Modern Languages Department
International Film Series

Six Friday evenings at 7pm
Kentfield Campus, Olney Hall 96
For more information, see page 23

Registration fee for each film/class is $8
Please register in advance with the
Course Registration Number shown below.

February 25 / CRN# 15175
American Sign Language – AUDISM UNVEILED, 2005

March 4 / CRN# 15176
Japanese – RAN (Chaos), 1985

March 11 / CRN# 15177
Argentine – DESPABILATE, AMOR (Wake Up, Love), 1996

March 18 / CRN# 15178
Chinese – 落叶归根 (Getting Home), 2007

March 25 / CRN# 15179
Italian – Quando sei nato non puoi più nasconderti (Once you are born you cannot hide anymore), 2005

April 1 / CRN# 15180
French – JEUX INTÉRÉDITS (Forbidden Games), 1952
Welcomes you to Community Education
Continuing and Lifelong Learning Education

MyCOM Student Portal Worksheet

Current Students
If you have registered in a Community Education course within the last two years, your application is on file and you do not need to submit an application. If you have never done so, you will need to complete the one time, Set-Up process. Please call 415.485.9318 or email community.ed@marin.edu if you need your Username and temporary Password emailed to you. To register and pay online, follow instructions under To Register for Classes and To Pay for Classes.

New Students
If you have not registered in a Community Education course within the last two years, please complete the Online Application as outlined under To Apply Online. Once you receive your Username and temporary Password, complete the one time, Set-Up process. To register and pay online, follow instructions under To Register for Classes and To Pay for Classes.

To Apply Online
Go to www.marin.edu/CommunityEducation. Click on Apply and Register. Then click on Online Application. Complete and submit the form online. Please allow up to 3 working days for your application to be processed. An email with your Username and temporary Password will be e-mailed to you. Then, go to To Register Online below.

To Register Online
Once you have completed the application process with the college, you may register online. To register online, go to MyCOM.marin.edu.

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

To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are 3 tabs: Home, Student and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Winter 2011 Community Ed. (Term must include words “Community Ed.”) The next screen will say Add or Drop and will give you 10 boxes to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register.

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

Other Ways to Register
You may also register in person, by mail, or by fax. Turn to page 49 for directions.

Need Help?
Contact our Community Education Office at 415.485.9305. We are happy to help you!

On the cover: Computer Instructor Jazmine Loiselle works with students Michie Kumada, Jimmy Roque, and Tsai Shih Wen (standing).
Saturday Workshops

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

February 5
Backyard Chickens ..................45
Beginning Computing for Older Adults .12
Beginning Hiking: Winter Waterfalls ....33
Creative Seasonal Cooking: The Comforts of Winter ..24
Figure Painting ...................5
Introduction to iPhone/iPod
Touch Apps...................17
Luther Burbank: The Plant Wizard of Santa Rosa ..................29
Microsoft Word Basics for Older Adults ..................14
Qigong and Women’s Health .............42
Watercolor Basics and Beyond ...........7
Yoga for Every Body, Yoga for Every Mind ..................39

February 12
Finding Healing Within ..................26
Fundraising 101: How to Ask for Money ...........24
How to Make Profit Finding Hidden Gold, Silver, and Platinum ...9
Instant Piano for Hopelessly Busy People ..................34

February 26
From Fast Food to Organic: Food Choices and Your Health ..................26
Exercise for Adults with Special Needs Instructor Certification Course ..................27
Squarespace.com: Fast, Easy Website Creation ..................17

March 5
Cooking with Winter Greens
Culinary Workshop ..................24
Creating a Wildlife Friendly Garden ....29
Expressive Landscape Oil Painting ..6
How to Sell Your Handmade Goods
Online ..................10
Voice Overs: The Big Picture ..................22

March 12
Get Ready to Paint: Beginners
Really Welcome! ..................4
iTunes: Apple Computer’s Multimedia Application ...............17
Native American Plant and Cooking Traditions ..................25

March 26
Google Apps: Gmail, Calendar, Docs, and Sites ..................16

New for Winter 2011

Basic Knitting Made Easy ..................45
Cardio Pilates ..................41
Conversational German ..................30
Cooking with Winter Greens
Culinary Workshop ..................24
Creating a Wildlife Friendly Garden ....28
Dance for Fun and Fitness for Active Seniors ..................21
Expressive Landscape Oil Painting ..6
From Fast Food to Organic: Food Choices and Your Health ..................26
Fundraising 101: How to Ask for Money ..................24
Gmail for Older Adults ..................16
Hygiene and Food Safety in Cheesemaking ..................26
Intermediate Yoga: The Art and Science of Integrating the Body/Mind ..................40
Introduction to Gilbert and Sullivan ....32
Italian for Travelers ..................30
iTunes: Apple Computer’s Multimedia Application ...............17
Microsoft Word Basics for Older Adults ..................14
Native American Plant and Cooking Traditions ..................25
Say It in French! ..................30
Soul Chi ..................43
Tango for Fun and Health ..................20
The French Connection: From Impressionism to Bay Area Modernism ..................9
The History of the Richest Country in the World: Switzerland ..................28
The Modern Glass Movement of San Francisco ..................8
Traditional Hawaiian Dance ..................8
Tuscany: A Closer Look ..................8
Visions of Light: Cathedrals of France ..................8
Wine Grape Varieties ..................25
Wisdom Healing Qigong ..................41
Zumba ..................42

www.marin.edu/CommunityEducation
Courses Offered at Indian Valley Campus

A Full Introduction to Artisan Cheese and Its Traditions ............26
Artisan Cheesemaking Certificate Program.......................... 25
Aikido ............................................................................ 40
Aqua Exercise for Older Adults................................. 44
Basic Photography.................................................. 36
Computer Classes.................................................... 11
Energy Warm Ups for the Active Adult...................... 38
Gentle Yoga................................................................. 39
Have Fun and Be Fit Over 50 .................................... 44
Hygiene and Food Safety in Cheesemaking............. 26
Intensive English Program............................... 29
Introduction to Photoshop Elements:
The Digital Darkroom ........................................ 37
Introduction to Pilates .............................................. 40
PhotoShop Elements:
Digital Darkroom .................................................. 37
Title 22: First Aid for Public Safety Personnel (FAFSP)........ 27
Wild Goose Qigong ................................................. 41
Wisdom Healing Qigong ........................................ 41
Yoga and Meditation ................................................. 40

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

Get Ready to Paint:
Beginners Really Welcome

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

Get the scoop about brushes, supports, additives, how to prep a canvas and mix paints, and you’ll be ready to jump into
your first landscape or still life class with confidence. Through presentation and hands-on activities you will “get ready to paint” in a supportive and relaxed setting.

Wear comfortable painting clothes and bring your lunch.

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

- Saturday, 10am-3pm
- Mar. 12
- Kentfield Campus, Performing Arts 153
- Fee $70 (Includes $2 materials fee)
- CRN# 15001 EC

The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.

Drawing and Painting Workshop

Explore drawing and painting using pen and ink, pencil, acrylic/oil. This class is devoted to developing your skills while discovering and nurturing your unique expression. Composition, color, spatial relationships, layering, adding, and subtracting will be addressed as a means for creating images. Accepting the unpredictable will be encouraged. Subject matter drawn from still life, nature, the imagination, photographs, poetry, music, film, the news: anything. A model will be present for two sessions. You will be asked to keep a visual and written journal.

See Note regarding materials under Art heading above. Bring your choice of materials to work with to the first class. Expect to spend at least $30. Visual presentations, books, discussion.

June Yokell, MFA, is an award-winning artist who has studied, taught, and exhibited since 1978.

- 6 Wednesdays, 6:40-10pm
- Feb. 2-Mar. 9
- Kentfield Campus, Fine Arts 301
- Fee $186 (Includes $21 materials fee)
- CRN# 15002

Abstract Painting

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

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

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

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

- 6 Mondays, 6:10-10pm
- Jan. 31-Mar. 14 (No class Feb. 21)
- Kentfield Campus, Fine Arts 301
- Fee $153
- CRN# 15003

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.

- 7 Saturdays, 9am-1pm
- Feb. 5-Mar. 26 (No class Feb. 19)
- Kentfield Campus, Fine Arts 301
- Fee $231 (Includes $53 models fee)
- CRN# 15004
ART

The Soul of Portraiture: Heads and Hands

Heads and hands are the gateway to the soul of the figure. You will have the opportunity to work from a live model to develop drawing and portraiture skills.

All media except oil are welcome; please see Note regarding materials under Art heading above. All skill levels are welcome. The instructor will collect approximately $53 for model fees in class.

Ann Curran Turner is a nationally acclaimed figurative artist who has taught in the Bay Area for 25 years.

■ 7 Wednesdays, 11:10am-2pm
■ Feb. 2-Mar. 16
■ Kentfield Campus, Performing Arts 151
■ Fee $134
■ CRN# 15005

The California Landscape in Acrylic

Learn to paint and find your own style while capturing the natural beauty of California landscapes. Using a “paint along” technique where you are shown step by step how to paint with the instructor, you will learn a variety of brush work and paint applications with ongoing demonstration and supportive critiques. Projects are developed from landscape photographs, and composition, color theory, and perspective will be explored, along with how to paint still and moving water, trees, grasses, and other natural features, and how to convey mood.

See Note regarding materials under Art heading above. Bring any acrylic paints and brushes that you may have to the first class — and a table top easel if you have one.

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

■ 6 Mondays, 2:10-5pm
■ Jan. 31-Mar. 14 (No class Feb. 21)
■ Kentfield Campus, Fine Arts 301
■ Fee $114
■ CRN# 15006

The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.

Expressive Landscape Oil Painting

This class offers clear instruction about how to achieve clean, fresh color. We block in a painting, create dynamic composition and strong tonal values. You will learn to mix a warm and cool palette starting with vibrant color and big shapes, leading into beautiful atmospheric perspective. The work prepares you to paint outdoors and to see the landscape with confidence.

See Note regarding materials under Art heading above. Bring an assortment of photographs preferably that you have taken or that you wish to paint. We discuss materials in the first class, beginning with a demonstration.

Kay Carlson is a plein air and studio painter and specializing in Northern California scenes. She is an exhibiting artist and a teacher who loves working with beginning and intermediate students offering demonstrations and personal attention.

■ 3 Saturdays, 1:10-6pm
■ Mar. 5-19
■ Kentfield Campus, Fine Arts 301
■ Fee $99
■ CRN# 15055

Expressive Mixed Media: Watercolor, Fluid Acrylic, Image Transfer, and Collage Techniques

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

See Note regarding materials under Art heading above. Please bring watercolor supplies to first class. Students can expect to spend an additional $20 to $30.

Carol Duchamp, MA, encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. An exhibiting artist, her training includes healing and transformative arts.

- 6 Wednesdays, 6:10-9:30pm
- Feb. 2-Mar. 9
- Kentfield Campus, Performing Arts 151
- Fee $160
- CRN# 15007

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
- 7 Fridays, 10:10am-1pm
- Feb. 4-Mar. 25 (No class Feb. 18)
- Kentfield Campus, Performing Arts 151
- Fee $89
- CRN# 15056 EC

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.

See Note regarding materials under Art heading above. Bring paper and a drawing board to the first class. Materials may cost from $30 to $100. Enrollment limited.

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

- 7 Fridays, 1:10-4pm
- Feb. 4-Mar. 25 (No class Feb. 18)
- Kentfield Campus, Performing Arts 153
- Fee $134
- CRN# 15043

The Flow of Watercolor: Impressions of the Sea and Coast

Bring to life the mood of the sea while painting impressions of sky, sea, and coast. Paint our beautiful California coastline and other coastlines that enthrall you. Feel the mist of the water, the brisk early morning breeze, and rhythm of the waves as you paint in a variety of watercolor styles. All levels are welcome!

Continuing students may choose to work independently. Individual attention will be given as time allows. See Note regarding materials under Art heading above.

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

- 7 Wednesdays, 2:10-5pm
- Feb. 2-Mar. 16
- Kentfield Campus, Performing Arts 151
- Fee $97 (Includes $8 materials fee)
- CRN# 15058 EC
The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.

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 29 years.

For each course listed below:
- Kentfield Campus, Fine Arts 123
- Fee $138 (Includes $25 materials fee)

Beginners/Beginners Plus
- 7 Tuesdays, 7:10-10pm
- Feb. 1-Mar. 15
- CRN# 15059

Intermediate/Advanced
- 7 Wednesdays, 7:10-10pm
- Feb. 2-Mar. 16
- CRN# 15060

Glass Fusing
A six-week course, limited to ten students, introducing basic glass fusing techniques. Create small pieces of jewelry, simple plates, and bowls, and a project using 12 layers of glass. Our studio includes two state of the art kilns. Glass pack includes compatible glass, stringers, and frit for each week’s projects. Based on kiln space availability, returning students may use class time for further exploration. Projects created elsewhere, will not be fired. If needed, additional glass to be purchased by students. See Note regarding materials under Art heading above.

Marty Meade began teaching stained glass in 1978 and won College of Marin’s Academic Senate award for Community Education Teacher of the Year in 2006.
- 6 Fridays, 2:10-5pm
- Feb. 4-Mar. 18 (No class Feb. 18)
- Kentfield Campus, Performing Arts 151
- Fee $234 (Includes $63 materials/special fee)
- CRN# 15061

Visions of Light: Cathedrals of France
A photographic tour of the cathedrals in France will be covered by award-winning glass artist, Marty Meade, in this two-evening class. Since 1978, Meade has studied glass art, including Design and Concepts of Stained Glass, with renowned European art historian, Roger Darricarrera. Meade will make available both her extensive expertise and slide collection, to look closely at the narrative elements, fabrication, and materials used. Cathedrals will include Notre Dame, Sainte Chapelle, Reims, Nancy, and Metz, as well as a modern cathedral, Notre-Dame de Toute Grace, Plateau d’Assy. Works of modern artists Chagall, Villion, and Bissiere which have been incorporated into 14th, 15th, and 16th century structures will also be examined. Take this historical insight on your next visit to France.

- Marty Meade
- 2 Tuesdays, 7:10-9pm
- Feb. 1 & 8
- Kentfield Campus, Performing Arts 120
- Fee $28
- CRN# 15097

The Modern Glass Movement of San Francisco
The Modern Glass Movement of the 1970s led to masterpieces of glass art just as profound as those found in Europe while reflecting 20th century art concepts. Marty Meade began her career in glass at the beginning of this movement and studied with some of the masters as well as creating recognized work of her own. The first class meeting will offer a photographic tour of the Temple Emanuel-El, Grace Cathedral, and the Salvation Army Chapel in China town. During the second meeting, we will turn our attention to public buildings and the windows of Narcissus Quagliata, Rachel Mesrahi, David Ruth, and Marty Meade.

- Marty Meade
- 2 Tuesdays, 7:10-9pm
- Mar. 1 & 8
- Kentfield Campus, Performing Arts 120
- Fee $28
- CRN# 15098
Tuscany: A Closer Look

Taking a fresh look at a beloved subject, Art Historian Kerrin Meis offers a new color-slide lecture series celebrating the now legendary achievements of those Tuscan artists whose notion of “Man as the Measure of all things” profoundly changed the way we perceive ourselves and our world. From Giotto’s frescoes at Santa Croce to the monumental sculpture of Michelangelo, we shall study the masterpieces of Masaccio, Fra Angelico, the less angelic Fra Filippo Lippi, Sassetta, Botticelli, Ghirlandaio and the sculptors Donatello, Ghiberti, and Verocchio in the context of Patronage: the competition between the Franciscans and the Dominicans, the aspirations of the guilds, bankers and merchants as well as the inspiration provided by Humanist poetry and Neo-Platonic philosophy. Special attention will be given to frescoes tucked away in obscure locations.

A confirmed Italophile, Professor Meis taught Art History at San Francisco State University for many years.

- 7 Fridays, 10:40am-12:30pm
- Feb. 4-Mar. 25 (No class Feb. 18)
- Kentfield Campus, Performing Arts 120
- Fee $69 (Includes $1 materials fee)
- CRN# 15008 EC

The French Connection: From Impressionism to Bay Area Modernism

Analyze the rich lineage and influence of French artists, such as Monet, Cezanne, Gaugin, Matisse, and the Fauves, on artists who made their way to the West Coast in the 1920’s. The work of Diebenkorn, Park, Theibaud, and Bischoff continues a deep alliance to the light, land, and figure that originated with the French Impressionists. From plein air painter, Kay Carlson’s point of view, gain appreciation of these artists’ vital expression and how it affects our own way of seeing and experiencing color and light today. Through informed narrative, vivid slides and lively discussion, follow the lives of artists who shaped the culture of the Bay area.

Kay Carlson is a Bay area artist specializing in Northern California landscapes, and has been an avid witness to the Bay area Art Scene. Since studying at the San Francisco Art Institute in the 70’s, she has continued as an exhibiting artist and instructor.

- 4 Wednesdays, 3:40-5:30pm
- Feb. 9-Mar. 2
- Kentfield Campus, Harlan Center 165
- Fee $47 (Includes $1 materials fee)
- CRN# 15181 EC

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 Gemo- logical 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
- Feb. 12
- Kentfield Campus, Harlan Center 169
- Fee $78 (Includes $30 materials fee)
- Course #15121

BUSINESS/SMEALL BUSINESS/CAREER DEVELOPMENT/JOB SEARCH SKILLS/MARKETING

The CRN# is the Course Registration Number.
CAREER DEVELOPMENT

Basic Technical Writing Skills
This course teaches you the basics of how to write, edit, and design technical information, such as instructions and definitions. These skills expand your skill base so you can be more valuable to an employer. You will hone your skills in class by working in two-person teams. Feel free to bring examples of your or others’ work for discussion and analysis.

In addition, you will learn dozens of tips for concise, clear writing and how to edit and proofread technical materials. You’ll also see examples of how to design the look of a page in MS Word, which supports your ability to be an effective communicator.

Chris Johnson, an independent technical writer, has taught technical writing at the college level for 10 plus years.

- 3 Mondays, 6:40-9:30pm
- Jan. 31-Feb. 14
- Kentfield Campus, Learning Resources Center 39
- Fee $76 (Includes $2 materials fee)
- CRN# 15009

JOB SEARCH SKILLS

Get a Job Interview with a Great Resume and Cover Letter
This course teaches you how to write resumes and cover letters that make employers call you for a job interview. With in-class practice and examples to emulate, you will hone your paperwork into a marketing machine for your skills.

In addition, you will learn tips for interviewing and negotiating salary and how to write thank you letters, a list of references, and recommendation and resignation letters. Bring any work you have (on disk or paper) or start from scratch to produce good-looking and eloquent words that sell you to employers. We will do some practice interviewing in class, and you will leave the class with the skills to write an effective resume and cover letter.

Chris Johnson has taught business writing at the college level for 10 plus years and written hundreds of resumes for clients.

- 3 Mondays, 6:40-9:30pm
- Jan. 31-Feb. 14
- Kentfield Campus, Learning Resources Center 39
- Fee $76 (Includes $2 materials fee)
- CRN# 15009

MARKETING

How to Sell Your Handmade Goods Online
Learn how to sell your handmade goods online with an investment of just a few dollars and without the need of your own personal Web master or any knowledge of HTML. Sell anything from jewelry to woodwork to handmade soap and more by opening your own online store through a wide variety of venues that give you a professional online presence. Learn practical steps to promote and market your work, including social networking through sites like FaceBook and Twitter. We will cover best business practices that keep customers coming back and keep your feedback or reputation at the top.

We will work straight through. Please bring a bag lunch. Please bring a sample of your work to share with the class.

Robin Stelling has been selling online for more than ten years and has more than 8,000 positive feedbacks on eBay and etsy.

- Saturday, 10am-4pm
- Mar. 5
- Kentfield Campus, Harlan Center 165
- Fee $58 (Includes $1 materials fee)
- CRN# 15062

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. This class will provide hands-on web projects including opportunities to bring your questions and concerns to the table for analysis and group discussions. We will cover:

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

The class will be conducted with large screen display.

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

■ 7 Thursdays, 6:10-8pm
■ Feb. 3-Mar. 17
■ Kentfield Campus, Learning Resources Center 53
■ Fee $99
■ CRN# 15044

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.

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

COMPUTER CENTER

Hands-on courses are offered in the Ohlone and Pomo Clusters (Mondays-Saturdays) on the Indian Valley Campus (located at the west end of Ignacio Blvd., Novato). See map at the back of this schedule. Note: College parking is $3 per day and free on Saturdays. All parking permit machines accept any combination of dollar bills and quarters.

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 the same subject area, i.e., all classes on Excel will use the same textbook. The one exception is when a class is not textbook-based. This will be clearly stated in the course description below when applicable.

A Computer Textbook Source List of local bookstores and online sources for textbooks is available upon request. Please call 415.485.9318 and leave a request for the List to 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

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to ensure your seat. Be sure to review ‘Registration Information’ on page 49 before registering.

You are expected to have:
• Windows proficiency before enrolling in any PC application course that is held in Ohlone 216. If you do not have these skills, we recommend that you take Intro. to Windows XP.
• Mac proficiency before enrolling in any Mac application course that is held in Pomo 192. If you do not have these skills, we recommend that you take Intro. to Macintosh.

On the Indian Valley Campus, the Internet Café is located in building #17 and offers complimentary coffee and tea, as well as edibles for purchase, Monday through Thursday, 8:30am-7:00pm, and Fridays, 8:30 am-12noon. It is two miles to the nearest eatery, so if you are coming during off hours, we recommend that you bring something to eat or drink.
Hands-On Computer Courses

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

Computer Fundamentals I

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

Instruction in this class is not textbook-based.

- Levi Allen
- Monday, 1:30-4:30pm
- Jan. 31
- Indian Valley Campus, Ohlone 216
- Fee $42 (Includes $1 materials fee)
- CRN# 15133

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

Computer Fundamentals II

In this course you can get more familiar with the PC by learning the fundamental elements for successful computer literacy. We will cover computer system basics, tips on buying a computer, revealing the secrets of computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way you will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

Instruction in this class is not textbook-based.

- Levi Allen
- 2 Mondays, 1-4pm
- Feb. 7 & 14
- Indian Valley Campus, Ohlone 216
- Fee $82 (Includes $1 materials fee)
- CRN# 15134

Beginning Computing for Older Adults

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

- Alice L. Dieli, MS Ed (Instructional Technology), is experienced teaching computer skills to older adults.
- 7 Saturdays, 10am-12noon
- Feb. 5-Mar. 26 (No class Feb. 19)
- Kentfield Campus, Science Center 144
- Fee $84
- CRN# 15135 EC

12 • Classes start Monday, January 31. Register early. •
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.


Steve Salzman
3 Tuesdays, 7:10-10pm
Feb. 1-15
Indian Valley Campus, Pomo 192
Fee $119
CRN# 15136

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, 7:10-10pm
Feb. 22-Mar. 8
Indian Valley Campus, Pomo 192
Fee $119
CRN# 15137

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 11.

Introduction to Word 2007

If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Tom Millard
3 Tuesdays, 1:30-4:30pm
Feb. 1-15
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 15138

Intermediate Word 2007

This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Tom Millard
3 Tuesdays, 1:30-4:30pm
Feb. 22-Mar. 8
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 15139
Microsoft Word Basics for Older Adults

This seven-week course is designed for Older Adult computer users. It is an introductory word processing course. The class topics include (a) setting up a letter template formatted with margins, tabs, and spacing, (b) using keyboard shortcuts, and (c) adding an image from your computer to your documents. It is recommended that students take Beginning Computing for Older Adults (listed above) before taking this class and have some basic experience with computers through using email or searching the web. NO typing proficiency is required, but students should have access to a computer to practice the exercises during the week.

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

- 7 Saturdays, 1-3pm
- Feb. 5-Mar. 26 (No class Feb. 19)
- Kentfield Campus, Science Center 144
- Fee $84
- CRN# 15140 EC

Introduction to Excel 2007

A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course you will learn the basics of creating, modifying, printing, and formatting worksheets, working with basic formulas and functions, and enhancing worksheets using styles and auto formats.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


- Levi Allen
- 3 Mondays, 6-9pm
- Jan. 31-Feb. 14
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 15141

Intermediate Excel 2007

In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.

This class builds upon skills that are learned in Intro. to Excel 2007.


- Susan Henning
- 3 Mondays, 7-9pm
- Feb. 28-Mar. 14
- Indian Valley Campus, Ohlone 216
- Fee $81
- CRN# 15142

Introduction to PowerPoint 2007

This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, create a layout, slide theme, and master, designing each slide using text, graphics, color, animation, and sound.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


- Susan Henning
- 3 Thursdays, 6:30-9:30pm
- Feb. 3-17
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 15143

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 11.
Intermediate PowerPoint 2007

In this course we will take a closer look at PowerPoint with an emphasis on building content using digital media sources. Learn how to insert digital images, integrating images from a camera, scanner, and the Internet. Also covered will be different ways to use sound, create custom animations, and develop timing methods.

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


- Susan Henning
- 3 Thursdays, 6:30-9:30pm
- Feb. 24-Mar. 10
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 15144

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

Introduction to QuickBooks Pro 2010

In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials. All QuickBooks material is taught with an emphasis on best practices in accounting.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

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

For each course listed below:
- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $121 (Includes $2 materials fee)
- 3 Tuesdays, 6-9pm
  - Feb. 1-15
  - CRN# 15163
- 3 Wednesdays, 1-4pm
  - Feb. 2-16
  - CRN# 15164

Intermediate QuickBooks Pro 2010

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

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

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

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

For each course listed below:
- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $121 (Includes $2 materials fee)
- 3 Tuesdays, 6-9pm
  - Mar. 8-22
  - CRN# 15165
- 3 Thursdays, 1-4pm
  - Mar. 10-24
  - CRN# 15166
A USB port plug-in storage device, i.e., flash drive or thumb drive, is recommended if you would like to save your work.

**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.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


- **Tom Millard**
  - 3 Mondays, 1:30-4:30pm
  - Feb. 28-Mar. 14
  - Indian Valley Campus, Ohlone 216
  - Fee $119
  - CRN# 15145

**Google Apps: Gmail, Calendar, Docs, and Sites**

1.7 million businesses have switched over to Google Apps. Don't get left behind! Add a new skill to your resume! In this hands-on class, you will learn step-by-step how to use, setup, and manage Google Apps, including Gmail, Google Calendar, Google Docs, and Google Sites. Class includes tips and tricks and plenty of Q&A with the instructor.

Instruction in this class is not text-based. Please bring a bag lunch. We will have a half hour lunch break.

**Gera Yeramin** is a web producer and business consultant.

- Saturday, 9:30am-4pm
- Mar. 26
- Indian Valley Campus, Pomo 192
- Fee $81
- CRN# 15147

**Gmail for Older Adults**

It's easy to stay in touch with old friends and family using the Internet. Learn why Google is the most popular search engine and email provider. We will be setting up a Google account, which includes the free email program, Gmail. We will explore Google calendar, Google Reader, blogs and search the internet using Advanced Search. We will also explore Social Networking ... what is it? Do I need it?

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

Instruction in this class is not textbook-based.

**Susan Wilkins** has a Masters in Library and Information Science (MLIS) and does computer tutoring for seniors in her work as a Reference Librarian.

- Tuesday & Thursday, 10am-12noon
  - Feb. 1 & Feb. 3
  - Indian Valley Campus, Ohlone 216
  - Fee $56
  - CRN# 15148 EC

- 2 Fridays, 10am-12noon
  - Mar. 4 & 11
  - Whistlestop
    930 Tamalpais Ave., San Rafael
  - Fee $56
  - CRN# 15149 EC

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 11.
Introduction to iPhone/iPod Touch Apps

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


Steve Salzman
2 Saturdays, 1-4pm
Feb. 5 & 12
Indian Valley Campus, Pomo 192
Fee $81
CRN# 15150

iTunes: Apple Computer’s Multimedia Application

Learn to download, install, and upgrade iTunes (free software for both Mac and Windows). With iTunes you can:

- Play your current music CD, or download music that you purchased from Apple
- Rent or buy current TV Shows and “first run” movies
- Download mobile applications from the App Store for iPhones, iPods, and iPads
- Sync information and media between your computer and Apple’s mobile devices
- Use Airplay to play your music wirelessly throughout your house
- Download thousands of free Podcasts (like talk radio covering many topics)
- Buy and download AudioBooks
- Download free college courses by leading lecturers from top universities worldwide with iTunes U
- Use iTunes “Genius” for intelligent music suggestions based on your musical tastes
- Participate in Ping, Apple’s new “music social network”


Steve Salzman
2 Saturdays, 1-4pm
Mar. 12 & 19
Indian Valley Campus, Pomo 192
Fee $81
CRN# 15151

Squarespace.com: Fast, Easy Website Creation

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

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

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

Steve Salzman
2 Saturdays, 1-4pm
Feb. 26 & Mar. 5
Indian Valley Campus, Pomo 192
Fee $81
CRN# 15152

Also of interest ...
How to Sell Your Handmade Goods Online

Internet Marketing Strategies

See page 10.
COMPUTERS

Build a Quick and Easy Website with Go Daddy™’s Web Tools

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

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

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

Jasmine Loiselle

Friday, 9am-4pm

Indian Valley Campus, Ohlone 216

Fee $82 (Includes $1 materials fee)

Course #15127

Introduction to Dreamweaver

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

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Steve Salzman

3 Wednesdays, 7-10pm

Feb. 23-Mar. 9

Indian Valley Campus, Ohlone 216

Fee $119

CRN# 15154

Intermediate Dreamweaver

You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, master the drawing tools including the pen tool and the pathfinder palette, learn to create tables for both data and visuals, export your document to a PDF with customized presets and package files for the printer.

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


Lynda Banks

2 Fridays, 9am-4pm

Feb. 4 & 11

Indian Valley Campus, Pomo 192

Fee $136

CRN# 15155

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 11.

Introduction to InDesign

Designed by Adobe to surpass Quark XPress, InDesign is tightly integrated with their Photoshop, Illustrator, and GoLive applications. Learn to set up pages, create style sheets, import photos and graphics, and create great effects such as drop shadows and blending modes all in one program. By the end of the course, you will have created either a small brochure or a magazine article.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.

Recommended text: Kvern, Olav Martin & Blatner, David, Real World Adobe InDesign CS5. Peachpit Press.

Intermediate InDesign

You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, master the drawing tools including the pen tool and the pathfinder palette, learn to create tables for both data and visuals, export your document to a PDF with customized presets and package files for the printer.

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

Recommended text: Kvern, Olav Martin & Blatner, David, Real World Adobe InDesign CS5. Peachpit Press.

Lynda Banks
2 Fridays, 9am-4pm
Feb. 25 & Mar. 4
Indian Valley Campus, Pomo 192
Fee $136
CRN# 15156

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

Intermediate Illustrator is planned for Spring Quarter 2011. The schedule will be available and registration begins Feb. 28.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Lynda Banks
4 Thursdays, 6:30-9:30pm
Feb. 3-24
Indian Valley Campus, Pomo 192
Fee $136
CRN# 15157

Introduction to Flash
Learn the basics of Flash, the premier program for streaming animation for the Internet. We will cover basic timeline animation and step-by-step motion graphics. Create simple movies that have motion, music, and sound effects. Learn how to draw within Flash and how to import photos, visuals, and sound. We will begin animating in the first class.

Intermediate Flash is planned for Spring Quarter 2011. The schedule will be available and registration begins Feb. 28.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Lynda Banks
2 Fridays, 9am-4pm
Mar. 11 & 18
Indian Valley Campus, Pomo 192
Fee $136
CRN# 15158

Photoshop I
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color, and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF, and JPG files. Color bit-depth, resolution, file formats, and file compression issues will also be explained. Learn about the basics of editing digital photography and fine art for print and the web.

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling.


Jazmine Loiselle
2 Thursdays, Feb. 10 & 17
Feb. 10, 9am-4pm
Feb. 17, 9am-12noon
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 15159

Photoshop II
Discover techniques of unlimited image editing using selections, layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers and simple tricks that allow you to take advantage of paths as selection strategies.

This course builds upon skills that are learned in Photoshop I.


Jazmine Loiselle
2 Thursdays, Feb. 17 & 24
Feb. 17, 1pm-4pm
Feb. 24, 9am-4pm
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 15160

Also of interest ...
Photoshop Elements: The Digital Darkroom, Intro
See page 37.
Introduction to West Coast Swing Dance

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

Need directions? Call 415.485.9318 to request them. Leave your mailing address.

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

- 4 Tuesdays, 6:30-8:15pm
- Feb. 1-22
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $55
- CRN# 15045

Argentine Tango: Beginning Class and Practica

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

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

For each course listed below:
- 4 Fridays, 7-10pm
- Knights of Columbus Hall
- 167 Tunstead Ave, San Anselmo
- Fee $55
- Jan. 28-Feb. 25 (No class Feb. 18)
  CRN# 15063
- Mar. 4-25
  CRN# 15064

Tango for Fun and Health

Tango your way to better health! The health benefits of doing the Tango are documented (Scientific American, June 2008). In this fun, non-threatening class, you will be surprised to realize that we are using experiential anatomy and the principles of the Alexander Technique of neuromuscular retraining to develop and enhance balance, tension release, and coordination in the context of Argentine Tango. Develop your awareness, sensitivity, vulnerability, and independence through this unique couples dance. We will emphasize the connection to ourselves, our partners, and the earth.

No partner required. Please wear leather soled shoes or thin socks. Do not wear street shoes.

Janet Lott, MFA (Dance), has been dancing Tango since 1997 in San Francisco, Buenos Aires, and Europe, is a certified teacher of the Alexander Technique, and has taught Argentine Tango at Vajrayana Buddhist retreats.

- 6 Mondays, 3:40-5pm
- Jan. 31-Mar. 14 (No class Feb. 21)
- Kentfield Campus, Physical Education Center 22
- Fee $54
- CRN# 15068 EC

African Dance

African Dance is an exploration of electrifying choreography and easy-to-follow improvisational patterns from the African diaspora. This course is open to all levels and promises to engage beginners and intermediate dancers alike. Focus will be on developing an ‘ear’ for polyrhythmic percussion body conditioning exercises to support African dance movement and traditional dances from the Sene-Gambia region (Ghana), Haiti, and Cuba.


- 7 Tuesdays, 7:10-8:30pm
- Feb. 1-Mar. 15
- Kentfield Campus, Physical Education Center 22
- Fee $79
- CRN# 15046
Traditional Hawaiian Dance

Learn to dance the Hula Kahiko, the ancient style of Hawaiian dance which predates 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
- Feb. 3-Mar. 17
- Kentfield Campus, Physical Education Center 22
- Fee $79
- CRN# 15047

Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.

- 7 Fridays, 6:10-7:30pm
- Feb. 4-Mar. 25 (No class Feb. 18)
- Kentfield Campus, Physical Education Center 22
- Fee $79
- CRN# 15100

Traditional Samba and Capoeira Workout

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

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
- Jan. 31-Mar. 21 (No class Feb. 21)
- Kentfield Campus, Physical Education Center 22
- Fee $79
- CRN# 15048

Samba for Fun and Health

Samba is a traditional Afro-Brazilian art form which blends music, dance, and exercise to promote wellness. Each class includes stretching, a warm up, and a cool down. Accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiros (tambourines), you will learn and practice the basic steps of a traditional samba circle dance.

This class is now offered at the Kentfield Campus.

- Maestre Samuka
- 7 Mondays, 8:40-10am
- Jan. 31-Mar. 21 (No class Feb. 21)
- Kentfield Campus, Physical Education Center 22
- Fee $59
- CRN# 15049 EC

Dance for Fun and Fitness for Active Seniors

Ready to cha-cha, fox trot, and open dance? This playful course is designed for students at all levels of fitness to let the heart and soul dance for fun and fitness. Enjoy a selection of tunes from Broadway musicals as you warm up, stretch, and practice box step, side step, swing, and tango — everything from waltz to Zumba. Partners are not necessary.

Students must be able to stand comfortably for 15 minutes at a time, and chairs will be used to rest and stretch during class time.

Dr. Megan Scott has degrees in Exercise Physiology and has an extensive background in sports therapy. She teaches dance with passion and for fun, personal growth, and conditioning for students of all ages.

- 7 Mondays, 1:10-2pm
- Jan. 31-Mar. 21 (No class Feb. 21)
- Kentfield Campus, Physical Education Center 22
- Fee $43
- CRN# 15186 EC
**DISABLED STUDENTS, THEIR FAMILY AND FRIENDS**

The *Disabled Students Program* at College of Marin provides services for students with learning, physical, communicative, and psychological disabilities. Services include academic, vocational, career, and personal counseling as well as diagnostic testing/remediation for the learning disabled. Please call 415.485.9406 for more information.

**Adapted Feldenkrais Movement**

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.

- **Kay Pepitone**
  - 7 Thursdays, 1:10-2pm
  - Feb. 3-Mar. 17
- **Kentfield Campus, Physical Education Center 22**
  - Fee $59 (Includes $1 materials fee)
  - CRN# 15066

**Adapted Aerobic 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)**
  - 6 Mondays & 7 Wednesdays, 10:10-11am
  - Jan. 31-Mar. 16 (No class Feb. 21)
- **Kentfield Campus, Physical Education Center 22**
  - Fee $86
  - CRN# 15067

**DRAMA/STAGE & SCREEN**

**Voice Overs: The Big Picture**

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

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

- **Terry McGovern**, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of "These are not the droids you're looking for." from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business.
  - 2 Saturdays, 10am-5pm
  - Mar. 5 & 12
  - **Kentfield Campus, Fusselman Hall 120**
  - Fee $99 (Includes $2 materials fee)
  - CRN# 15010

**FILM APPRECIATION**

**Film Appreciation: “Who’s in Charge?” Exercising Power**

Power is an elusive prize. Who’s got it? Who wants it? How does one get it? Power can exist in a microcosm (the family, the schoolyard, the neighborhood) or the macrocosm (a nation, the world, industry/entertainment). Three of the films for Winter are: *Citizen Kane* (USA 1941), *Enron: The Smartest Guys in the Room* (USA 2005), and *Elizabeth* (UK 1998).

- **Suresa Dundes**, MFA (Theatre), M.A. (Education), has worked as a Literary Manager, director and designer in films, video and theatre. Experienced in teaching Acting, Voice, Film Appreciation and Art Direction, she writes fiction, screenplays, and creative nonfiction.
  - 7 Thursdays, 2:10-5pm
  - Feb. 3-Mar. 17
  - **Kentfield Campus, Science Center 101**
  - Fee $94 (Includes $1 special fee)
  - CRN# 15122 EC

Registration begins Monday, January 3.
International Film Series 2011

Join members of College of Marin’s Modern Languages Department to learn about and view six foreign language films, shown with subtitles. Each film will be preceded by a presentation from the instructor and followed by a period of Q and A.

When and Where

Six Fridays, February 25-April 1, 7 p.m.; Olney Hall 96, Kentfield Campus

Please register early! Everyone is welcome!

To Register

Registration fee for each film/class: $8. Use the Course Registration Number (CRN#) shown next to the date of the film(s) you are interested in viewing and register as you would for any Community Education class. See registration information, page 49. Each film/class must be registered for individually.

February 25 / CRN# 15175
American Sign Language — Audism Unveiled, 2005
Instructor: Jeannie Leighton
Directors: Ben Bahan, H-Dirken Bauman, Facundo Montenegro
With: Ben Bahan, H-Dirken Bauman, and many Deaf people
Going beyond definitions, this powerful documentary uses real life experiences from Deaf people of varied social, racial, and educational boundaries — showing how this form of oppression does lasting and harmful damage. (57 minutes)

March 4 / CRN# 15176
Japanese — Ran (Chaos), 1985
Instructor: Kuniko Prince
Director: Akira Kurosawa
With: Tatsuya Nakadai, Akira Terao, Jinpachi Nezu, Daisuke Ryu, Mieko Harada
The director, Akira Kurosawa, adapts Shakespeare’s “King Lear” placing it in Japan’s war era during the 16th Century. A lord decides to retire and divides his kingdom among his three sons, hoping that the sons will help each other to make his kingdom prosperous; however, it won’t happen, and the family falls into tragedy. (162 minutes)

March 11 / CRN# 15177
Argentine — Despabílate, amor (Wake Up, Love), 1997
Instructor: John Petrovsky
Director: Eliseo Subiela
Script by Uruguayan writer: Mario Benedetti
With: Darío Grandinetti, Soledad Silveyra, Juan Leyrado, Marilyn Solaya
In this romantic comedy, friends, including one nicknamed Elvis, who haven’t seen each other for 25 years get together for a good old rock and roll party that brings up lost loves and memories of the military dictatorship of Argentina. (96 minutes)

March 18 / CRN# 15178
Chinese — 落叶归根 (Getting Home), 2007
Instructor: Shuyu Liu
Director: Zhang Yang
With: Zhao Benshan
Millions of peasants in China have become the labor army in the city. The film opens when Liu unexpectedly dies after a night of drinking and Zhao (played by one of China’s best known comedians, Zhao Benshan) decides to fulfill a promise to his friend to get him home beginning a long odyssey from Shenzhen to Chongqing with Liu’s corpse on his back. Along the way, Zhao meets a variety of characters. (110 minutes)

March 25 / CRN# 15179
Italian – Quando sei nato non puoi piu’ nasconderti (Once you are born you cannot hide anymore), 2005.
Instructor: Caterina Labriola
Director: Marco Tullio Giordana
With: Alessio Boni, Michela Cescon, Rodolfo Corsato
Sandro, a twelve year old boy on vacation, one night falls off a boat. He is rescued by illegal emigrants, travelling to Italy in a old unsafe boat. The trip back to Italy opens Sandro’s eyes on a new world completely different from the one where he grew up. The film received nine minutes applause at the Festival of Cannes in 2005. (120 minutes)

April 1 / CRN# 15180
French — jeux Intérdits (Forbidden Games), 1952
Instructor: Deborah Levin
Director: René Clément
With: Brigitte Fossey, Georges Poujouly
A young French girl orphaned in a Nazi air attack is befriended by the son of a poor farmer, and together they try to come to terms with the realities of death. (86 minutes)
Fundraising 101: How to Ask for Money

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

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

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

- Saturday, 10am-4pm
- Kentfield Campus, Harlan Center 170
- Fee $58 (Includes $1 materials fee)
- CRN# 15041


Understand money basics and your finances, and how to apply these concepts in your everyday life. Demystify banking services and how to save and use credit responsibly. Gain real-world skills, such as getting an auto or home loan, renting an apartment, paying for college, starting a small business, and how to maintain a good credit score. Protect yourself from identity theft and scams, and learn to assert your rights as a financial consumer. Geared for young adults, and others who want to better understand how to successfully navigate the financial system. Lectures, discussion, and basic, fun hands-on activities.

John Wright has a J.D. from Yale Law School and serves as Chief Regulatory Counsel at a major bank in the Bay area. He also serves as Trustee for the Tamalpais Union High School District and has a sincere interest in making financial literacy accessible to all.

- 7 Thursdays, 7:10-9pm
- Feb. 3-Mar. 17
- Kentfield Campus, Physical Education Center 92
- Fee $89
- CRN# 15167

Creative Seasonal Cooking: The Comforts of Winter

This class will demonstrate the many reasons—aesthetic, nutritional, ecological, and economical—to cook seasonally. Taking a cue from the bounty at Marin Farmers' Markets, our chef-instructor will demonstrate the preparation of a light menu of three to four seasonal dishes from scratch. In the last half-hour, everyone will sit down and enjoy the family-style meal together. Salads, soups, fruit desserts, fish, and simple meat dishes will be included.

Each student will be asked to help with clean-up once, for about one-half hour following class. Recipes will be distributed in class.


- 3 Saturdays, 10am-12:30pm
- Feb. 5-26 (No class Feb. 19)
- Marin Youth Center (The MYC)
- 1115 3rd Street, San Rafael
- Fee $141 (Includes $75 materials/special fee)
- CRN# 15168

Cooking with Winter Greens Culinary Workshop

Professional Chef Susan Pridmore shows you how to make the most of tasty and nutritious winter greens. Class includes different greens tasting, lecture and a cooking demonstration. Learn to differentiate the surprising variety of types, textures, and flavors of the greens family, and the wide range of possibilities and cultural heritage in the kitchen. Throughout the workshop, the chef instructor will demonstrate delicious dishes made with greens, such as Baked Kale Chips, Lemony Swiss Chard with Fried Capers and Garlic, Mustard Greens Braised with Bacon, Broccoli Rabe, Potato and Sausage Flatbread, and more.

Susan Pridmore holds a Professional Culinary Program Certificate from the Tante Marie Cooking School, San Francisco, has given cooking classes for Marin Agricultural Land Trust, and is a
contributing recipe author in a Spring 2011 cookbook collection, compiled by two NY Times food editors.

- Saturday, 10am-1pm
- Mar. 5
- Marin Youth Center (The MYC)
- 1115 3rd Street, San Rafael
- Fee $93 (Includes $54 materials/special fee)
- CRN# 15169

Native American Plant and Cooking Traditions

Learn the ancient history of native foods in America and how to prepare these yourself, including acorn leaching, seed-saving and processing, medicinal and cultural uses of California native plants. Learn about the original California cuisine, the original “localvore,” sustainable, healthy, whole foods movement. Sample indigenous ingredients and learn how to cook them yourself from master native foods chef, John Farais. Class format includes a lecture, with artifacts provided by the Museum of the American Indian in Novato, and a cooking class which ends with a traditional banquet.

John Farais skilfully uses his knowledge of Ethnobotany and Anthropology as a chef, lecturer, and cooking instructor in the Bay area. His broad knowledge of ancient Native American Plants and their cooking traditions, along with a culinary degree, results in uniquely delicious dining and sustainable practices.

- 2 Saturdays, 10am-1pm
- Mar. 12 & 19
- Mar. 12, Kentfield Campus, Harlan Center 169
- Mar. 19, Marin Youth Center (The MYC)
- 1115 3rd Street, San Rafael
- Fee $118 (Includes $45 materials/special fee)
- CRN# 15182

Also of interest …
From Fast Food to Organic: Food Choices and Your Health

See page 26.

Wine Grape Varieties

Does all Chardonnay taste the same? If you did a blind tasting, would you be able to tell a Chilean Chardonnay from a Carneros Chardonnay? After all, it is the same grape. This class examines the origins of varietals, winemaking styles, where they’re grown, and how these affect the overall taste of the wines. We will consider Chardonnay, Pinot Noir, and Riesling.

Please bring four wine glasses to taste wine each week. All students must be at least 21 years old.

Cynthia Sutko teaches wine and food classes at several Bay area colleges. She has worked at wineries in Napa and Sonoma counties.

- 3 Mondays, 7-9pm
- Mar. 7-21
- Osher Marin Jewish Community Center
- 200 N. San Pedro Rd. San Rafael
- Fee $87 (Includes $45 special fee)
- CRN# 15101

Artisan Cheesemaking Pilot Program

Certificate Program Requirements

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

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

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

The CRN# is the Course Registration Number.
A Full Introduction to Artisan Cheese and Its Traditions

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

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

- 4 Mondays, 6:10-9pm
- Jan. 31-Mar. 7 (No class Feb. 21 & 28)
- Indian Valley Campus, Pomo 154
- Fee $253 (Includes $83 materials fee)
- CRN# 15170

Hygiene and Food Safety in Cheesemaking

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

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

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

- Wednesday, 9am-4pm
- Feb. 23
- Indian Valley Campus, Pomo 154
- Fee $196 (Includes $2 materials fee)
- CRN# 15171

Finding Healing Within

Guided imagery is a transformative tool that can greatly enhance your ability to heal from emotional, mental, and physical wounding. In this introductory course, you will learn how to use your imagination to create an inner healing environment and access spiritual resources for the purpose of fostering stress reduction, inner peace, spiritual connection, emotional healing, and greater well-being. Topics include: The Power of the Imagination to Heal; Creating Inner Safety; and The ‘Spiritual Internet’. Class will consist of lecture, discussion, journaling, and guided imagery meditations. No prior experience with guided imagery is needed.

We will break for a lunch hour. Please bring a notebook to class for journaling.

Kathleen Denison, MA (Applied Spirituality) has provided spiritual counseling and spiritual teaching for more than thirty years.

- Saturday, 9am-4pm
- Feb. 12
- Kentfield Campus, Physical Education Center 91
- Fee $41 (Includes $1 materials fee)
- CRN# 15102 EC

From Fast Food to Organic: Food Choices and Your Health

Today’s food issues grab the headlines, from alarming documentaries, like “Super Size Me” and “Fast Food Nation,” to diets, mood, and eating disorders, ideal body image, and our efforts to find healthy, local organic options. Nutritional issues and food safety news will be examined, including genetically modified foods and nutritional food choices affecting us on every level. Learn to read “between the lines” with food labels and discover how to see the intrinsic connection between you, your health, and the food you eat.

Food samples will be offered in class, and recipes will be distributed. Please bring a 3-ring binder to class for lots of handouts!

Sarah Aminoff is a Health Educator and holds an M.A. in Psychology. She teaches throughout the Bay area on the topic of Health Science.

- Saturday, 9am-12noon
- Feb. 26
- Kentfield Campus, Harlan Center 165
- Fee $53 (Includes $2 materials fee)
- CRN# 15188
Also of interest ...

Native American Plant and Cooking Traditions
See page 25.

HEALTH SCIENCES

Exercise for Adults with Special Needs Instructor Certification Course

Designed to train students, certified personal fitness instructors, activity coordinators, recreational therapists, and occupational therapists interested in becoming certified fitness/wellness leaders specializing in exercise with the frail elderly and adults with special needs. Special needs include disorders ranging from Parkinson’s Disease, Arthritis, Cardiac Issues, COPD, Physical and Sensory Deficits, and Dementia Specific Needs.

The course is a two-part training. Students may choose to take only Part One and receive a College of Marin Certificate of Completion. Upon successful completion of both Part One and Two, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional $35 fee for the SFA certification, and current CPR and First Aid are needed for certification.)

Students participate in exercise activities in class. There is an hour lunch break each class.

Text: Exercise for Frail Elders, Best-Martini & Botenhagen (currently Jones), Human Kinetics, 2003, ($36) is available at the college bookstore. The materials fee covers a 150-page syllabus to be distributed in class.

Betsy Best-Martini, MS (Recreational Therapy), SFA certified

2 Saturdays, 9am-4pm
Feb. 26 & Mar. 5
Kentfield Campus, Physical Education Center 91
Fee $85 (Includes $2 materials fee)
CRN# 15184

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

Note for Health Professionals: The following courses may also be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. Under BRN regulations, 100% attendance is required; no partial credit for CE hours is given. The instructor will request your R.N., CNA, HHA license number at the beginning of the course. Certificates of attendance are awarded upon completion of all courses authorized for Continuing Education Hours.

Title 22: First Aid For Public Safety Personnel (FAPSP)

This class is a Department of Transportation (DOT) approved Advanced First Aid course. Designed for public safety personnel, it serves as the prerequisite for COM’s EMT-1 course, Fire Tech 112; for information, go to www.marin.edu/firetech. It also serves as a bridge between basic and more advanced training. The Title 22 course is perfect for lay responders, first responders and is a good refresher course for professional rescuers. This course is set up to provide the advanced first aid training as well as the CPR for the Professional Rescuer (CPR-Pro). Participants who do not already have this certification (CPR-Pro) will pay an additional $25. Use appropriate course number below when registering.

There will be an hour lunch break. A text is not required for successful completion of this class; however, related texts will be available for purchase at the class.

Alexander Bolias
Friday, 4-10pm
Saturday, 8am-6:30pm
Jan. 14 & 15
Indian Valley Campus, Building 27, Room 112

For those with valid CPR-Pro Certification
Fee $125 (Includes $25 materials fee)
CRN# 15119

For those without current, valid CPR-Pro Certification
Fee $150 (Includes $50 materials fee)
CRN# 15120

www.marin.edu/CommunityEducation
Classes start Monday, January 31. Register early.

DENTAL ASSISTING
To register for Dental Assisting classes shown below, please e-mail Grace Hom at grace.hom@marin.edu, or call 415.485.9327 and request the informational flyer and registration form. Be sure to include your mailing address. Please follow the instructions on the flyer to submit your registration. Enrollment is limited; register early. Please see Note regarding Continuing Education hours under the “Continuing Education Program for Health Professionals” heading above.

Radiology Course
This course is approved by the Board of Dental Examiners to instruct in the operation of dental x-ray equipment with emphasis on radiation safety. Course content includes: fundamentals of radiology, safety regulations, and XCP technique of film and cone placement.

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

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

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

■ Juanita Tyree, CDA, RDA
■ 2 Fridays, 5-9pm
■ 2 Saturdays, 8am-5pm
■ Feb. 25-Mar. 5
■ Kentfield Campus, Harlan Center 156
■ Fee $355 (Includes $155 materials fee)

Coronal Polish (12 CE Hours)
This course is approved by the California State Board of Dental Examiners 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/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 your certificate. 12 Continuing Education hours are given upon successful completion of the course.

■ Marlene Wilgis, CDA, RDA
■ Friday, 5-9pm
■ Saturday, 8:30am-5pm
■ Mar. 11 & 12
■ Kentfield Campus, Harlan Center 156
■ Fee $263 (Includes $60 materials fee)

HISTORY
The History of the Richest Country in the World: Switzerland
The Swiss Confederation consists of 26 cantons, with Bern its capital. Geographically it is landlocked, bordered by Germany, France, Italy, Austria, and Liechtenstein. Switzerland is one of the richest countries in the world by per capita gross domestic product. Zürich and Geneva have been ranked as the cities with the second and third highest quality of life in the world.

In this fascinating class, you will learn about the history of this rich country, its evolution from beginning of time to present day. The history of Switzerland, through its geographical position is the history of entire Europe, belonging to the Holy Roman Empire, until the rise of Napoleon. The situation of Switzerland during the two World Wars, and the history of Swiss Banking will be discussed in detail.

■ Erika Harkins, MA (Literature)
■ 7 Mondays, 2:10-4pm
■ Jan. 31-Mar. 21 (No class Feb. 21)
■ Kentfield Campus, Harlan Center 165
■ Fee $69 (Includes $1 materials fee)
■ CRN# 15069 EC

HOME AND GARDEN
Creating a Wildlife Friendly Garden
This course of study bridges the worlds of gardening and ecology with detailed information on creating a backyard ecosystem. We’ll discuss ways to enhance the habitat value of your garden, and you’ll gain a greater understanding and appreciation of the creatures that visit. You will also learn the unique and iden-
identifying features of species most likely seen in Bay Area gardens, as well as interesting facts about name origins and life cycles. Starting with California native plants and their natural communities, we move on to the important associations that have evolved between these plants and the butterflies, bees, beneficial insects, and birds that will populate a backyard habitat.

Class will include visuals, hands on practice of basic plant propagation techniques, extensive hand-outs, resources, and references.

There will be a field trip to Novato for the final class meeting. Details will be discussed. Students are responsible for their transportation.

Charlotte Torgovitsky
 ■ 4 Saturdays, 10am-1pm
 ■ Mar. 5-26
 ■ Kentfield Campus, Temporary Building 101
 ■ Includes field trip, Mar. 26
 ■ Meet off campus in Novato
 ■ Fee $89 (Includes $11 materials fee)
 ■ CRN# 15103

Luther Burbank: The Plant Wizard of Santa Rosa

Join us for an illustrated lecture on the renowned horticulturist, Luther Burbank, (1849-1926) who was once one of the most famous Americans in the world. His achievements in breeding new and better plants have enriched both our gardens and the world’s food supply. Here is your opportunity to learn about the man and his times, as well as gain an understanding of what he did and how he did it.

A guided tour of the Burbank Experiment Farm in Sebastopol is planned for spring quarter (schedule available Feb. 28).


Bob Hornback is a horticultural historian and a recognized authority on Luther Burbank, about whom he has researched, lectured, and written for more than 40 years.

Saturday, 9:40am-12:30pm
 ■ Feb. 5
 ■ Kentfield Campus, Harlan Center 169
 ■ Fee $29
 ■ CRN# 15104

INTENSIVE ENGLISH PROGRAM (IEP) INDIAN VALLEY CAMPUS, NOVATO

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

• SMALL CLASSES
• FIELD TRIPS
• 8 or 16*-WEEK PROGRAM
• TOEFL PREPARATION
• FRIENDLY STAFF WHO HELP WITH VISAS AND SCHEDULING NEEDS

Spring Semester 2011
January 25-May 20 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours)
$2325 Other full-time students
$1925 (15 hours)
$1425 (10 hours)
$775 (5 hours)

Session A: January 25-March 18 (8 weeks)
$1175 for 8 weeks (20 hours)
$975 (15 hours)
$725 (10 hours)
$375 (5 hours)

Session B: March 22-May 20 (8 weeks)
$1175 for 8 weeks (20 hours)
$975 (15 hours)
$725 (10 hours)
$375 (5 hours)

Courses meet 5 hours per week:

Writing with Grammar Practice
Tuesday/Thursday 9:10-11:35

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

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

Reading and Vocabulary Development with Topics in American Culture
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: www.marin.edu/iep

New F-1 and F-1 transfer students, contact paulette.foster@marin.edu with your visa questions.

For questions about International Education at College of Marin, contact janice.austin@marin.edu.

The CRN# is the Course Registration Number.
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.

When the purchase of a text book is recommended, that text will be used for the entire series. Cost of text books vary and are available at the College Bookstore, 415.485.9394.

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

Conversational French: First Year, Third 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 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 bientôt!

- 7 Mondays, 6:40-8:30pm
- Jan. 31-Mar. 21 (No class Feb. 21)
- Kentfield Campus, Olney Hall 109
- Fee $89
- CRN# 15011

Conversational French: Second Year, Third 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 dans une ambiance joyeuse!

- Anne-Marie Lebas
- 7 Wednesdays, 6:40-8:30pm
- Feb. 2-Mar. 16
- Kentfield Campus, Harlan Center 129
- Fee $89
- CRN# 15012

Say It in French!
For those who have completed at least two years of Conversational French, this class will help you develop your ability to read, understand, and express yourself in French. We will utilize short stories, dialogues, short novels, recipes, and nonfiction written in French as the basis for discussion in class. Learn to read and speak the French language with confidence and participate in casual conversation.

Reading materials will be provided in class.

- Anne-Marie Lebas
- 7 Thursdays, 6:40-8:30pm
- Feb. 3-Mar. 17
- Kentfield Campus, Harlan Center 173
- Fee $91 (Includes $2 materials fee)
- CRN# 15070

Say It in French!
For those who have completed at least two years of Conversational French, this class will help you develop your ability to read, understand, and express yourself in French. We will utilize short stories, dialogues, short novels, recipes, and nonfiction written in French as the basis for discussion in class. Learn to read and speak the French language with confidence and participate in casual conversation.

Reading materials will be provided in class.

- Anne-Marie Lebas
- 7 Thursdays, 6:40-8:30pm
- Feb. 3-Mar. 17
- Kentfield Campus, Harlan Center 173
- Fee $91 (Includes $2 materials fee)
- CRN# 15070

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


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

- 7 Thursdays, 6:40-8:00pm
- Feb. 3-Mar. 17
- Kentfield Campus, Olney Hall 109
- Fee $79 (Includes $1 materials fee)
- CRN# 15172
Italian for Travelers

It’s time to apply what you’ve learned of la bella lingua to gli italiani! This course will present the FOCUSER© (Focused Communication/Structured Response) system, which will focus on concretely applying your Italian to a wide range of specific “tourism” situations. You will also receive cultural training in really communicating well with the Italians, in ways that you both will understand, a tall order, but possible!

Additional focus will highlight Italy’s riches, and how to access them for your fullest enjoyment. That means practical ‘how-to’ information on connecting with regional art and history, festivals, transportation, lodgings, latest useful cultural developments, local foods and wines — and more, of course.

Students receive a Course Reader, as well as a copy of Barrons TravelWise Italian phrasebook. Full information will be sent upon enrollment in course.

Dave Henderson holds an MA and PhD in Italian from UC Berkeley and has taught Italian language and culture in the Bay area for more than 20 years.

■ 7 Fridays, 7:10-9pm
■ Feb. 4-Mar. 25 (No class Feb. 18)
■ Kentfield Campus, Harlan Center 170
■ Fee $96 (Includes $7 materials fee)
■ CRN# 15123

Conversational Italian: First Year, Third Quarter

Continue learning basic Conversational Italian, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.

Lido Cantarutti
■ 7 Tuesdays, 7:10-9pm
■ Feb. 1-Mar. 15
■ Kentfield Campus, Science Center 104
■ Fee $89
■ CRN# 15013

Ilia Salomone-Smith
■ 7 Tuesdays, 1:10-3pm
■ Feb. 1-Mar. 15
■ Kentfield Campus, Physical Education Center 91
■ Fee $69
■ CRN# 15014 EC

Conversational Spanish: First Year, Third Quarter

This continuing course is designed for first-year students who wish to learn to converse in Spanish with others at home or while traveling. You will learn and practice vocabulary, pronunciation, idiomatic expressions and colloquialisms. The emphasis will be on developing the ability to converse. See Note at beginning of the Languages section. Instructor Milt Hain will be using the 8th edition of Como Se Dice.

Nancy McInnes
■ 7 Thursdays, 7:10-9pm
■ Feb. 3-Mar. 17
■ Kentfield Campus, Science Center 102
■ Fee $89
■ CRN# 15015

Milt Hain
■ 7 Tuesdays, 2:10-4pm
■ Feb. 1-Mar. 15
■ Kentfield Campus, Temporary Building 119
■ Fee $69 (Includes $1 materials fee)
■ CRN# 15016 EC

Conversational Spanish: Second Year, Third Quarter

Join other students who have completed Conversational Spanish: First Year, First through Fourth Quarters, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Spanish, we work on enlarging vocabulary, pronunciation and comprehension through oral drills. See Note at the beginning of the Languages section.

■ Milt Hain
■ 7 Fridays, 2:10-4pm
■ Feb. 4-Mar. 25 (No class Feb. 18)
■ Kentfield Campus, Temporary Building 101
■ Fee $69 (Includes $1 materials fee)
■ CRN# 15017 EC

Also of interest ...

International Film Series 2011

See page 23.
Introduction to Gilbert and Sullivan

In this introductory course, we will examine the work of one of the greatest comic opera writing teams of all time, Gilbert and Sullivan. Relish their madcap world, discuss the famous songs, plot lines, and dialogue, and explore the innovations these two artists brought to musical comedy. We will view three of their biggest hits on DVD: HMS Pinafore, The Pirates of Penzance, and Patience.

The instructor will describe the background of each of these works, clarify the allusions in the texts that time has made obscure, and describe aspects of the productive, albeit sometimes fractious, partnership of these two artists.

Recommended text: Edward Glinert and Mike Leigh, eds., The Savoy Operas: The Complete Gilbert and Sullivan, Penguin, 2008 will be available at the Kentfield Campus Bookstore.

- William Wallace, EdD, MA (English)
- 7 Tuesdays, 1:10-3pm
- Feb. 1-Mar. 15
- Kentfield Campus, Harlan Center 127
- Fee $69 (Includes $1 materials fee)
- CRN# 15042 EC

French Literature: The Creation and Evolution of Moliere's Comedies

“As the purpose of comedy is to correct the vices of men, I see no reason why anyone should be exempt.” Moliere from his 1669 preface to Tartuffe

Satirizing hypocritical figures, lampooning academic pretentiousness, integrating his detractors into his scripts won Molière acclaim for neoclassical French comedies. Molière is considered the greatest masters of comedy in Western literature. His work reminds us in many ways of present day society. During this fascinating and entertaining class, we will explore his life, discuss Moliere's career from the time he was inspired by the famous Commedia Dell'Arte to his last day when he collapsed on stage while performing one of his most important satire. In observing his progressive changes in techniques and characters we will use three of his prominent plays: The Precious Ridicules, The School of Wives, and The Imaginary Invalid.

- Erika Harkins, MA (French Literature)
- 7 Wednesdays, 2:10-4pm
- Feb. 2-Mar. 16
- Kentfield Campus, Harlan Center 165
- Fee $69 (Includes $1 materials fee)
- CRN# 15071 EC

Also of interest ...

The History of the Richest Country in the World: Switzerland

See page 28.

Famous People in European History, Art, and Culture

Join us in exploring the lives of seven legendary people who by their energy, convictions, and accomplishments, left eternal marks on humanity. We will examine and discuss their motivations and psychologies, along with the historical and political issues of their times.

- Michelangelo: XV Century Italian Renaissance painter, sculptor, architect, poet, and engineer
- Francois Voltaire: XVIII century most influential writer and philosopher, defender of civil liberties and religious freedom
- Catherine the Great of Russia: XVIII Century German Princess who expanded the Russian Empire
- Empress Josephine: Beautiful Creole, survivor of the French Revolution, first wife of Napoleon Bonaparte and Empress of France.
- Emilie Zola: XIX century French novelist, exponent of the Naturalist Movement
- Sarah Bernhardt: XIX/XX century French actress, creator of modern acting
- Simone de Beauvoir: Renowned Existentialist writer of the XX century; life partner of French philosopher Jean Paul Sartre

- Erika Harkins, MA (French Literature)
- 7 Fridays, 10:10am-12noon
- Feb. 4-Mar. 25 (No class Feb. 18)
- Tiburon Town Hall
- Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee $79 (Includes $9 special/materials fee)
- CRN# 15072 EC

- Classes start Monday, January 31. Register early.
MARIN ADVENTURES

Note: 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 to have fun!

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

Bird-Watching in Marin: A Field Exploration

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

An itinerary and directions to field sites will be distributed at the first class meeting. Please see Note above.

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
- Feb. 1
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Feb. 8-Mar. 1
- Fee $97
- CRN# 15051 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 Note under Marin Adventures heading 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.

For each course listed below:
- Locations: See Itineraries Note above
- Fee $120
- 7 Mondays, 9:45am-1:45pm
  Jan. 31-Mar. 21 (No class Feb. 21)
  CRN# 15018 EC
- 7 Tuesdays, 9:45am-1:45pm
  Feb. 1-Mar. 15
  CRN# 15019 EC

Beginning Hiking: Winter Waterfalls

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 Note under Marin Adventures heading above. Please, dogs are not invited to this class. Please bring a bag lunch.

Naturalist Sharon Barnett is a thoughtful and enthusiastic trail guide. She leads programs for Marin Nature Adventures, Point Reyes Field Seminars, and Marin Art and Garden Center.

- 5 Saturdays, 10am-2pm
- Feb. 5-Mar. 19 (No class Feb. 19 & 26)
- Last class, 10am-4pm
- Locations: See Itineraries Note above
- Fee $97
- CRN# 15105 EC
Russian Music: Rarely Performed Masterpieces
We continue our survey of rarely performed masterpieces in Russian music. We will enjoy and learn about A Rimsky-Korsakov opera, Tsar Saltan; early operas of Mussorgsky; Rachmaninov’s Symphonic Dances for two pianos; Russian Sacred Concertos, part 1; and Shostakovich ballet music. New and returning students are always welcome.

Alexander Vereshagin, one of the Soviet Union’s premier musicians, is currently Music Director of the Russian Chamber Orchestra.

7 Fridays, 12:10-2pm
Feb. 4-Mar. 25 (No class Feb. 18)
Kentfield Campus, Performing Arts 72
Fee $69
CRN# 15020 EC

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

Phil Hildreth
7 Thursdays, 3:10-5pm
Feb. 3-Mar. 17
Kentfield Campus, Performing Arts 72
Fee $49
CRN# 15021 EC

Marin Men’s Chorus
“The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year.” Michael
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $53 at the first class meeting for materials/accompanist fees.

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

7 Tuesdays, 7:30-9:30pm
Feb. 1-Mar. 15
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $44
CRN# 15106 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 register, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, email the instructor at marciabau@aol.com. Early registration strongly recommended.

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

For each section listed above:
Times as above
7 Tuesdays & 7 Thursdays
Feb. 1-Mar. 17
Kentfield Campus, Fine Arts 188
Fee $93
CRN# 15022

Instant Piano for Hopelessly Busy People
Music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. Robert Laughlin created the one-day piano workshop in 1982, and it has been used by more than 300 teachers nationwide and has been taken by more than 100,000 students. In just half a day you can learn enough to give you years of musical enjoyment. Learn all the chords needed to play any song, then perfect your technique at home using an exclusive CD designed by the instructor.

If you can find middle C and know the meaning of ‘Every Good Boy Does Fine,’ you already know enough to enroll in
Piano by Ear: What Pro Musicians Won’t Tell You

Contrary to popular belief, anyone can learn to play by ear. This workshop shows you the inside secrets professional piano players use (but never reveal). You’ll learn how to pick tunes right out of your head. In addition, you will learn how to get songs off the radio (think of the money you’ll save on sheet music). You’ll even learn how to transpose.

This workshop goes beyond mere “ear training.” In this class, you’ll obtain information found nowhere else, and you’ll be picking out tunes by ear — with both hands — from the very first day.

Open to musicians (not just piano players) who have a basic understanding of chord theory. Beginners should take “Instant Piano for Hopelessly Busy People” as a prerequisite.

The materials fee covers workbook and CD for on-going home use.

Harmonica Workshops: Double Your Fun

No previous ability to read or play music is needed for either class. You will need a C major diatonic harmonica. Harmonicas will be available in class for $10. CD and handouts are included in the materials fee.

Questions? Call the instructor at 916.996.5222. Take both harmonica workshops at a reduced fee or sign up for only one as shown below.

Healthy Harmonica: Tunes and Rhythms

Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk, and blues rhythms and melodies, and invigorate them with simple, but powerful, easy-to-learn techniques to make any song deeply expressive!

Very Beginning Blues Harmonica

Got da’blues? Beginning Blues Harmonica will get you jammin’ the blues immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail, and scream!! If you love the blues, this is the class for you.

PARENTING

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Cala, Program Director

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

Introduction to Foster and Adoptive Parenting

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

Thriving with Adult ADHD: Managing the Challenges and Maximizing the Gifts

Are you, or a loved one, restless and easily distracted, or do you have difficulty sustaining attention and concentration? Are you energetic, creative — an 'out-of-the-box' thinker? Do you have difficulties with time management, organization, and planning? You may have Attention Deficit/Hyperactivity Disorder (ADHD).

People who learn to maximize the gifts that often accompany ADHD excel personally and professionally — think Albert Einstein, Winston Churchill, Eleanor Roosevelt, Justin Timberlake. Join us to gain a better understanding of ADHD and:

- Identify how ADHD manifests in different areas of one’s life
- Learn to work with ADHD instead of against it
- Develop an 8-step management plan for ADHD
- Embrace a new perspective that creates a more joyous life.

Christine Pollock, MS (Special Education), ADHD Coach, works with adults to help them overcome challenges to achieve personal, professional, and academic goals.

- 7 Tuesdays, 7:10-9pm
- Feb. 1-Mar. 15
- Kentfield Campus, Science Center 133
- Fee $89 (Includes $1 materials fee)
- CRN# 15052

PHOTOGRAPHY

Basic Photography

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

Two Saturdays we will combine classroom and field sessions. On Feb. 26, a morning in the field will be followed by an afternoon class. On Mar. 5, an afternoon class will be followed by an evening field trip where you will learn and practice techniques for long exposures and night photography. Students meet on site and are responsible for their own transportation.

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

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

- 4 Wednesdays, 7:10-10pm
- Feb. 16-Mar. 9
- Plus 2 Saturdays, 1-4pm
- Feb. 26 & Mar. 5
- Indian Valley Campus, Ohlone 211
- Plus field trip: Sat., Feb. 26, 8-11am
- Plus field trip: Sat., Mar. 5, 6-9pm
- Fee $124 (Includes $2 materials fee)
- CRN# 15109

Night Photography

Learn to gauge long exposures in locations illuminated by artificial light, as well as by the light of the full moon, for beautiful photographs of the world at night. Emphasis will be on evaluating existing lighting and exposing accordingly. Some classes will be on location at places like the Golden Gate National Recreation Area, the Presidio, and the Marin Headlands.

The class is limited to 10 students and is not for beginning photographers. You must know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. DSLR cameras (with full manual override) are acceptable for most of the fieldwork.


Tim Baskerville, BFA, has been teaching photography classes at UC Berkeley Extension, UC Santa Cruz Extension, RayKo Photo Center in San Francisco, and Pacific Media Arts since 1998.

- 6 Fridays, 7:10-10pm
- Feb. 4-Mar. 18 (No class Feb. 18)
- Kentfield Campus, Harlan Center 165
- Plus Full Moon field trip
- Thursday, Feb. 17, 7-10pm
- Fee $228 (Includes $10 materials fee)
- CRN# 15023
Introduction to Photoshop Elements: The Digital Darkroom

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

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling. A USB port plug in storage device, i.e. flash drive or thumb drive, is recommended if you would like to save your work.

Recommended text: Peach Pit Press. *Visual Quick Start Guide Series, Adobe Photoshop Elements*

- Jazmine Loiselle
- Friday, 9am-4pm
- Feb. 4
- Indian Valley Campus, Ohlone 216
- Fee $90
- CRN# 15161

Intermediate Photoshop Elements: The Digital Darkroom

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

We want you to succeed in this course and recommend that you be familiar with the mouse and keyboard before enrolling. A USB port plug in storage device, i.e. flash drive or thumb drive, is recommended if you would like to save your work.

This class builds upon skills learned in *Intro. to Photoshop Elements*.

- Jazmine Loiselle
- Friday, 9am-4pm
- Feb. 11
- Indian Valley Campus, Ohlone 216
- Fee $90
- CRN# 15162

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

The Feldenkrais Method™: Injury Prevention, Recovery, and Comfort in Movement

Awareness through Movement™ classes provide tools for recognizing and releasing habitual patterns which may unknowingly contribute to chronic discomfort, injury or limitation. Through easy movement sequences that are relaxing and enjoyable, we learn to move safely beyond pain and limitation to new or forgotten levels of ability. Dramatic improvement in posture, breathing, flexibility, coordination, and vitality are the frequent benefits.

Please bring a towel and blanket, and wear loose, comfortable, layered clothing.

*Phyllis G. Friedman* is a Certified Feldenkrais Practitioner who brings over 25 years of study and experience in many forms of somatic education, movement and awareness.

**to her teaching**

- 7 Tuesdays, 6:10-7pm
- Feb. 7-Mar. 15
- Kentfield Campus, Physical Education Center 22
- Fee $59
- CRN# 15128

*More 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
- 7 Wednesdays, 3:40-5pm
- Feb. 2-Mar. 16
- Kentfield Campus, Physical Education Center 60
- FREE
- CRN# 15073 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 learned in class give pain relief and push limits for new strength and flexibility without irritating existing problems. The floor exercises use a fully supported pain relieving position of comfort. You will learn to set up your exercise position using the wedges and pillows in class. The exercise position gives even long-standing, complicated, and chronic problems the 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
- 6 Mondays & 7 Wednesdays, 3:40-4:30pm
- Jan. 31-Mar. 23 (No class Feb. 21)
- Kentfield Campus, Fusselman Hall 120
- Fee $71
- CRN# 15053 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.

- Susan Van Buskirk
- 7 Mondays, 11:10am-12noon
- Jan. 31-Mar. 21 (No class Feb. 21)
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- FREE
- CRN# 15110 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
- 6 Tuesdays & 5 Fridays, 9:10-10am
- Feb. 1-Mar. 11 (No class Feb. 18)
- Kentfield Campus, Physical Education Center 22
- Fee $59
- CRN# 15024 EC

- 6 Wednesdays, 10:10-11am
- Feb. 2-Mar. 9
- Indian Valley Campus, Miwok 170
- Fee $39
- CRN# 15025 EC
Exercise for Fitness and Pleasure for the Active Older Adult
Maintaining and improving general health and fitness are the goals of this class for the active adult. Join us in stretching, toning, strengthening, relaxation techniques, and rhythmic activities set to music.
- **Erik Riswold**
  - 6 Tuesdays & 6 Thursdays, 3:40-4:30pm
  - Feb. 1-Mar. 10
  - **Kentfield Campus**, Physical Education Center 22
  - Fee $63
  - **CRN# 15026 EC**

Gentle Yoga
Based on the Sivananda Yoga Tradition, *Gentle Yoga* offers classical yoga postures, taught with positive affirmations that are based on the Yoga Sutras and include the 10 Universal Precepts of Life. For example, “May I always be attuned to the Peace that lies within.” This style of yoga is a call to open your heart while opening the inner channels of energy and focusing on the stillness of the peace that is always present within. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra, some simple peace chants, and a few moments of silence.
This class is suitable for beginners and has benefits for students of all levels of ability.
Please eat lightly prior to class. Bring a yoga mat, and wear comfortable clothing to class.
- **Solana Tara**
  - 6 Tuesdays, 11:10am-12pm
  - Feb. 8-Mar. 15
  - **Indian Valley Campus**, Ohlone 106
  - Fee $15
  - **CRN# 15111 EC**

Yoga for Stress Release
In these changing times we are prone to developing stress, which affects us in profound ways. This yoga class will restore the whole body towards dynamic stillness and increased stamina. You will experience:
- Deeper, more refreshing sleep
- Healthier joints to better strengthen and support the connective tissue
- Healthier cardiovascular function increasing the amount of oxygen in the blood
- Balanced mind/brain
- Feeling refreshed, replenished, and rejuvenated
Bring a yoga mat and blanket. Blocks and straps provided.
- **Ananda Ma**, RYT, CMT has been teaching yoga in the San Francisco Bay Area for 16 years. She uses her classes to focus on the capacity for yoga to help you access your own inner resources for healing.
  - 7 Thursdays, 5:10-6:30pm
  - Feb. 3-Mar. 17
  - **Kentfield Campus**, Physical Education Center 60
  - Fee $79
  - **CRN# 15027**

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@yahoo.com or 415.388.1549.
- **Susy Stewart** has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.
  - 7 Thursdays, 5:10-6:30pm
  - Feb. 3-Mar. 17
  - **Kentfield Campus**, Physical Education Center 60
  - Fee $79
  - **CRN# 15027**

For each course listed below:
- **Beginner**
  - 7 Saturdays
  - Feb. 5-Mar. 26 (No class Feb. 19)
  - **Kentfield Campus**, Physical Education Center 60
  - 10-11:30am
  - Fee $79
  - **CRN# 15028**

- **Intermediate**
  - 8-9:45am
  - Fee $86
  - **CRN# 15029**
Yoga and Meditation

This class is designed to help the student improve strength, flexibility, breathing, concentration, deep relaxation, and meditation. Yoga changes our body and meditation changes our attitudes and mind, leading us to optimal physical, psychological, and spiritual balance. The class is approximately 70% Hatha Yoga and 30% deep relaxation and meditation. Beginners are welcome.

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

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

- 7 Tuesdays & 7 Thursdays, 5:40-7pm
- Feb. 1-Mar. 17
- Indian Valley Campus, Ohlone 106
- Fee $113
- CRN# 15074

Intermediate Yoga: The Art and Science of Integrating the Body/Mind

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

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

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

- 7 Tuesdays & 7 Thursdays, 9:40-11am
- Feb. 1-Mar. 17
- Kentfield Campus, Physical Fitness Center 60
- Fee $113
- CRN# 15129

Aikido

Aikido is a modern, noncompetitive, self-defense martial art, also known as the non-fighting martial art. Aikido emphasizes the development of body, mind, and spirit and incorporates elements of philosophy, psychology, physics, and dynamics. It is a way of being in harmony with one’s environment and centered within oneself at the same time. Aikido, when properly used, is an effective way to neutralize swiftly and cleanly a violent aggressor without inflicting injury. It will help you to build confidence and awareness. Beginners are welcome.

Recommendation: Do not eat within two hours prior to class. Wear comfortable non-binding workout apparel to class.

Paul Landrum, PhD

- 7 Tuesdays & 7 Thursdays, 7:10-8:30pm
- Feb. 1-Mar. 17
- Indian Valley Campus, Ohlone 106
- Fee $113
- CRN# 15112

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.

For each course listed below:

MinJae Laws
- Fee $68

Kentfield Campus, Physical Education Center 22
- 7 Tuesdays, 10:10-11am
- Feb. 1-Mar. 15
- CRN# 15113
Indian Valley Campus, Miwok 170
- 7 Mondays, 6:10-7pm
- Jan. 31-Mar. 21 (No class Feb. 21)
- CRN# 15114

Synergy+ Physical Therapy and Pilates Studio
25 Tamalpais Ave. Suite A&B
San Anselmo
- 7 Tuesdays, 6:30-7:30pm
- Feb. 1-Mar. 15
- CRN# 15115

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.
- MinJae Laws
- 7 Wednesdays, 5:40-6:45pm
- Feb. 2-Mar. 16
- Kentfield Campus, Physical Education Center 22
- Fee $83
- CRN# 15116

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.
- Dove Harris Govrin, MS, BC-DTR
- 7 Fridays, 10:40-12noon
- Feb. 4-Mar. 25 (No class Feb. 18)
- Indian Valley Campus, Miwok 170
- Fee $66
- CRN# 15076 EC

Advanced Wild Goose Qigong
Please see course description above. In this Advanced class, we will learn the second set of 64 movements of the Wild Goose series. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.
- Dove Harris Govrin, MS, BC-DTR
- 7 Thursdays, 1:10-2:30pm
- Feb. 3-Mar. 17
- Indian Valley Campus, Miwok 170
- Fee $66
- CRN# 15078 EC

Wisdom Healing Qigong
Wisdom Healing (Zhening) Qigong provides an effective path to take charge of one’s health and discover a powerful “inner medicine.” It is a complete system of mind and body practice based on the teachings of Dr Pang Ming, founder of the largest Medicineless Hospital in China. For thousands of years the Chinese have treasured qigong for its effectiveness both in healing and in preventing disease.
Wisdom Healing Qigong uses movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self healing. 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), Wallsquats, 3 Centers Merging, and LaChi. This practice is for everyone, all ages and abilities.
- Dove Harris Govrin, MS, BC-DTR
- 7 Thursdays, 1:10-2:30pm
- Feb. 3-Mar. 17
- Indian Valley Campus, Miwok 170
- Fee $66
- CRN# 15078 EC
PHYSICAL FITNESS

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

**Beginning/Intermediate**
- 7 Mondays, 3:40-5pm
- Jan. 31-Mar. 21 (No class Feb. 21)
- Kentfield Campus, Physical Education Center 22
- Fee $55
- CRN# 15130 EC

**Advanced Tai Chi**
An advanced class is being offered to practice in a group the natural flowing movements of this ancient exercise. Continue to fine tune your movements as well as emphasize the meditative aspects and strengthen your chi. This is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence, and well being. Some Qigong exercises are included. Strongly recommended: Beginning and Intermediate Tai Chi.
- Carolyn Talmadge
- Kathryn Rolston
- 7 Fridays, 2:10-3:30pm
- Feb. 4-Mar. 25 (No class Feb. 18)
- Kentfield Campus, Physical Education Center 60
- Fee $55
- CRN# 15132 EC

Qigong and Women’s Health
Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self-healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.
- Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.
- Denise Aubin
- 7 Saturdays, 9:10-10am
- Feb. 5-Mar. 26 (No class Feb. 19)
- Kentfield Campus, Physical Education Center 22
- Fee $61 (Includes $1 materials fee)
- CRN# 15030

Zumba
Join professional dancer and certified Zumba® instructor Tom Mayock as he leads you through the hypnotic Latin rhythms of salsa, calypso, reggae, merengue, and pop in easy-to-follow moves in an aerobic fitness program that will blow you away. Routines feature interval-training sessions in combination with fast/slow rhythms to tone and sculpt your body while burning fat.
- Bring exercise clothes, athletic shoes/dance sneakers, towel, and water to class.
- Tom Mayock has performed with ballet, jazz, and modern companies and has taught professionally throughout the West and in Washington, DC. He has worked as a choreographer and is founding director of the Kid Dance Brigade. He holds Zumba® certification and is currently pursuing studies in Child and Adolescent Development.
- Zumba can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.
- Tom Mayock
- 7 Wednesdays, 7:10-8:30pm
- Feb. 2-Mar. 16
- Kentfield Campus, Physical Education Center 22
- Fee $79 (Includes $1 materials fee)
- CRN# 15173
Introduction to Taiko

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

Note: This class is for healthy, active people.

- Kensuke Sumii
  - 7 Sundays, 10am-11:30am
  - Feb. 6-Mar. 27 (No class Feb. 20)
  - Fee $163
  - Kentfield Campus, Physical Education Center 50
  - CRN# 15117

Soul Chi

Soul Chi teaches both self defense and music appreciation as participants practice aerobics-style “Boogie” Self Defense techniques done to the music of the 60’s, 70’s, and 80’s. This dynamic and interactive class will focus on creative expression through movement, including mastery of basic martial art style blocks and strikes, in a variety of set series of 10-14 Soul Chi movements. Building self-confidence and overall long-term health and wellness, Soul Chi strengthens the body and heals the spirit.

Note: This class is for healthy, active people.

- Melvin “Maalak” Atkins has been teaching martial arts and African dance in the Bay area for more than 40 years and has developed Soul Chi as a unique form of what he calls “Healthier-cize” to help bring fitness to those of all levels. He holds a Black Belt in Kyokushinkai Karate and has studied Congolese and Haitian Dance.
  - 7 Wednesdays, 7:10-8pm
  - Feb. 2-Mar. 16
  - Kentfield Campus, Physical Education Center 20
  - Fee $59
  - CRN# 15185

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 Taik Won Do kicking and Shotokan hand techniques. The class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility, and a powerful sense of awareness are all attributes to this class. Karate attire is optional. Class ends on a Monday.

- Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 16 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
  - Jan. 31-Mar. 21 (No class Feb. 21)
  - Ends on a Monday
  - Kentfield Campus, Physical Education Center 60
  - Fee $124
  - CRN# 15079

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
  - Feb. 1-Mar. 17
  - Kentfield Campus, Physical Education Center 60
  - Fee $124
  - CRN# 15054
Have Fun and Be Fit Over 50

Have fun getting fit! Increase your strength and endurance and improve your balance and flexibility with a variety of exercises using hand weights, resistance bands, and your own body weight. This class is designed to provide a comprehensive and safe strength-training program for older adults who want to begin a strength program or continue in their current conditioning program. We will focus on exercises that apply to daily functional activities.

Participants must be able to get down to and up from the floor independently. Weights, mats, and resistance bands are provided. Please bring a towel and exercise mat, if you have one.

- Ellen Goldman, MA (Education), NCSF-CPT
- 7 Mondays & 7 Thursdays, 11:40am-12:45pm
- Jan. 31-Mar. 21 (No class Feb. 21)
- Class ends on a Monday
- Indian Valley Campus, Ohlone 106
- Fee $79
- CRN# 15031 EC

Strength and Fitness Training

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

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

Beginner/Intermediate

- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- 7 Wednesdays & 6 Fridays, 7:40-9am
- Feb. 2-Mar. 18 (No class Feb. 18)
- Kentfield Campus, Physical Education Center 22
- Fee $86
- CRN# 15080 EC

Advanced

- Kim Jones, MS (PE-Exercise Physiology), ACSM, SFA certified
- 7 Tuesdays & 6 Thursdays, 7-8:45 a.m.
- Feb. 1-Mar. 15
- Class ends on a Tuesday
- Kentfield Campus, Physical Education Center 20
- Fee $97
- CRN# 15081 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.

Kentfield Campus, Pool

- Jillian Ruppenstein
- Fee $15
- 6 Mondays & 7 Wednesdays, 9:40-11am
- Jan. 31-Mar. 16 (No class Feb. 21)
- CRN# 15032 EC
- 7 Tuesdays & 7 Thursdays, 9:40-11am
- Feb. 1-Mar. 17
- CRN# 15033 EC
The CRN# is the Course Registration Number.

Indian Valley Campus, Pool
- Russell Robles
- Fee $15
- 6 Mondays & 7 Wednesdays, 9:10-10:30am
Jan. 31-Mar. 16 (No class Feb. 21)
CRN# 15034 EC
- 7 Tuesdays & 7 Thursdays, 9:10-10:30am
Feb. 1-Mar. 17
CRN# 15035 EC

Fitness Swim
Swimmers of all levels, from novices to competitive athletes, are invited to join a fun and motivating Masters-style group workout to improve their fitness and get into great shape. Highly skilled instruction will help you to learn or improve stroke technique and build fitness. The focus will be on the freestyle stroke (craw)l with additional instruction in non-freestyle strokes as well (backstroke, breaststroke, and butterfly). Workout levels vary according to swimmers’ abilities. Some swimming experience highly recommended. What to bring: swim goggles (required); swim cap (optional); and water bottle (recommended). For each course listed below:
- Betsy Babson
- Tina Marie Rossi
- 7 Tuesdays & 7 Thursdays
- Feb. 1-Mar. 24 (No class Feb. 22 & 24)
- Kentfield Campus, Pool
- Fee $113
- 6:40-7:45am
CRN# 15036
- 7:10-8:15pm
CRN# 15037

TEXTILES AND NEEDLEWORK

Basic Knitting Made Easy

Designed for beginning to novice knitters, and those wishing to improve their basic knitting skills, this course will help students learn the 6 essential techniques to complete any basic knit ted garment. This teacher can teach anyone, having more than 30 years of teaching experience in the Bay area, and can explain the how-to’s of knitting in a variety of learning styles. This fun, hands-on class will help build your confidence and give you a sense of accomplishment in the process. Minimum age 10 years old.
Deborah McFarland has taught hundreds to knit in the Bay area and has been called one of the best beginning knitting instructors in Marin.
- 7 Wednesdays, 1:10-3pm
- Feb. 2-Mar. 16
- Kentfield Campus, Temporary Building 119
- Fee $79 (Includes $10 materials fee)
- CRN# 15174 EC

URBAN AGRICULTURE

Backyard Chickens
This course is designed for beginners who are interested in raising laying hens on a small scale. An overview will be given of the current state of urban and suburban chicken-raising as well as a discussion of local ordinances. We will cover the basics, including feeding, shelter, health concerns, flock management, and egg production. In addition, appropriate building materials and composting techniques will be addressed.
Live chickens of many different breeds and their eggs will be used for class demonstrations. Emphasis will be given to flock selection.
This three session class includes two days in the classroom and one field trip to observe local backyard chicken environments. Students meet on site and are responsible for their own transportation.
Recommended text: Raising Chickens. Gail Damerow. Story. 2010
- Robert Kennedy
- Jane Kennedy Angulo
- 3 Saturdays, Feb. 5, 12, & 26
  (No class Feb. 19)
- Feb. 5 & 12, 9:10am-12noon
- Kentfield Campus, Temporary Building 101
- Field trip: Split Rail Family Farm
- Feb. 26, 9am-1pm
- Fee $79 (Includes $2 materials fee)
- CRN# 15118

The CRN# is the Course Registration Number.
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 six years and has over 20 years of experience as a writer and editor.

Elements of Creative Writing
"There are three rules for writing well. Unfortunately, no one knows what they are." Somerset Maugham

Somerset Maugham might have been right, but that's no reason to be discouraged. For 25 years, this course has offered excellent, encouraging critiques of every genre for every level of writer. Some students have gone on to publish their work and win awards. Each class begins with a piece by a notable author and a brief discussion. This is an ongoing workshop; new students are welcome.

Thomas Centolella is a Lannan Literary Fellow and the author of three books, including Terra Firma, winner of the Bay Area Book Reviewers Award, and Lights and Mysteries, winner of the California Book Award from the Commonwealth Club. His work has been featured on National Public Radio and in many national anthologies.

How to Write Flash Fiction — And Why You Want to
Flash fiction is the art of writing a complete story in 500 words, or two pages. The practice of writing these short-shorts causes you to flex your best writing muscle: precision. In addition to being a writing adventure, flash fiction — unlike many other writing exercises — has a market. It is an official genre, with an ever-increasing number of print and online 'litmags' and anthologies publishing it. Some of our best contemporary authors write flash fiction. Learn what else is needed, how to write these brief stories, and where to publish.

Please bring a notebook and pen to class.

Peg Alford Pursell, MFA (Creative Writing), is an award-winning writer and has taught writing since 1984.

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. We will use poems from many traditions to explore such topics as: Silence and Sound, Metaphor Magic, Rhythm (Blues!), and the Art of Being Surprised by Our Own Poems. Following some of the timeless elements of pilgrimage, we will transform our longing into Departure and Journey, and Return with the Boon of writing and reading our poems to our heart's content.

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

Registration begins Monday, January 3.
Emeritus College is a unique program designed to meet the needs of the County’s lifelong learners who already have their degrees and/or are retired or considering retirement. Emeritus College classes and the Emeritus Students College of Marin (ESCOM) actively support the principles of quality of life, lifelong learning, and creative retirement. See information about ESCOM below.

### EMERITUS COLLEGE INDEX OF CLASSES

**Art**
- Art on the Go Bus Tours: 45th Street Artists Co-Op — Emeryville .......... 9
- Get Ready to Paint: Beginners Really Welcome! ........................................ 4
- The Flow of Watercolor: Impressions of the Sea and Coast .......... 7
- The French Connection: From Impressionism to Bay Area Modernism .......................................................... 9
- Tuscany: A Closer Look ......................... 8
- Watercolor Basics and Beyond .............. 7

**Computers**
- Beginning Computing for Older Adults ........................................ 12
- Gmail for Older Adults ...................................................... 16
- Microsoft Word Basics for Older Adults ................................ 14

**Dance**
- Dance for Fun and Fitness for Active Seniors ................................ 21
- Samba for Fun and Health ................................................. 21
- Tango for Fun and Health .................................................. 20

**Film Appreciation**
- Film Appreciation: “Who’s in Charge?” Exercising Power ........ 22

**Health & Wellness**
- Finding Healing Within ..................................................... 26

**History**
- The History of the Richest Country in the World: Switzerland ... 28

**Languages**
- Conversational Italian .................................................. 31
- Conversational Spanish .................................................. 31

**Literature/Humanities**
- Famous People in European History, Art, and Culture .............. 32
- French Literature: The Creation and Evolution of Moliere’s Comedies .... 32
- Introduction to Gilbert and Sullivan .................................. 32

**Marin Adventures**
- Beginning Hiking ....................................................... 33
- Bird-Watching in Marin .................................................. 33
- Meandering in Marin ..................................................... 33

**Music**
- Chorus Emeritus .......................................................... 34
- Marin Men’s Chorus ..................................................... 34
- Russian Music: Rarely Performed Masterpieces ...................... 34

**Physical Fitness**
- A New Way to Exercise for Pain Relief and Physical Repair .... 38
- Advanced Tai Chi ........................................................ 42
- Advanced Wild Goose Qigong ........................................... 41
- Aqua Exercise for Older Adults ........................................ 44
- Energy Warm-ups for the Active Older Adult ...................... 38
- Exercise for Fitness and Pleasure for the Active Older Adult .......... 39
- Gentle Yoga ................................................................. 39
- Have Fun and Be Fit Over 50 ......................................... 44
- Movement and Music for the Older Adult: A Universal Language ... 38
- Strength and Fitness Training ......................................... 44
- The Feldenkrais Method for the Active Older Adult ................ 38
- The Joy of Tai Chi ....................................................... 42
- Wild Goose Qigong ..................................................... 41
- Wisdom Healing Qigong .............................................. 41

**Textiles & Needlework**
- Basic Knitting Made Easy ............................................. 45

**Writing**
- Elements of Creative Writing ......................................... 46
- How to Write Flash Fiction – And Why You Want to ............. 46
- The Poetic Pilgrimage: Writing Poetry as Spiritual Practice .... 46

[www.marin.edu/CommunityEducation](www.marin.edu/CommunityEducation)
A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

Join Emeritus Students College of Marin (ESCOM) and discover a world of opportunity to support lifelong learning and to network with like-minded individuals. The ESCOM Council serves as an advocate for lifelong learning on College of Marin’s participatory governance system and articulates concerns for new programs, forums, and course directions. Purchase of a $15 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs and social events, as well as other student body activities sponsored by ESCOM. The Student Activities Card fee supports programs, activities, and efforts of the Student Association, including subsidies for low-enrolled classes.

EMERITUS CENTER

Kentfield: 415.485.9652
Indian Valley: 415.457.8811, ext. 8322

Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations. The Emeritus Center, Kentfield Campus, Student Services Building, room 146, is open Monday through Friday, 9:30am-3:30pm, staffed by volunteers 9:30am-12:30pm.

Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 148. To schedule use of Emeritus North, please call 415.883.7805.

CULTURAL ACTIVITIES

ESCOM sponsors film presentations, lectures, art shows, and social events, as well as clubs. Consult the Emeritus Students Newsletter for details.

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. Funds are limited, and only partial grants will be awarded.

You must a minimum of 55 years of age, or better, and submit a statement of financial need. Grant funds may be applied to registration fees only; students must pay materials fees at the time of registration.

An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652 and making your request along with your mailing address.

Completed applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Tuesday, January 18.

Join the Fun!
Emeritus Students Activities Card Application

Name: ____________________________________________________________

Address: _________________________________________________________

Phone Number __________________________ Please check appropriate squares:

E-mail ________________________________

Signed ______________________________

New Renew

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.

Classes start Monday, January 31. Register early.
ESCOM CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Architectural Model Building:
B. Raffanti, 415.883.4079
Bocce Ball: J. Kouns, 415.332.5929
Book Banter: Len Pullan 415.381.6952; Karen Hemmeter 415.883.9120
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290
Current Events: J. Weisman, 415.383.1831
J. Kennedy, 415.388.3939
French: D. McMurtry, 415.472.4738
Global Issues: C. Rose, 415.898.0131
Italian: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Film Noir: R. Ramirez, 415.491.0522
IVC Great Books: D. Polhemus, 415.883.3567
IVC Humanities: R. Ramirez, 415.491.0522
IVC Philosophy: L. Witter, 415.883.6889
Moral, Ethical, Legal Issues: C. Posard, 415.491.4118
Opera and Beyond: G. Deane, 415.456.2853
Poker: M. Blackman, 415.479.7823
Reading Shakespeare Aloud: V. Carter, 415.388.6335
Scrabble: M. Knox, 415.459.1427
Spanish: D. Robinson, 415.388.6167
Writers Workshop: A. O’Briant, 415.453.3168

REGISTRATION INFORMATION

Registration Begins Monday, January 3, at 8 a.m.

Apply Online: NEW Students
If you have NOT enrolled in a Community Education, Noncredit or Credit class at College of Marin subsequent to Summer 2008, go to www.marin.edu/CommunityEducation and click on Apply and Register. Click on the link for the Online Application form.

Once your application is processed by Admissions, you will receive an email with your Username and Password for the MyCOM portal where you can view the Community Education course listings and register and pay for classes.

Applications received through the website may take up to five (5) business days to be processed. Once your application has been processed, you do not need to re-apply each Community Education term. Simply access your MyCOM Portal account to register and pay your fees.

Register Online: CONTINUING Students
If you have enrolled in a Community Education, Noncredit or Credit class at College of Marin subsequent to Summer 2008, you may access your MyCOM Portal account at www.mycom.marin.edu to register and pay for your Community Education class(es).

MyCOM Portal Worksheet
Please see MyCOM Student Portal Worksheet inside the front cover on page 2.

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

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

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 by in person or by U.S. Mail. Be advised that the college charges $15 for all returned checks. Fees are not transferable between quarters.

Vouchers
Please be advised that we no longer accept or issue Vouchers.
Registration Information

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

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

Early Registration Recommended
Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, January 25.

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 for the class, whether online, in person, or through the mail. Your admission into the class is at the instructor’s discretion.

Wait List Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, please follow directions under “To Register after Class Begins” immediately above.

Verification of Enrollment/Registration Policy
For verification of your enrollment/registration in classes, please go to: http://mycom.marin.edu and put in your log-in information. The courses will be listed under the heading “My Courses,” and show what courses in which you are currently enrolled. Print this and attach your fee payment information.

General Information

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

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 18
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.

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

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

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

To Request a Refund

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

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

DIRECTORY

Community Education Office
415.485.9305

Emeritus College Office
415.485.9368

Intensive English Program
415.457.8811, ext. 8579

Admissions & Records Office
415.457.8811, ext. 8822

Counseling
415.485.9432

Bookstore
415.485.9394

Library Services
415.485.9656

Media Center/Language Lab
415.485.9645

Disabled Students Program
415.485.9406

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. The Marin Community College District makes every attempt to stay in compliance with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 1974, the Americans with Disabilities Act, the California Fair Employment and Housing Act of 1980, the California Fair Employment and Housing Commission Rules and Regulations, and the Vietnam Veteran's Readjustment Act of 1974.

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 5.084 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—Linda Beam
Executive Dean, Human Resources (or Designee) Administrative Center, Kentfield Campus 415.485.9504

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

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

OPEN ENROLLMENT POLICY

It is the policy of College of Marin that every course section or class, for which attendance is reported for state aid, shall be fully open to enrollment and participation by any person who has been admitted to the college and who meets such prerequisites as may be established pursuant to Chapter II, Division 2, Part VI, Title V of the California Code.
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 complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to second campus parking lot entrance on your right. For Harlan Center, stay on Drake Blvd., crossing the College Ave. intersection and turn right on Maple Ave. to parking lot. For Fine Arts, Fusselman Hall and Dickson Hall, stay on Drake Blvd. and take first left (left-hand turn lane) at Laurel Ave. and follow it to the end. Laurel will lead you into a student parking lot.

Indian Valley Campus
1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit in southern Novato and continue on Ignacio for approximately two miles to the Indian Valley Campus entrance. For the Administrative Services Cluster (Admissions & Records, Emeritus North), park in Visitor’s space (watch for flag pole); for the Ohlone Cluster (Computer classes) park in lot #6 or 7 and, for the pool, park in lot #7.

PARKING

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

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

Spring 2011 Parking Notice
While our campus is under construction, parking lots 4 and 9 are partially closed. Lots 12 and 15 typically have spaces available, and lot 13 remains a “free” lot. We appreciate your patience during our construction.

Parking
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots. Motorcycle and handicap parking are available with no fee.

Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

Please note: the old Fine Arts building is now the Performing Arts building, and is designated as “PA.” in the schedule (examples: PA 120, PA 150). The new Fine Arts building is designated as “FA” (examples: FA 201, FA 301).

AC
Administrative Center
Children’s Center

BC*
Business and Management Center

FA*
Fine Arts (new building)

FH*
Pusselman Hall

HC*
Harlan Center

ESL Program/College Skills Office

Humanities

Health Sciences

HS
Health Services

LC*
Learning Resources Center

Library

Disabled Students

CY
Maintenance Offices

MS3*
Dance Center

OH*
Olney Hall and Auditorium

PE*
Physical Education Center

Gymnasium

Pools

PA*
Performing Arts (formerly Fine Arts)

Box Office

Theatres

Art Gallery

Portable Village (PV)*

Modernization Office/Classrooms

SC*
Science Center

SS
Student Services Center

Registration

Cafeteria

Emeritus/Community Services

TB–1 [TB]*
Temporary Building

Campus Police

Marin County Sheriff Substation

*Building contains classrooms

■ The CRN# is the Course Registration Number. ■
Indian Valley Campus Map and Directory

College of Marin
Indian Valley Campus
1800 Ignacio Blvd.
Novato, CA 94949

Emergency:
Dial 911

IVC Police Business Phone: 415.883.3179

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

BUILDING 27 (new main building)
Student Services (Rooms 103-109)
(Admissions, Fin. Aid, Counseling)
EMT (Room 112)
General Classrooms (Rooms 116, 118)
Internet Café (Room 121)
Media Resource Center (Room 124)
Computer Classroom (Room 125)
Multimedia (Rooms 129-131)
Medical Assisting (Room 219)

Do you have a skill or talent to share? Are you an expert on some fascinating subject?
Consider joining our dedicated, quality faculty. Our instructors are experts who meet and often surpass the needs of Marin’s lifelong learners.
E-mail community.ed@marin.edu and request a course proposal form.

54 Classes start Monday, January 31. Register early.
See What’s Cooking in Community Education!  
Join Us in our Fun and Innovative Food and Wine Classes: Pages 24-26

Creative Seasonal Cooking:  
The Comforts of Winter  
Taught by Tom Hudgens, Professional Chef Instructor and Author of The Commonsense Kitchen Cookbook

Native American Plant and Cooking Traditions  
Taught by Chef Instructor John Farais, Indigenous Edibles

Cooking with Winter Greens  
Culinary Workshop  
Taught by Chef Instructor Susan Pridmore, Chez Suzanne

Wine Grape Varieties  
Bay Area Wine Expert Instructor Cynthia Sutko

Our Artisan Cheesemaking Certificate Pilot Program Continues:  
A Full Introduction to Artisan Cheese and Its Traditions  
Daphne Zepos, Instructor, Artisanal’s Cheese Master Class and the Cheese School of San Francisco  
Hygiene and Food Safety in Cheesemaking  
Kuba Hemmerling, Master Cheese Maker, Food Technology Engineer, HACCP Certification
Modern Languages Department
International Film Series

Six Friday evenings at 7pm
Kentfield Campus, Olney Hall 96
For more information, see page 23

Registration fee for each film/class is $8
Please register in advance with the
Course Registration Number shown below.

February 25 / CRN# 15175
American Sign Language – AUDISM UNVEILED, 2005

March 4 / CRN# 15176
Japanese – RAN (Chaos), 1985

March 11 / CRN# 15177
Argentine – DESPABILATE, AMOR (Wake Up, Love), 1996

March 18 / CRN# 15178
Chinese – 落叶归根 (Getting Home), 2007

March 25 / CRN# 15179
Italian – Quando sei nato non puoi più nasconderti (Once you are born you cannot hide anymore), 2005

April 1 / CRN# 15180
French – JEUX INTÉRÉDITS (Forbidden Games), 1952