; and Summer Quarter 2013 — May 13. These are the same dates that the Community Ed schedule for each quarter becomes available. Put them on your calendar!
NEW PETROGLYPHS AND MIWOK CULTURAL HISTORY
This will be a guided Field Trip to the ancient petroglyph site on Ring Mountain in Tiburon, Marin County and how it was saved from development. We’ll discuss the geography and geology of this area and learn to identify typical rock formations associated with petroglyphs. We’ll consider the possible interpretations and purposes of these sites. As we hike up the mountain, we’ll develop an appreciation for the variety of local plants and animals that were utilized by Native Californians. And, we’ll consider the history and culture of the Miwok people who lived here, including Chief Marin for whom the County was named.

Betty Georke has taught anthropology and archeology at the College of Marin for over thirty years. She has conducted archaeological fieldwork in California, Colorado, Greece, Holland, Kenya and India. In 2007 she published Chief Marin: Leader, Rebel and Legend: A History of Marin County’s Namesake And His People, which has been widely acclaimed as the authoritative biography of this pivotal individual in Miwok culture and history. See: www.heydaybooks.com

Saturday, 9am-4pm
May 18
Ring Mountain in Tiburon, Marin County
Fee $99 (Includes $10 materials fee)
CRN# 35156

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 runs from 7 to 8 p.m. and is followed by 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 Fridays, 7–8pm
(Optional, guided Practica: 8-10pm)
May 3-24
Alma del Tango Studio
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 35017

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

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

7 Thursdays, 7:10–8:30pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 35018

INTERNATIONAL FOLK DANCE
Come learn dances from all over the world including Serbia, Turkey, Rumania, Armenia, Bulgaria, Russia, 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
6 Wednesdays, 2:10–3:30pm
Mar. 27-May 8 (No class Apr. 10)
Kentfield Campus
Physical Education Center 22
Fee $56
CRN# 35016 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 Carribean Islands. These movement styles blend music, dance, and exercise to promote health and well-being. The warmup will consist of the Tai Chi-like stretching exercises of Capoeira and then move into the aerobic Samba circle dance. Class will be accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiros (tambourines).

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

7 Mondays, 7:10–8:30pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 35019

Film Appreciation
THE FIFTH ANNUAL: IN SPRING EVERYONE’S FANCY TURNS TO LOVE FESTIVAL
Love may not be “all we need”, but a life devoid of love—of parents, siblings, lovers, friends or God—is a life in great peril. We create thousands of films examining it. We look for love, we grieve when we lose it, we bask in its warmth when we have it, it is our life line in shaky times. Three films for this session are: Talk to Her/Habla con Ella (2002), The Dresser (1983), and Elegy (2008).

Sureesa Dundes, MFA (Theatre), M.A. (Education), has worked as a Literary Manager, director, and designer in films, video, and theatre.

7 Thursdays, 2:10–5pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Science Center 101
Fee $94 (Includes $1 special fee)
CRN# 35107 EC

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

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

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

2 Saturdays, 10am–5pm
May 11 & 18
Kentfield Campus
Science Center 137
Fee $99 (Includes $2 materials fee)
CRN # 35147

Financial Planning
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—How to Ask for Money: Fundraising 101 will remove the mystique and examine the fear of why we are afraid to ask for money.

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

Janet Benjamin.
Saturday, Apr. 6, 10am-4pm
Kentfield Campus, Science Center 137
Fee $59
CRN# 35033

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
WISE UP: FINANCIAL EDUCATION FOR WOMEN
This course is a financial education program for women. This course will help women gain the knowledge, skills, and confidence they need to move their financial lives forward. Each week students will go through basic information on each module, discuss case studies, and leave with actions plans to begin their own planning. There are eight modules. They are:

- Money for Life
- Money Math
- Money Basics
- Credit in A Money World
- Savings Basics
- Insurance and Risk Management
- Becoming An Investor
- 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.

6 Wednesdays, 7:10–8pm
Mar. 27-May 8 (No class on Apr. 10)
Last class Wednesday May 8, 7:10-9pm
Kentfield Campus, Learning Resource Center 53
Fee $99 (Includes $8 materials fee)
CRN# 35021

FREE Tax Preparation
Visit Single Stop! All services are FREE.
They offer:
- Benefit Screenings
- Financial Advising
- Legal Advising

Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124

Foods/Wine/Artisan Cheesemaking
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 with whey, the basic cheese starter, and 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.

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 cheese making process. Sacha also teaches cheesemaking classes at the Sacramento 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.

NEW AT IVC HANDS-ON FRESH CHEESES: RICOTTA, PANEER AND MascAPONE
This is an action packed cheese class where you will not only learn to make 3 very different cheeses, ricotta, mascapone and paneer, using different milks and acidifiers for each one, but will transform your fresh cheeses into gourmet savory appetizers and desserts. Join Winters Cheese cheesemaker Sacha Laurin for this exciting and creative cheesemaking class.

Sacha Laurin
Wednesday, 6:10–9pm
Apr. 17
Indian Valley Campus, Bldg. 3, Rm 154
Fee $145 (Includes $35 materials fee)
CRN# 35024
HANDS-ON MARINATED FETA
Feta is a delicious, versatile, fresh cheese that can be made from sheep, goat or cow's milk. In this three-hour class, you will learn to make your own cow’s milk feta, and marinate it with your choice of herbs, peppers, garlic, olives, and sundried tomatoes. Homemade feta is immediately enjoyable the next day, and it keeps in olive oil for months. Feta makes almost anything tastier. Crumble it over salad or pasta. Fold it into scrambled eggs or put it in an omelet. On a pizza? Yes! Sprinkled on grilled vegetables? Absolutely! In a milkshake? No. Just testing you. Join us for this fun and rewarding class!

Sacha Laurin
Wednesday, 6:10–9pm
Apr. 24
Indian Valley Campus, Bldg. 3, Rm 154
Fee $83 (Includes $4 materials fee)
CRN# 35025

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’s whole 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 the cheese in class! Being able to create your own Mozzarella is an ace up anybody’s sleeve! Join cheesemaker and instructor Sacha Laurin for this invaluable and fun class!

Sacha Laurin
Wednesday, 6:10–9pm
May 1
Indian Valley Campus, Bldg. 3, Rm 154
Fee $84 (Includes $5 materials fee)
CRN# 35026

NEW AT IVC HANDS-ON BURRATA
This class builds on the skills of mozzarella making and takes it to another level. Completion of the Hands-On Mozzarella class is recommended but not required. We will be making burrata from Straus Family Creamery milk, understanding protein elongation and pasta filata cheeses, and creating delicious burrata filled with our own stracciatella and cream.

Sacha Laurin
Wednesday, 6:10–9pm
May 8
Indian Valley Campus, Bldg. 3, Rm 154
Fee $165 (Includes $45 materials fee)
CRN# 35027

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

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

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

It is highly recommended that students with no background knowledge in food science, microbiology, or chemistry prior to taking the classes start the program with A Full Introduction to Artisan Cheese and Its Traditions. It is also recommended that Hygiene and Food Safety be taken with or prior to Principles of Cheesemaking. Go to www.marin.edu/CommunityEducation for upcoming courses.

Commercial cheesemakers and students with a professional background in food science do not need to follow any sequence in order to complete this certificate program. Additionally, prior cheesemaking experience will be extremely valuable to the understanding of the process.
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 and California State Fair competitions. Currently she is on the board of the California Artisan Cheese Guild, guest lecturer at School of Restaurant Hospitality, City College of San Francisco, and regular instructor at the Cheese School of San Francisco.

4 Mondays, 6:10–9pm
Apr. 1-29 (No class Apr. 8)
Indian Valley Campus, Bldg. 3, Rm 154
Fee $253 (Includes $83 materials fee)
CRN# 35028

BASIC STARTER CULTURES FOR CHEESE AND FERMENTED MILKS

This class will introduce the basic science of cheese and fermented milk starter cultures to novice and experienced cheesemakers. Topics cover basic starter microbiology, terminology, propagation, and application as it refers to daily cheesemaking. Learn more about what starter cultures are and the role they play in the fermentation of milk. This course will focus on the application of specific cultures for specific styles of cheese, allowing you to develop new cheese styles or perfect current cheese recipes.

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

Thursday, 8am–4pm
April 18
Indian Valley Campus, Bldg. 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 35148

CHEESE CHEMISTRY

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

David Potter
Friday, 8am–4pm
April 19
Indian Valley Campus, Bldg. 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 35149

FREE Tax Preparation

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- Legal Advising

Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124
MILK TYPES AND QUALITY
What are the types of milk? How do we define quality and why does it matter? Starting with a brief review of microbiology as it relates to milk quality, the class will identify parameters that constitute milk quality and why quality is important in cheese manufacturing. The class will focus on characteristics of milk components and differences in animal breeds. Variations due to lactation and feeding will be covered as well as how milk storage and heat treatment affect milk, flavor, and cheese production. We will also discuss milk safety.

Bring a bag lunch. We will break for an hour.

Amy M. Lammert, PhD, is an Assistant Professor in the Dairy Science Department at California Polytechnic State University, San Luis Obispo.

Friday, 8am–4pm
Indian Valley Campus, Bldg. 3, Rm 154
Fee $199 (Includes $46 materials fee)
CRN# 35029

HYGIENE AND FOOD SAFETY IN CHEESEMAKING
This four-hour course will explore hazards of a biological nature which are capable of causing food borne illnesses if present in cheese. Not only will these hazards be identified, but their source and control during the process of cheese production will be explored. Topics to address the control of these hazards will include good manufacturing practices, cleaning and sanitizing issues, and temperature (i.e., heat treatment). Physical and chemical hazards in cheese will also be addressed with emphasis on the identification and eradication of potential sources of physical and chemical hazards.


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

Friday, 8:30am–12:30pm
Apr. 5
Indian Valley Campus, Bldg 3, Rm 154
Fee $99
CRN# 35150

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

A catered lunch will be provided both days.

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

Krysta Kasternak is has worked for Cowgirl Creamery in Point Reyes for the past six years, first as a Cheesemonger, working the front lines educating the public about artisan cheeses, and currently as the Lead Cheesemaker at the Pt. Reyes Creamery.

Thursday & Friday, 8am–4pm
May 9 & 10
Indian Valley Campus, Bldg. 3, Rm 154
Fee $372
(Includes $191 special/materials fee)
CRN# 35030
WORLD OF WINES - LEARNING FROM GRAPE TO GLASS

Wine goes back thousands of years in human culture, but have you ever wanted to learn more about it? This course will look at the history, regions and culture of wine. Topics include:

- Winemaking processes
- Wine evaluation and tasting
- History of Wine
- Major types of wines (white, red, sparkling and dessert)
- Vineyard principles and practices
- Food & Wine Pairings, and more!

This class will take you on the world wide journey of wine, be informative, and, most of all, fun! 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.

7 Thursdays, 6:40-9pm
Mar. 28-May 16 (No class Apr. 11)
Indian Valley Campus, Bldg. 3, Rm 152
Fee $133 (includes $42 materials fee)
CRN# 35031

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
Apr. 20-May 4
Indian Valley Campus, Bldg. 27, Rm 224
Fee $507 (Includes $175 materials fee)
CRN# 35152

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. Participants will learn about microorganisms and pathogenic organisms. Participants will be able to identify methods of disease transmission and how to prevent cross-contamination in a dental setting. Participants will learn the difference between sterilization and disinfection as well as how to process contaminated dental instruments and operate various types of sterilizers. Hazard Communication Management will also be 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, 8:30am-5pm
May 11
Indian Valley Campus, Bldg. 27, Rm 224
Fee $112 (Includes $30 materials fee)
CRN# 35154

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
May 17 & 18
Indian Valley Campus, Bldg. 27, Rm 224
Fee $279 (Includes $60 materials fee)
CRN# 35153

THE HISTORY OF THE BYZANTINE EMPIRE

The famous British travel writer and hellenist Robert Byron once said that the Byzantine empire was “a fusion between a roman body, a greek mind, and an oriental soul”.

In this class we will explore the rich history of the Byzantine Empire with all its legendary, colorful and mysterious background. We will discuss the creation of Constantinople by Emperor Constantine and the implementation of Christianity; we will discuss the reign of Justinian and Empress Theodora; the Barbarian invasions, the Iconoclasm controversies; the East-West Religious Schism; we will continue with the period of the Crusades and describe the “sack of Constantinople by the leaders and soldiers of the 4th Crusade”; the wars with the Seljuk Turks; and we will end our course with the conquest of Constantinople in 1453 by the Ottoman Turks.

Erika Harkins, MA
7 Mondays, 2:10–4pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus, Fine Arts Center 101
Fee $69 (Includes $1 materials fee)
CRN# 35143 EC

NEW AT IVC THE HISTORY OF CAPTIVATING PARIS

Paris has been a thriving metropolis and a center of intellectual and artistic achievement for centuries. The city’s roots reach to the 3rd century B.C. and influences as diverse as Celtic, Roman, Scandinavian, and English are woven into the city’s rich heritage. The area around L’ile dela Cite was named Lutetia. Join us for seven entertaining weeks of traveling through time learning and discussing the history of this fascinating city, its foundation, the different royal dynasties such as the Capetians, the Valois, and the Bourbons who considered Paris their residence, their intrigues, wars, cultural evolutions, Napoleonic powers, and we shall conclude our time travel all the way into modern days Paris. Bon voyage et a bientot.

Erika Harkins, MA
7 Tuesdays, 2:10-4pm
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg. 27 Rm 116
Fee $69 (Includes $1 materials fee)
CRN# 35144 EC

ALSO OF INTEREST...

LITERARY LIFE OF FRANCE: 19TH CENTURY PRE-ROMANTICISM AND ROMANTICISM

See page 30.

FREE Tax Preparation

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Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124
NEW CHINA CAMP STATE PARK: A UNIQUE CULTURAL AND NATURAL RESOURCE

This course is an introduction to the unique local resource embodied in China Camp State Park, one of the parks on the State’s potential closure list. The emphasis will be on the historic China Camp Village, the site of what was for many decades an active shrimping village established by Chinese immigrants. The course will also address the Park’s history and its current challenges, and will also touch Miwok settlements and natural history.

The first class will meet on campus and will include presentations by park docents, naturalists, rangers, and members of Friends of China Camp (FOCC), the organization dedicated to keeping the Park open.

The second class will meet at China Camp State Park for a tour of China Camp Village, the museum and historic buildings. Meet Frank Quan (third generation shrimper only remaining resident of the Village), Ranger Cecilia Rejas, and Park docents. Class will culminate with a nature walk guided by Bree Hardcastle, environmental naturalist for California State Parks.

Edward Lai, PE
Bethanie Gilbert, MA
2 Saturdays, May 11 & 18
May 11, 9:10am-12:30pm
Kentfield Campus, Fine Arts Center 101
May 18, 9am-1pm
China Camp State Park
Fee $39 (Includes $1 materials fee)
CRN# 35035

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, 9:10am–12noon
Apr. 20
Kentfield Campus, Science Center 137
Fee $48
CRN# 35036

FREE Tax Preparation

Visit Single Stop! All services are FREE.

They offer:
• Benefit Screenings
• Financial Advising
• Legal Advising

Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124
SUCCESSFULLY LANDSCAPING YOUR MARIN HOME
Join us for a dynamic and interactive design course, going beyond the textbook to walk you through the process of creating your own landscape master plan. One random student will have their garden chosen to demonstrate design principles on our field trip! Using live-image searches, video, and drawings will allow you to simultaneously learn kinesthetically, visually, and mentally. Bring a list of questions and goals as well as photos of your garden. Homework will be suggested so that by the end of the class your design can be complete.

Students are responsible for their transportation. Limited to 20 students.
Recommended text: Successfully Landscaping Your Marin Home. Dane Rose. ISBN: 9781466426481 (approx. $20)

Dane Rose has been a landscape professional since 1991. He authored Successfully Landscaping Your Marin Home, a comprehensive and invaluable guide for the home-owners who would like to design and install their landscape.

2 Saturdays, 1:40–4pm
May 4 & 11
Kentfield Campus, Science Center 137
Plus field trip: Saturday, May 18, 1:30–5pm
Local garden
Fee $129
CRN# 35037

INTENSIVE ENGLISH PROGRAM (IEP)

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.

SPRING SEMESTER 2013
Session B: March 19—May 17
(8 weeks)
$1175 for 8 weeks (20 hours) (CRN Session A/B 15080/15084)
$975 (15 hours) (CRN 15081/15085)
$725 (10 hours) (CRN 15082/15086)
$375 (5 hours) (CRN 15083/15087)
Courses meet 5 hours per week:
Writing with Reading
Tuesday/Thursday 9:10-11:35
Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45
Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35
Idioms and TOEFL Preparation
Wednesday/Friday 12:30-2:45
For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensive.english@marin.edu
For schedule and downloadable F-1 application, go to www.marin.edu/iep.
Register online at www.marin.edu/CommunityEducation.

For questions about International Education at College of Marin, contact Jason Lau at jason.lau@marin.edu.
Languages

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

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 (Note: Select “C ED” under Department).

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

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

7 Mondays, 6:40–8:30pm
Mar. 25–May 13 (No class Apr. 8)
Kentfield Campus, Science Center 137
Fee $89
CRN# 35039

CONVERSATIONAL FRENCH: SECOND YEAR, FOURTH QUARTER
These second-year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. See Note at the beginning of the Languages section. Venez apprendre avec plaisir!

Anne-Marie Lebas
7 Wednesdays, 6:40–8:30pm
Mar. 27–May 15 (No class Apr. 10)
Kentfield Campus, Science Center 137
Fee $89
CRN# 35040

FRENCH FOR TRAVELERS
Be prepared for your next trip to a French-speaking country. Learn useful expressions and travel tips to make your stay more meaningful. We will work on real situations like ordering at a restaurant, going shopping, asking for directions, travel on public transportation, etc. This class is designed for students who have had at least one year of conversational French.

Bring a binder for hand-outs.

Anne-Marie Lebas
7 Tuesdays, 6:40–8:30pm
Mar. 26–May 14 (No class Apr. 9)
Kentfield Campus, Science Center 137
Fee $89
CRN# 35038
GERMAN FOR TRAVELERS
Be prepared for travel in Germany, Austria or Switzerland — or any other area where German is spoken. This course will help you develop an appreciation of the German language, cultures, and society. Situational conversation exercises will be presented. Materials such as maps, menus, magazines, and newspapers will be used to practice comprehension and illustrate various aspects of life in German-speaking countries. No previous knowledge of German is necessary. This class is completed in one quarter.

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

7 Thursdays, 6:40–8:00pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Temporary Building 119
Fee $79 (Includes $1 materials fee)
CRN# 35041

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

Lido Cantarutti
7 Thursdays, 7:10–9pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Temporary Building 101
Fee $89
CRN# 35044

Ilia Salomone-Smith
7 Tuesdays, 3:10–5pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Science Center 137
Fee $71 (Includes $2 materials fee)
CRN# 35045 EC

CONVERSATIONAL ITALIAN: SECOND YEAR, FOURTH QUARTER
Join other students who have completed about 42 classes in conversational Italian, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Italian, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. See Note at the beginning of the Languages section.

Lido Cantarutti
7 Thursdays, 7:10–9pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Temporary Building 101
Fee $89
CRN# 35044

Ilia Salomone-Smith
7 Tuesdays, 1:10–3pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Science Center 137
Fee $71 (Includes $2 materials fee)
CRN# 35045 EC
CONVERSATIONAL SPANISH: FIRST YEAR, FOURTH QUARTER
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The stress is on developing the ability to converse. See Note at the beginning of the Languages section.

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

Nancy McInnes
7 Thursdays, 7:10–9pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Portable Village 5B
Fee $89
CRN# 35046

Milt Hain
7 Tuesdays, 2:10–4pm
Mar. 26-May 13 (No class Apr. 9)
Kentfield Campus, Temporary Building 101
Fee $69
CRN# 35047 EC

CONVERSATIONAL SPANISH: SECOND YEAR, FOURTH QUARTER
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
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Temporary Building 101
Fee $69
CRN# 35048 EC

Literature/ Humanities

LITERATURE AND LAW: POETRY READING/WRITING
America's greatest poets often center their poems on persistent social and legal issues. Their best poems operate as virtual time machines that illuminate what laws or customs we had (or have) and why we changed (or should change) them. Thirty poets, including Maria Hummel, William Carlos Williams, Robert Haas, Allen Ginsburg, Lydia Davis, Kay Ryan, Louise Gluck, Yosef Komunyakaa, Ellen Voigt, Joshua Edwards, and Dora Malech will teach us how to write about jurisprudential issues such as justice, ecology, racism, and sex. Working poets will appear to explain their poetic process for writing on society and law. Class members, at their sole option, may decide to write poems on social issues; the instructor, at his sole option, may share a few of these poems with the class.

David Robertson (Stanford, A.B., Yale Law School, J.D.) has taught political philosophy and literature at Yale College and College of Marin. His COM classes routinely fill during Registration's first week.

7 Fridays, 10:10am-12:30pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Physical Education Center 91
Fee $81
CRN# 35049 EC

LITERARY LIFE OF FRANCE: 19TH CENTURY PRE-ROMANTICISM AND ROMANTICISM
The Romantics ascertained that the Classical model of the 17th century based on imitating the ancients was exhausted. The literary genres representing the basis of Classicism were meant to disappear. In this stimulating class we will focus on the radical changes which occurred in French Literature as a consequence of the French Revolution -- the Literature of Immigration developed by Mme. de Stael; Pre-Romanticism with the work of Chateaubriand; the overwhelming power of Romanticism with the writings of Victor Hugo and Alfred de Musset. We shall end our course discussing Hugo’s famous play “Hernani” that was turned also into an opera by Verdi; and Musset’s “The Moods of Marianne” that was turned into a movie by Renoir.
Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest.

7 Wednesdays, 2:10–4pm  
Mar. 27- May 15 (No class Apr. 10)  
Kentfield Campus, Fine Arts Center 101  
Fee $69 (Includes $1 materials fee)  
CRN# 35145 EC

ALSO OF INTEREST ...

NEW AT IVC THE HISTORY OF THE BYZANTINE EMPIRE  
See page pp 25.

POETRY: FROM DELIGHT TO WISDOM  
A poem begins in delight and ends in wisdom. — Robert Frost  
This quarter’s exploration of poetry will serve as an introduction for those unfamiliar or unsure of the territory, and a return adventure for those already well acquainted with the pleasures of the path. Although our study will touch on the work of many poets, classic to contemporary, we will focus primarily on three amazing pioneers of interior space: Wallace Stevens, Philip Larkin, and Adrienne Rich, each of whom considerably widened the horizons of 20th century poetry. Their poems will be distributed and read in class.

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

7 Thursdays, 1:10-3pm  
Mar. 28-May 16 (No class Apr. 11)  
Kentfield Campus  
Science Center 137  
Fee $69 (Includes $1 materials fee)  
CRN# 35051 EC

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

Itineraries: If you register at least eight working days prior to the first class meeting, the Class Itinerary, which includes directions to sites, will be 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 102  
Fly Fishing 102 is a “Follow-up” Course, designed to aid students on their journey toward becoming one of the “10% of Fly Fishers who catch 90% of the fish”. Participants should have completed FF 101 or similar basic course. This more advanced course will include advanced casting techniques, including, Reach, Wiggle, Switch, and Spey casts. Additional knots will include Duncan’s Loop, Perfection Loop and Bimini Knot as well as Blood Knot. Participants will also have an opportunity to learn how to tie some basic flies used for Steelhead as well as trout.

The basics of Steelhead fishing on Coastal rivers will be included. An advanced session of the entomology of Tailwaters, Freestone streams, and Spring creeks will increase student success in fishing for trout.

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  
Apr. 18-May 9  
Physical Education Center 92  
Plus Casting Practice:  
Saturday, Apr. 27, 9-11am  
Physical Education Center 22  
Kentfield Campus  
Plus 2 Saturday field trips  
May 11 & 18, 8am-12pm  
Fee $194 (Includes $6 materials fee)  
CRN# 35052
BIRD-WATCHING IN MARIN:
A FIELD EXPLORATION
Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class will meet in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes will meet at field sites. 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, 9:10am–1pm
Mar. 26
Kentfield Campus
Learning Resources Center 53
Plus 4 field trips
Tuesdays, 8:30am–12:30pm
Apr. 2-30 (No class Apr. 9)
Fee $105
CRN# 35053 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.

7 Mondays, 9:45am–1:45pm
Mar. 25-May 13 (No class Apr. 8)
Fee $119
CRN# 35054 EC

7 Tuesdays, 9:45am–1:45pm
Mar. 26-May 14 (No class Apr. 9)
Fee $119
CRN# 35055 EC

BEGINNING HIKING
Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these four to six mile hikes. Along the way we will discuss plants, birds, insects, and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain.

Please see Itineraries above. Please, dogs are not invited to this class. Please bring water and a bag lunch and arrive promptly at 10:00 a.m.

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.

6 Saturdays, 10am–2pm
Last class, 10am–4pm
Mar. 30-May 18 (No class Apr. 13 & 27)
Locations: See Itineraries Note above
Fee $118
CRN# 35056 EC

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

Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach. Students provide their own transportation. Bring your own wet suit and board, or rent them ($22 per session). Rental information will be provided in class. Bring your lunch, drinking water, and sunscreen. Be prepared for sun.

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

5 Saturdays, 9–12noon
Apr. 6-May 4
On-campus meeting, Apr. 6, 1:10–4pm
Kentfield Campus
Physical Education Center 91
Field trips, Apr. 13, 20, 27 & May 4
Stinson and Bolinas Beaches
Fee $158
CRN# 35138
Music

**NEW** THE BRITISH INVASION: BRITISH ROCK OF THE 1960’S
An in-depth overview of British rock in the 1960’s, particularly emphasizing the years (1962-1970) in which the Beatles were the most popular band in the world. When the Beatles became UK superstars in 1963, and then huge in the US and the rest of the world in 1964, they changed popular music and culture forever.

Using both common and rare recordings and video clips, the course will trace the British Invasion, as this movement is known throughout the world, from the relatively simple Merseybeat of Liverpool in the early 1960s through the hard rock, psychedelia, and progressive art rock British artists innovated as the 1960’s progressed.

Richie Unterberger is the author of the book *The Unreleased Beatles: Music and Film*, which won a 2007 Association for Recorded Sound Collections Award for Excellence in Historical Recorded Sound Research.

7 Tuesdays, 7:10-9pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus
Learning Resources Center 53
Fee $92 (Includes $3 materials fee)
CRN# 35057

**NEW AT IVC** THE GOLDEN AGE OF SAN FRANCISCO ROCK: THE SUMMER OF LOVE
In the mid-to-late 1960s, the San Francisco Bay Area exploded with psychedelic rock that captured the imagination of the world, creating legendary music that endures and influences popular culture to this day. The roots and heyday of the San Francisco Sound will be explored in depth via both common and rare audio recordings by greats like Jefferson Airplane, the Grateful Dead, Janis Joplin, and Santana. We’ll also investigate how the Bay Area’s unique counterculture, promoters such as Bill Graham, and venues like the Fillmore created a scene in which experimental and idiosyncratic rock music could flower. The course will also detail its roots in folk-rock; the integration of jazz, ethnic, blues, and avant-garde influences into psychedelic rock; and how San Francisco rock continued to evolve in the 1970s, into funk, punk, and beyond.

Richie Unterberger
7 Mondays, 7:10–9pm
March 25-May 13 (no class April 8)
Indian Valley Campus
Bldg 15, room 181
Fee $92 (Includes $3 materials fee)
CRN# 35141

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

Richie Unterberger
7 Tuesdays, 3:10-5pm
March 26-May. 14 (no class April 9)
Kentfield Campus
Learning Resources Center 53
Fee $92 (Includes $3 materials fee)
CRN # 35142

FREE Tax Preparation
Visit Single Stop! All services are FREE.

They offer:
- Benefit Screenings
- Financial Advising
- Legal Advising

Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124
**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 will be 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 Bernard Herrmann’s score for Hitchcock’s *Vertigo*, and Ennio Morricone’s music for the 1960s Spaghetti Westerns such as *The Good, the Bad and the Ugly*, to Hans Zimmer’s music for *Inception* and more! 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, 2:10–4pm  
Mar. 26-May 14 (No class Apr. 9)  
Kentfield Campus  
Science Center 137  
Fee $69  
CRN# 35058 EC

**RUSSIAN MUSIC: RARELY PERFORMED MASTERPIECES**

Not to be missed! Raise your the musical I.Q. in this class that combines listening to Russia’s finest music, both recorded and live, with discussion of Russian music and of the lives and times of Russian composers. During Spring Quarter, we will consider Historical performances of the Russian Operas and Ballets by Bolshoi Theatre, Moscow and Mariinsky (Kirov) Theatre, St. Petersburg. Operas and Ballets by Mussorgsky, Tchaikovsky, Rimsky-Korsakov, Glazunov.

**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.

7 Fridays, 12:10–2pm  
Mar. 29-May 17 (No class Apr. 12)  
Kentfield Campus, Performing Arts 72  
Fee $69  
CRN# 35059

**JAZZ STANDARDS FROM AROUND THE WORLD**

Sing standards in Portuguese, French, Italian, and Spanish. A fun way to learn songs in different languages and add them to your repertoire. Class will cover healthy techniques, pronunciation, phrasing, style, and how to communicate the essence of the song to your audience. We will listen and learn songs sung by Edith Piaf, Joao Gilberto, Antonio Carlos Jobim, and more.

This class is for those with some singing experience. Limit to a max of 10 students; you’ll get lots of attention and many chances to sing! Lyrics and music will be provided. If you have questions, please contact the instructor at daria@dariajazz.com.

**DARIA** is an acclaimed jazz/pop vocalist and recording artist. Her training includes healthy techniques of singing and all popular styles of music including Jazz, Brazilian, Blues, and Pop. **DARIA** studied with jazz greats Bobby McFerrin and Mark Murphy. She has performed and toured worldwide with her trio and with Dan Hicks and the Hot Licks.

Saturday, April 27  
10am-1pm  
Kentfield Campus  
Performing Arts 177  
Fee $50  
CRN# 35060

**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. No audition required. A $20 materials fee covers the piano accompanist and 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.

7 Thursdays, 3:10–5pm  
Mar. 28-May 16 (No class Apr. 11)  
Kentfield Campus, Performing Arts 72  
Fee $49  
CRN# 35061 EC
MARIN MEN’S CHORUS
The Marin Men’s Chorus has been performing in the Bay Area for over thirty years. It is open to all men, regardless of age or musical experience. Throughout the year, the chorus not only performs in the community, but presents two concerts, one in the winter and the other in the spring. The repertoire is varied, including everything from classical to contemporary.

The instructor, Shawn Aluk, MA (Music Education), is a trained and well-experienced choral director, having directed a number of male choruses from Barbershop to college glee clubs.

7 Tuesdays, 7–9pm
Mar. 26-May 14 (No class Apr. 9)
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48
CRN# 35062 EC

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 marciaabau@aol.com. Early registration strongly recommended.

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

Times as above
7 Tuesdays & 7 Thursdays
Mar. 26-May 16 (No class Apr. 9 & 11)
Kentfield Campus, Performing Arts 188
Fee $93
CRN# 35063

GUITAR CLASS
Have you always wanted to play guitar? This course will get you started and keep you going! We will cover tuning, picking styles, and scales, including major, minor, and blues, plus some music theory. We will also go over the basics of different genres, including rock, jazz, classical, and country. We will discuss guitar technology and what is involved with playing in a band or performing solo. For beginning, intermediate, and advanced students, there will be something to engage everyone whatever their experience or ability level!

Bring your guitar and a music stand to class. There will be lots of time to play in class. Books which might be of interest will be discussed.

Jonathan Jimmerson, BA (Music), is a performing musician who has taught guitar to individuals and groups both in schools and privately. If you have a question regarding class, please contact Jonathan at jj@jonathanjimmerson.com.

7 Fridays, 10:10am-12noon
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus
Physical Education Center 92
Fee $89
CRN# 35108

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’ll 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 will be taught. No experience is necessary! Students will 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.

Thursday, 6:10-10pm
May 9
Kentfield Campus, Science Center 137
Fee $75 (includes $30 materials fee)
CRN# 35109
Parenting

COMING OF AGE: DEVELOPING AND MAINTAINING A POSITIVE RELATIONSHIP WITH YOUR GROWING TEENAGER
In this four-part series, we will use the latest research, our own experience, and a touch of humor to explore the challenges to developing a more adult-like relationship with our pre-teen and teenage children. Looking at changes in the adolescent brain, mindfulness, and the most effective styles of parenting, this class will reduce the fear and anxiety that parents typically 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 adult “children” and a practicing marriage and family therapist.

4 Wednesdays, 6:30-8:30pm
Mar. 27-Apr. 24 (No class Apr. 10)
Kentfield Campus, Temporary Building 101
Fee $66 (Includes $1 materials fee)
CRN# 35064

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.

Photography

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

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

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

Jed Manwaring’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
Mar. 27-Apr. 24 (No class Apr. 10)
Plus 2 Saturdays, Apr. 6 & 20: 1-4pm
Indian Valley Campus, Bldg. 7, Rm 193
Plus 2 field trips:
1st field trip: Sat., April 6, 8–11am (followed at 1pm with classroom session see above)
2nd field trip: Sat., April 20, 6–9pm (which follows an afternoon classroom session see above)
Fee $124 (Includes $2 materials fee)
CRN# 35139

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

Note: Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305, press 4 to reach a staff person, and ask to leave a message for the instructor. Please see our REFUND POLICY on page 50.

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 will bring mindfulness back to your movements and correct bad habits. Simple progressive exercises will stimulate the nervous system and many can be done while sitting. We will 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.

7 Tuesdays & 7 Thursdays, 12:10-1pm
Mar. 26-May 16 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 22
Fee $69 (Includes $1 materials fee)
CRN# 35065 EC

7 Tuesdays & 7 Thursdays, 9:10-10am
Mar. 26-May 16 (No class Apr. 9 & 11)
Indian Valley Campus, Bldg. 20, Room 106
Fee $69 (Includes $1 materials fee)
CRN# 35066 EC

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

Diana Scranton, MA (Education), certified group fitness instructor through American Senior Fitness Association also instructs Zumba Gold® and Dance for Parkinson’s Disease.

7 Mondays & 7 Wednesdays, 10:10-11am
Mar. 25-May 15 (No class Apr. 8 & 10)
Kentfield Campus
Physical Education Center 22
Fee $69
CRN# 35067 EC

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

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

Each class will include 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
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus
Physical Education Center 22
Fee $44 (Includes $1 materials fee)
CRN# 35068 EC
PHYSICAL FITNESS

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
6 Mondays, 3:40–5pm
Mar. 25-May 6 (No class Apr. 8)
Kentfield Campus
Physical Education Center 60
FREE
CRN# 35069 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
7 Mondays, 11:10am–12noon
Mar. 25-May 13 (No class Apr. 8)
Whistlestop
930 Tamalpais Ave., San Rafael
FREE
CRN# 35071 EC

A NEW WAY TO EXERCISE FOR PAIN RELIEF AND PHYSICAL REPAIR

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

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

Meg Margolis
Ruth Corwin, PhD
7 Mondays & 7 Wednesdays & 7 Fridays
3:10–4pm
Mar. 26-May 17 (No class Apr. 9 & 12)
Kentfield Campus
Fusselman Hall 120
Fee $63
CRN# 35072 EC

ENERGY WARM-UPS FOR THE ACTIVE OLDER ADULT

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

Erik Riswold
7 Tuesdays & 7 Fridays, 9:10–10am
Mar. 26-May 17 (No class Apr. 9 & 12)
Kentfield Campus
Physical Education Center 22
Fee $63
CRN# 35072 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.
A registration form is at the center of booklet.

**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.

7 Saturdays
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus
Physical Education Center 60

**Beginner**
10–11:30am
Fee $79
CRN# 35073

**Intermediate**
8–9:45am
Fee $86
CRN# 35074

### GENTLE YOGA

Gentle Yoga is adapted for all levels and will benefit beginner to advanced students. Starting with a review of foundations at an easy pace, you will learn basic poses, including principles of movement and posture, relaxation, breathing techniques, meditation, and proper alignment to better your overall health and wellbeing. This class focuses on increasing alignment, awareness, flexibility, and reducing stress by rebuilding the immune system through restorative postures. Individual needs are addressed with modifications for past injuries and health issues.

It is recommended to abstain from eating within two hours of the class. Please bring a yoga mat and water, also any yoga props you may have, such as a blanket, blocks, straps, and/or bolster.

**Puni Elston** has been dedicated to fitness for 20 plus years and has studied/practiced yoga & Pilates for 18 years and taught for 11 years.

7 Tuesdays, 10:10am–11am
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg. 20, Rm 106
Fee $15
CRN# 35076 EC

### INTRODUCTION TO PILATES

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

Please 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**

7 Tuesdays, 10:10am–11am
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg. 15, Rm 170
Fee $68
CRN# 35078
PHYSICAL FITNESS

CARDIO PILATES
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using various equipment and props such as stretch bands, stability balls, and more. The second half of the class will focus on alignment, flexibility, and deep core strengthening with Pilates mat work.

Be sure to arrive on time for warm ups to prevent injury. Please wear supportive shoes to class.

MinJae Laws
7 Tuesdays
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus
Physical Education Center 22
Fee $68
11:10am-12noon
CRN# 35079
5:40–6:30pm
CRN# 35080

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
7 Fridays, 12:40–2pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 35083 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
7 Thursdays, 2:10-3:40pm
Mar. 28-May 16 (No class Apr. 11)
Indian Valley Campus, Bldg. 15, Rm 170
Fee $66
CRN# 35084 EC

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
7 Fridays, 10:40–12noon
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 35081 EC

7 Tuesdays, 2:10-3:40pm
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg. 15, Rm 170
Fee $66
CRN# 35082 EC

CRN# 35079
7 Tuesdays, 2:10-3:40pm
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg. 15, Rm 170
Fee $66
CRN# 35082 EC

dove harris Govrin, MS, BC-DTR, is a Certified Qigong Instructor.

Wisdom Healing Qigong

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 49.
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
7 Mondays, 3:40–5pm
Mar. 25–May 13 (No class Apr. 8)
Kentfield Campus
Physical Education Center 22
Fee $59 (Includes $1 materials fee)
CRN# 35085 EC

7 Tuesdays, 10:45am–12:15pm
Mar. 26–May 14 (No class Apr. 9)
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 35086 EC

ALSO OF INTEREST...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page pp 19.

ZUMBA GOLD®
Zumba® Gold is a fusion of Latin and international music and dance that creates a dynamic, exciting, and effective total body workout specifically designed for active older adults, those just beginning their journey to a fit and healthy lifestyle, and can be modified for individuals who use a chair. Unlike Zumba®, Zumba® Gold considers the anatomical and physiological needs of the older adult when developing choreography, with a lower level of impact and intensity. However, like Zumba®, it provides the same friendly dance party atmosphere. While exploring a medley of easy-to-follow dance rhythms and variations, Zumba® Gold is accessible to most everyone, regardless of age or skill level. No dance experience is necessary. Please wear comfortable clothing and shoes and come prepared to have fun! Zumba® Gold I is a beginning class. Zumba® Gold II is an intermediate class designed for adults who have attended at least two sessions of Zumba® Gold I and are familiar with the dance rhythms used in class and comfortable moving at a more challenging pace than that of Zumba® Gold I. Instructor will integrate Zumba® Gold Toning in a small portion of the Zumba® Gold II class.

Diana Scranton, MA (Education), is certified to teach Zumba®, Zumba® Gold, and Zumba® Gold Toning, is American Senior Fitness Association-certified, and is a Dance for Parkinson’s Disease Instructor. Zumba® Gold I
7 Tuesdays & 7 Thursdays, 2:40–3:30pm
Mar. 26–May 16 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 60
Fee $69
CRN# 35088 EC

Zumba® Gold II
7 Tuesdays & 7 Thursdays, 3:40–4:30pm
Mar. 26–May 16 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 60
Fee $74
CRN# 35159 EC

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

7 Mondays & 7 Wednesdays, 6:40–8pm
Mar. 25-May 15 (No class Apr. 8 & 10)
Kentfield Campus
Mon.: Physical Education Center 60
Wed.: Physical Education Center 22
Fee $124
CRN# 35090

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 will inspire 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
9 Tuesdays, 9:40–11am
Mar. 26-May 28 (No class Apr. 9)
Fee $158 (Includes $8 materials fee)
CRN# 35092

Intermediate 1
9 Wednesdays, 9:40–11am
Mar. 27-May 29 (No class Apr. 10)
Fee $158 (Includes $8 materials fee)
CRN# 35093

Intermediate 2
9 Thursdays, 10-11:50am
Mar. 28-May 30 (No class Apr. 11)
Fee $206 (Includes $8 materials fee)
CRN# 35094

BOXING FOR FITNESS

Train in the Art of Boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a work out that will build strength and endurance and help you to lose weight. Using boxing skills and drills, you will increase your muscular and cardio endurance and engage your core. Both the upper and lower body will be toned and strengthened. Exercises will be tailored to student’s level of fitness. One-on-one training and style development as time allows.

This class will not include contact.

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

7 Tuesdays & 7 Thursdays, 6:40–8pm
Mar.26-May 16 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 35091
PHYSICAL FITNESS

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. This comprehensive routine has been designed to improve overall functional fitness. 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. You will 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 will help 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.

7 Wednesdays & 7 Fridays, 7:30–9am
Mar. 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus
Physical Education Center 22
Fee $94
CRN# 35095 EC

AQUA EXERCISE FOR OLDER ADULTS

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

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

Russell Robles
7 Mondays & 7 Wednesdays, 9:40–11am
7 Fridays, 10:40-12noon
Mar. 25-May 17 (No class Apr. 9, 10 & 12)
Kentfield Campus, Pool
Fee $15
CRN# 35097 EC

7 Tuesdays & 7 Thursdays, 9:10–10:30am
7 Fridays, 2:10-3:30pm
Mar. 26-May 17 (No class Feb. 15)
Indian Valley Campus, Bldg. 21 Pool
Fee $15
CRN# 35098 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, will help you with a personalized and independent fitness program to meet your individual needs and goals. You will be kept up-to-date on the latest research for enhancing your health and fitness. 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
7 Tuesdays & 7 Thursdays, 7–8:45 a.m.
Mar. 26-May 16 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 20
Fee $99
CRN# 35096 EC

FREE Tax Preparation

Visit Single Stop! All services are FREE.
They offer:
• Benefit Screenings
• Financial Advising
• Legal Advising
Contact the Single Stop Coordinator Edwin Towle at 415-457-8811, ext. 7761 or at Edwin.Towle@marin.edu to schedule an appointment.

Monday – Friday from 10AM – 6PM
Student Services Building Room 124
Textiles

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

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.

7 Mondays, 7:10–9pm
Mar. 25-May 13 (No class Apr. 8)
Indian Valley Campus, Bldg. 3, Rm 152
Fee $89
CRN# 35099

Urban Agriculture

VICTORY GARDENS SPRING: IMPROVE YOUR SOIL, SHEET COMPOSTING, VEGETABLES AND TOMATOES
Improve your garden’s soil fertility by learning the importance of balancing your soil for greater nutrition. Grow a quick spring cover crop of buckwheat. Use sheet composting or do lasagna composting to convert a portion of lawn to a new organic vegetable bed or re-condition an old, weedy one. Learn how to grow vegetables and especially tasty tomatoes (and tomato varieties we love!). Learn techniques of up sizing tomato starts, then planting, supporting, pruning and pollinating tomatoes so you’ll have success!

The third Saturday on April 13 will be 2 hours of practice in a San Rafael garden. Plant a cover crop, turn a cover crop under, learn sheet and lasagna composting, plus upsize and plant tomatoes. Learn by doing!

Norma Novy graduated from the Marin Master Gardener training in 2005 and was co-owner of Mellinor Farms for four years, a plant nursery specializing in unique vegetables, edible flowers, insectary plants, and California natives. She has developed her own vegetable gardens in both front and back yards to include different types of tomatoes and squash, cucumbers, broccoli, collards, kale, chard, peppers, corn, and cauliflower.

3 Saturdays, 10am–12noon
Mar. 30, Apr. 6 & 13
Kentfield Campus, Science Center 137
Apr. 13, Meet off campus
Fee $57
CRN# 35106
Writing

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
Apr. 18-May 16
Kentfield Campus, Science Center 137
Fee $69 (Includes $2 materials fee) CRN# 35100

ELEMENTS OF CREATIVE WRITING

“There are three rules for writing well. Unfortunately, no one knows what they are.” Somerset Maugham

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

Thomas Centolella is a former Stegner Fellow in Creative Writing at Stanford University. Among his honors are an American Book Award, a California Book Award, and a Lannan Literary Fellowship. 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
7 Mondays, 5:30-8:30pm
Mar. 25-May 13 (No class Apr. 8)
Fee $119
CRN# 35103 EC

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.

We will cover:
• Personal History
• Fictional Derivatives of That History
• Loss
• Health/Aging
• Birth/Rebirth
• The Nature of Love
• 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.

7 Saturdays, 2:10-4pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Science Center 137
Fee $69
CRN# 35101 EC
TALES TOLD FROM MEMORY
Memoir has become one of the hottest genres of the current literary scene. This writing workshop will help you retrieve your own remembered experience and shape it into story. Each session, we study and discuss the work of veteran memoir writers for insights into the crafting of personal narrative. The stories we then write draw upon lessons learned from literature, as well as weekly instructor and class feedback.

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

7 Mondays, 1:10–3pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus, Science Center 137
Fee $69
CRN# 35102 EC

THE POETIC PILGRIMAGE: WRITING POETRY AS SPIRITUAL PRACTICE
As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. We long to turn wandering into pilgrimage, to live life’s journey with heart and meaning. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. [This is our “branding,” the course description that has brought in students for some 5 years... to this opening, we add the following for the spring’s focus.]

This Spring, inspired by Coleman Barks, beloved translator of Rumi, we will create our own Wild Poetic Soulbooks. With eyes and ears tuned toward discovery of our deepest selves, we will explore poems and practices to support our individual digs and come home with poems that are authentic, wonder-filled, and true. As always, we welcome every level of writer, experienced and first-time poets alike! Join us as we read and write poems, to our wild heart-and-soul’s content.

Co-taught by Catlyn Fendler, MFA (Poetry), MA (Interdisciplinary Consciousness Studies), and award-winning author Prartho Sereno.

7 Tuesdays, 2:10–4pm
Mar. 26-May 21 (No class Apr. 9 & 23)
Kentfield Campus, Science Center 137
Fee $73 (includes $2 materials fee)
CRN# 35104 EC

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 and self-addressed, stamped envelope to the above address. Checks should be made out to ESCOM.
EMERITUS COLLEGE

AT COLLEGE OF MARIN

LIFELONG LEARNING,
LIFELONG DOING,
LIFELONG FRIENDS

EMERITUS COLLEGE

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.

EMERITUS CENTER

Kentfield Campus: Students Services Building Room 146. Phone 415.485.9652
Indian Valley Campus: 415.457-8811 ext. 8322

Emaritus College

Emaritus 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. Ermarius 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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Emeritus Students
College of Marin (ESCOM)
A Student Organization for Marin’s
Mature Adults
Join Emeritus Students College of Marin
(ESCOM), established in 1974, and discover
a world of opportunity to support lifelong
learning and network with like-minded
individuals. Members are from all social
and educational backgrounds.

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 volun-
teeers. Emeritus North, on the Indian Valley
Campus, is located in the Administrative
Services complex, Building 10, Room 140.
To schedule use of Emeritus North, please
call 415.883.7805.

ESCOM Tuition Grants
The ESCOM Council awards tuition
grants, funded by the COM Foundation, to
eligible students for any COM Community
Education course. You must be a minimum

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
of 55 years of age and submit a statement of financial need. Only partial grants are awarded due to limitations of funding.

New policy: To be eligible for a Tuition Grant, you must have registered and paid all registration fees; vouchers are no longer available. Please call 415.485.9652 to request to have the new application procedures and an application mailed to you, or come to the Emeritus Center. Completed application forms must be received at the Emeritus Center on the Kentfield Campus no later than the end of the business day, Monday, March 18.

Registration Information

REGISTRATION BEGINS
Monday February 25
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.

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: Spring 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. Click Submit Changes to register. Community Education classes may not be dropped online.

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

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 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 Xeroxed or downloaded from www.marin.edu/CommunityEducation. Click on Apply and Register. Registration forms are also available at the Office of Admissions and Records on either campus.

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

Early Registration Recommended
Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class.

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.
A registrAtion form is At the center of booklet.

Parking InformAtion

ParKing inforMaTion

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.

Textbooks

If an instructor wishes to recommended 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.

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

Winter/Spring 2013 Parking Permits are available now for online purchase only. Please be advised that you must be enrolled for Winter 2013 classes in order to be eligible to purchase a student Parking Permit for Winter. 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

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

Director, Community Education, Lifelong Learning, and International Education
Jason Lau, Ph.D.

Program Specialists
Cheryl Carlson, Tom Hudgens

Intensive English Program (IEP) Coordinator
Sara Oser

Administrative Assistant
Jesse Klein

Community Education Office Technicians
Heather Peitz, Linda Fahy

International Education Office Technician
Rebecca Freeland

Work-Study Students
Yuliya Ghosh, Kaylene Tate

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. Arnulfo 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 Services for Students**

**Admissions and Records**
- SS 254, 415.457.8811 ext. 8822
- M, Tu, F 8am–4:30pm, W, Th 8am–7pm

**Assessment and Testing Office**
- SS 238, 415.485.9605
- M, Tu, Th 9am–4pm; Test sessions begin at 9am and 1pm W 9am–7pm; Test sessions begin at 9am, 1pm, 4pm

**Bookstore**
- LC First Floor, 415.485.9394
- M–Th 8am–7pm, F 8am–7pm

**CalWORKS**
- LC 160, 415.485.9605
- M, W, Th, F 9am–3:30pm, Tu 9am–7pm

**CalWORKS Employment Counseling**
- LC 31, 415.457.8811 ext. 7616
- M, Tu 6:30am–3:30pm; Th 6:30am–noon

**Campus Police**
- TB 1, Room 105; Lost and Found and other non-emergencies 415.485.9455
- in case of emergency, dial 911

**Child Development Center**
- AC 40, 415.485.9460
- M–Th 7:45am–5pm; F 7:45am–1pm

**Counseling**
- SS 212, 415.485.9432 (appointments) 415.485.9431; M, Tu 8am–4pm, W, Th 8am–7pm

**Disabled Students Program and Services (DSPS)**
- LC 115, 415.485.9404
- M, Tu, W, F 8:30am–4:30pm, Th 8:30am–7pm

**Distance Education Support Center (DESC)**
- LC 121, 415.457.8811 ext. 7953
- M 8am–6:30pm, Tu 12:30–7pm
- W 8am–4pm, Th 12:30pm–7pm

**Emeritus (ESCOM)**
- SS 144, 415.485.9662

**English as a Second Language (ESL)**
- HC 101; Credit/Noncredit ESL, 415.485.9642
- M–Th 8:30am–6:30pm, F 8:30am–3pm; Sat 9am–1pm

**English Lab/Writing Center**
- LRC 120, 415.485.9669

**Extended Opportunity Programs and Services (EOPS)**
- LC 160, 415.485.9605; M, W, Th, F 9am–4:30pm
- Tu 9am–7pm

**Financial Aid**
- SS 236, 415.485.9409
- M, Tu 9am–4pm, W, Th 9am–7pm
- F 9am–noon

**Food Service**
- SS 1st Floor; Fresh & Natural Café, 415.456.7661
- M–Th 7:30am–7pm, F 7:30am–1pm

**Health Center**
- HS 151; 415.457.9648
- M, Tu, Th 8:30am–4:30pm, W 8:30am–4pm

**Instructional Technology, Distance Education**
- LC 126, 415.485.9540
- M–F 9am to 3pm and by appointment

**Intercollegiate Athletics**
- PE 16, 415.457.9540
- M–F 9am–4:30pm, F 7:30am–1pm

**International Student Admissions**
- SS 254; 415.883.2211 ext. 7719
- M, Tu, W, Th 9am–4pm, F 9am–noon

**Job Placement**
- SS 206, 415.485.9410
- W 10:30am–4pm, Tu, Th, F 10:30am–4pm

**Library**
- LC 2nd Floor, 415.485.9656
- M–Th 8am–9pm; F 8am–4pm

**Math Lab**
- SC 115, 415.485.9608

**Media Center/Language Lab**
- LC 110, 415.485.9669
- M–Th 8am–9pm; F 8am–4pm

**Outreach**
- SS 232, 415.485.9663
- M, Tu 8am–4:30pm; W 8am–6pm
- F 1pm–4:30pm

**Puente Program**
- SS 241, 415.485.9375
- 415.485.9432 counseling appointments M–F 8am–4pm

**Single Stop**
- SS 124, 415.457.8811 ext. 7761
- M–F 10am–6pm

**Student Affairs**
- SS 250, 415.485.9376
- M, Tu, Th, F 8am–4pm; W 8am–3pm

**Student Ambassadors (Campus Tours)**
- SS 232, 415.457.8811 ext. 7860

**Transfer and Career Center**
- SS 202, 415.485.9641
- M, Tu, W 8:30am–4pm, W 11am–7pm

**Tutoring**
- LC 163, 415.485.9620
- M, W, Th, F 9am–4:30pm; Tu 9am–7pm

**Veterans Admissions Services**
- SS 254, 415.457.8811 ext. 7719
- M, Tu, W 8:30am–4:30pm, W 8am–7pm

**For information about Parking Permits, please see page 51**

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**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 the Physical Education Center (PE), the Science Center (SC), the Learning Resources Center (LC), Temporary Building (TB), Health Services (HS), Oliny Hall (OH) and the Student Services Center (SS), turn left on College Ave. For SC, LC, and SS, continue to second campus parking lot entrance on your right. The Emeritus Center and Admissions and Records are both in the SS building. For PE, continue to stop sign by Woodlands Market and turn left into parking lot. For Harlan Center (HC), Fusselman Hall (FH), Performing Arts (PA), and Fine Arts (FA), stay on Drake Blvd., crossing the College Ave. intersection, and turn right on Maple Ave. to parking lot.
INDIAN VALLEY CAMPUS MAP AND DIRECTORY

DIRECTIONS FROM HIGHWAY 101: Indian Valley Campus, 1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit in southern Novato and continue on Ignacio Blvd. for approximately two miles to the Indian Valley Campus entrance. For Building #27, Trans Tech, and Pomo Cluster, park in Lots 1 & 2; for Fiscal Services, Miwok Cluster, and Building 17, park in Lots 3 & 4; for Ohlone Cluster, the pool, and the Organic Farm, park in Lots 5 & 6.

For information about Parking Permits, please see page 51

IVC Services for Students

Admissions and Records
Building 27, East Hall, 1st Floor 415.457.8811 ext. 8822
M, Tu 8am–7pm; W, Th, F 8am–4:30pm

Assessment and Testing Office
Building 27, Room 125, 415.457.8811 ext. 7469 F 9am–4pm

Bookstore
First 2 Weeks of Semester Only Building 17, Room 104 415.457.8811 ext. 7394 M–Th 3pm–7pm; F 8:30am–11am

CalWORKs
Building 27, Room 104, 415.457.8811 ext. 7605 2nd and 4th Tuesday 3pm–7pm

CalWORKs Employment Counseling
Building 17, Room 101, 415.457.8811 ext. 7616 W noon–2:30pm

Campus Police
Building 22, C3 104, Lost and Found and other non-emergencies 415.883.3179 In case of emergency, dial 911

Computer Labs
Career Study Center, Building 17 M–TH 8am–7:30pm, F 8am–5pm IVC Library, Building 27 M, Tu, Th, F 8:30am–4:30pm, W 8:30am–7pm

Child Development Center
Building 12, Room 105, 415.457.8811 ext. 8170 M–Th 7:45am–5pm; F 7:45am–1pm

Counseling
Building 27, Room 105 and 106 415.457.8811 ext. 7432 M, Tu 9am–7pm, W, Th 9:30am–3pm F 9am–2pm

Disabled Students Program and Services (DSPS)
Building 27, Room 104, 415.457.8811 ext. 7406 M 1pm–7pm

Early Head Start Infant Toddler Center
Building 12, Room 120 and 121 415.457.8811 ext. 8711 M–Tu 7:45am–5pm; F 7:45am–1pm

Emeritus (ESCOM)
Building 10, 415.457.8811 ext. 8322

Extended Opportunity Programs and Services (EOPS)
Building 27, Room 104, 415.457.8811 ext. 7605 2nd and 4th Tuesday 3pm–7pm

Financial Aid
Building 27, Room 107, 415.457.8811 ext. 8118 M 11:30am–7pm, Tu, W, Th 9:30am–3pm

Food Service
Building 27, Vending machines are located inside building 27

Health Center
Building 9, Room 121, 415.457.8811 ext. 7458 M 9am–noon, Tu 4pm–5pm

Instructional Technology, Distance Education
Building 17, 8106, 415.485.9540 Th 4pm–7pm

Intensive English Program (IEP)
Bldg 3, Rm 258, 415.457.8811 ext. 8579

International Student Admissions
Building 27, 1st Floor East Hall 415.457.8811 ext. 8114 M, Tu 8am–7pm; W–F 8am–4:30pm

Job Placement
Building 27, Computer Area 415.457.8811 ext. 7410, M 11am–7pm

Library
Building 27, Room 124, 415.457.8811 ext. 8505 M, Tu, Th, F 8:30am–4:30pm, W 8:30am–7pm

Media Center
Building 27, Room 124, 415.457.8811 ext. 8505 M, Tu, Th, F 8:30am–4:30pm; W 8:30am–7pm

Outreach
Building 17, Room 104 415.457.8811 ext. 7663; F 8am–4pm Call for campus tours

Puente Program
Building 27, Room 120, 415.485.9375 415.485.9432 counseling appointments M 3pm–7pm

Student Affairs
Building 27, Room 120, 415.457.8811 ext. 7376 M 3pm–7pm

Transfer and Career Center
Building 27, Computer Area; 415.457.8811 ext. 7521 M 11am–7pm

Tutoring
Building 17, Room 101, 415.457.8811 ext. 7620 M–Th 8am–3:30pm; F 9am–5pm

Veterans Admissions
Building 27, East Hall, 1st Floor 415.457.8811 ext. 8114 M, Tu 8am–7pm; W, Th, F 8am–4:30pm
Navigate a Creative Retirement

ESCOM Clubs
Emeritus Students College of Marin

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, LR Kerr210@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: Sing-along Club
When: 2nd Wednesday of month, 2:30 to 3:30 p.m.
Contact: Marlene Knox, 459-1427, marlsteve@comcast.net

THURSDAY
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, LWriter@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

LIFELONG LEARNING
LIFELONG DOING
LIFELONG FRIENDS

emeritus
ESCOM College of Marin Emeritus College
For Active Lifelong Learners
$15 Annual Membership in the Emeritus Program comes with belonging to more Clubs of your choosing than we can list, serving on the Council social events, and much, much more
Participation in all clubs requires an Emeritus Students Activities Card. More clubs are being developed. For further information, call 415.485.9652.
Summer Sports Camps

Soccer, Flag Football, Baseball, Cheerleading, Beginning Golf and Multi-Sport

5-Day Camps
Running from Jun 17 - Aug 16
9am - 12pm
Regular registration $149 per week

Two Convenient Locations
Kentfield and Indian Valley Campuses

Free Entry to Open Swim During Your Enrolled Camp Period
* See upcoming summer class schedule for open swim hours
* 25% of proceeds go to support COM Athletics Programs
* Ball included with registration and participation in Skyhawks Soccer, Flag Football, Volleyball, Mini-Hawk and Multi-Sport camps.

See What College of Marin Has to Offer at www.skyhawks.com