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

College of Marin Performing Arts Department Presents

A Mystery Musical

DIRECTED BY JAMES DUNN

As American as apple pie, this fabulous show has never been performed in Marin County and promises not to disappoint. (It’s everyone’s favorite bad-boy adventure story.) The Opening Night Gala Performance on March 1, 2013, includes the dedication of the James Dunn Theatre and James Dunn’s 80th birthday!

Special Pre-show Reception and Talk with James Dunn
Friday, March 1, 2013, 6:30 pm
John H. Myers Rehearsal Hall, PA 75
Kentfield Campus, Performing Arts Building

A limited number of tickets are available at $65 each for the pre-show talk with James Dunn and reception, including musical performances, hors d’oeuvres, preferred seating at the gala performance, and post-show birthday party! To reserve tickets for the pre-show reception call the Box Office at 415.485.9385.

Opening Night Gala Performance
Friday, March 1, 2013, 8 pm
James Dunn Theatre, Kentfield Campus

Tickets for the Opening Night Gala Performance are $40 for the show and post-show birthday party. For ticket information call the Box Office at 415.485.9385.

To sponsor this event please call 415.485.9528. Proceeds from this event will benefit COM Performing Arts Programs.

NOTE: The announcement of the actual title is restricted by Rodgers & Hammerstein Theatricals until mid-January 2013.
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ON THE COVER: Mark Lindsay, MFA (Photography and Painting) is devoted to the fine arts as a painter, photographer, and teacher. He attended Rochester Institute of Technology where he earned his B.S. in Professional Photography and M.S. in Printing Technology. In 2002 he left the printing industry and returned to graduate school where he recently completed his M.F.A. in Studio Arts at John F. Kennedy University. Mark teaches painting, digital photography, and Photoshop for photographers. He also builds websites for creative professionals and provides high-end digital printing for artists and photographers. This winter quarter Mark will teach an introduction to handmade art books class for Community Education. For more information, see page 9.
Weekend Workshops

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

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GET READY TO PAINT: BEGINNERS REALLY WELCOME!

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

Note: this is a one-day workshop so you must bring supplies. Depending on what you have at home, cost will vary, approx. $20-$40. Go to www.maryvalente.com and click on the supply lists link. Or, email m@maryvalente.com if you have questions. We will take a short break so bring lunch or snacks.

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
Jan. 26
Kentfield Campus, Fine Arts Center 301
Fee $65 (Includes $2 materials fee)
CRN# 15001 EC

ARTISTICALLY YOURS

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.” Pablo Picasso

When you think of Picasso, Diebenkorn or Brown, it’s not their traditional work that comes to mind but rather those paintings created once they discovered their unique style. While there are many skills and techniques to learn when you begin to paint (composition, value, line etc.) it is also important (and fun!) to look for inner inspiration, to tap into your creativity and find your own voice.

In this workshop, we’ll start with warm-up exercises and then set you on your personal journey. You’ll have a chance to explore and experiment in a relaxed, supportive environment. You will complete an original work without the aid of set up subjects or photographs.

All levels welcome. See supplies note above. Acrylic paint and/or hard pastel or crayons.

Mary Valente
Saturday, 9:30am–1pm
Mar. 23
Kentfield Campus, Fine Arts Center 301
Fee $44 (Includes $2 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 pen to the first class. Beginning students welcome.

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

6 Mondays, 6:10–10pm
Jan. 28-Mar. 11 (No class Feb. 18)
Kentfield Campus, Fine Arts Center 301
Fee $158 (Includes $5 materials fee)
CRN# 15003

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
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 Benchich, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.

6 Saturdays, 9am–1pm
Feb. 2-Mar. 16 (No class Feb. 16)
Extended class on Mar, 16, 9am-5:30pm
Kentfield Campus, Fine Arts Center 301
Fee $231 (Includes $53 models fee)
CRN# 15004

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

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

Diana Belenky, MFA from the New York Academy of Art, has been teaching fine art for the past ten years. She has won the Posey Grant in Painting and exhibits in galleries.

7 Fridays, 2:10–5pm
Feb. 1-Mar. 22 (No class Feb. 15)
Indian Valley Campus
Building 13, room 122
Fee $133
CRN# 15005

ACRYLIC PAINTING LANDSCAPE PAINTING
Working from images found in the outdoors, the instructor will demonstrate various techniques and theories needed to complete improvements to your art work and visual images through the application of acrylic paints on stretched canvas. Students will paint along with the instructor and be led through various elements of art-making. The class will include supportive and ongoing critiques by the instructor.

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

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

6 Tuesdays, 10:40am–1:30pm
Jan. 29-Mar. 5
Kentfield Campus, Fine Arts Center 301
Fee $116 (Includes $1 materials fee)
CRN# 15006

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

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

6 Fridays, 1:10–4pm
Feb. 1-Mar. 15 (No class Feb. 15)
Kentfield Campus, Fine Arts Center 215
Fee $116
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 won the College of Marin’s Academic Senate award for Outstanding Community Education Teacher of the Year in 2006.

Marty Meade
6 Fridays, 10:10am–1pm
Feb. 1-Mar. 15 (No class Feb. 15)
San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (Includes $16 special fee)
CRN# 15008 EC

Nancy Johnson
7 Saturdays, 10:10am–1pm
Feb. 2-Mar. 23 (No class Feb. 16)
Kentfield Campus, Fine Arts Center 215
Fee $89
CRN# 15009 EC

THE FLOW OF WATERCOLOR: CONTROL YOUR COLOR CHOICES WITH COLOR SCHEMES
You LOVE color, and you want to have more control over your color choices before and during your painting process. All levels can benefit from this class. Each time we meet we will work with two color schemes in their simplest and more complex combinations. Watercolor demonstrations and examples of paintings showing color schemes will aid you as you develop an abstract or representational painting – your choice, using one of the color schemes presented that day. Homework will be to make another painting using the second color scheme. Your knowledge of color schemes will enhance your paintings and all aspects of your life.

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

Julie Cohn has been an exhibiting painter and teacher for over 25 years.
7 Thursdays, 10:10am–1pm
Jan. 31-Mar. 14
Kentfield Campus, Fine Arts Center 301
Fee $99 (Includes $7 materials fee)
CRN# 15010 EC

DRAWING IN COLOR AND MIXED MEDIA DRAWING
This class is for both beginners and experienced artists combining the discipline of drawing with the experimental mixing of media. Students are invited to work with the media that they most wish to explore including pastels, oil paint, pencil, charcoal, any material is acceptable. We have a number of still life setups for the students to work from to help them develop skills in composition and perspective, the applications of light, shade, texture, and scale. The Instructors emphasis is on helping students explore and create in their chosen media. This class will help you build a strong portfolio. It is also an excellent class for those who have never painted or drawn before! Individual instruction will be given as time allows. Bring any drawing art supplies you may already have to the first class. Materials will be discussed in class. For more information go to www.alisonhathaway.com

Those of you with work commitments who cannot start at 5 p.m., please join the class at your convenience! Your progress will continue to be supported with individualized feedback from the instructor.

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

7 Mondays, 5:10-8:30pm
Jan. 28-Mar. 18 (No class Feb. 18)
Indian Valley Campus, Bldg 13, Rm 122
Fee $163 (Includes $7 materials fee)
CRN# 15011
FROM COLLAGE TO PAINTING
Discover the exciting possibilities of collage, a technique where different materials are assembled together to create a new work of art. Whether you’re a beginner or an experienced artist, this class will guide you through the technical and creative aspects of using collage. Learn about the variety of materials that can be used, like printed papers, fabric, metal leaf, photos, and found objects. Experiment with using different surfaces and discover how to combine it with painting media, such as acrylic and even oil. We’ll review work by collage’s major proponents, from Picasso and Rauschenberg to contemporaries like Hugh Leeman and Swoon. More advanced students are welcome to bring in their own projects or consult with the instructor for direction.
A list of materials will be provided in class. Materials may cost $35-$40.

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

7 Tuesdays, 7:10-9:30pm
Jan. 29-Mar. 12
Kentfield Campus, Fine Arts Center 312
Fee $113
CRN# 15012

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

Stephanie Jucker, MFA
7 Thursdays, 7:10-9pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 165
Fee $89 (Includes $1 materials fee)
CRN# 15013

ALSO OF INTEREST ...

T-SHIRT DESIGN
See page 44.

WATER MEDIA PAINTING: EXPRESSIVE WATERCOLOR AND FLUID ACRYLIC TECHNIQUES
“Your thoughtful teaching, cheerful encouragement, and experimental approach has been really helpful to me. I loved your style and the demos. Learning to trust the paint and intuition is a big step for me. Thank you.” Jane
Renew your art spirit with wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color, brushwork, compositional energy, atmospheric and textural effects, edge tinting, visual awareness, and the use of inks and mediums. Innovative teaching methods will build self-confidence and skill whether your work moves in realistic or abstract directions. Focus on transparency, spontaneity, improvisation, iconography and visual balance. Continuing students welcome.
Please bring watercolor supplies to first class or email the instructor at carol@arttreks.com for information.

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

6 Wednesdays, 6:10–9:30pm
Jan. 30-Mar. 6
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 15014
AN INTRODUCTION TO HANDMADE ART BOOKS
This class is an introduction to the versatile and tactile world of handmade art books. Using your own art, photo collection, or collage/montage, you will learn how to make a variety of handmade books, from simple to sophisticated. We will cover: design principles; organizing, folding, and binding techniques; how to choose suitable paper; imposition techniques; decoration and handmade art embellishment techniques. You will leave class with something to carry home each week and will end class with a variety of unique art books of your own making and design.

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

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

6 Saturdays, 10:10am-1pm
Feb. 2-Mar. 16 (No class Feb. 16)

Kentfield Campus, Fine Arts Center 312
Fee $127 (Includes $35 materials fee)
CRN# 15015

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

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

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

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

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

Beginners/Beginners Plus
7 Tuesdays, Jan. 29-Mar. 12
CRN# 15016

Intermediate/Advanced
7 Wednesdays, Jan. 30-Mar. 13
CRN# 15017

NEW ITALY: THE PLACES IN BETWEEN
Take a virtual tour of Italy’s neglected masterpieces found in seldom-visited sites, as well as in churches and palazzo, tucked away in her more famous cities. Highlights include the Greek Temples at Paestum and in Sicily, the Archaeological Museum in Naples, Masolino at Castiglione Olona, Mantegna and Giulio Romano in Mantua, and works by Benozzo Gozzoli, Fra Filippo Lippi, Pinturrichio, Perugino, and the architect Palladio. We focus on patronage: the Franciscans in Arezzo, the Olivetans at Monte Oliveto, the Dominicans in Santa Maria Sopra Minerva, as well as the aspirations of Frederico de Montefeltro in Urbino, the Gonzaga in Mantua, Alphonso d’Este in Ferrara, and Colleone in Bergamo. The tour concludes with the enigmatic frescoes by Parmigianino at Fontanellato.

Kerrin Meis, MA (Art History)
7 Fridays, 2:10pm–4pm
Feb. 1-Mar. 22 (No class Feb. 15)

Kentfield Campus, Fine Arts 201
Fee $69 (Includes $1 materials fee)
CRN# 15018 EC

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY

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

Indian Valley Campus
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!

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

Marketing

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

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

The class will be conducted with large screen display.

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

7 Thursdays, 6:10–8pm
Jan. 31-Mar. 14
Kentfield Campus
Learning Resources Center 53
Fee $89
CRN# 15019

Small Business

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

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

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

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

Saturday, 9am–1pm
Feb. 9
Kentfield Campus, Portable Village 5A
Fee $78 (Includes $30 materials fee)
CRN# 15020

Computers

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

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

COMPUTER LABS
There are two labs in Building 7 on the Indian Valley Campus for Community Education computer classes: Room 192 (the PC lab) and 190 (the Mac lab). See map at the back of this schedule. It is two miles to the nearest eatery from IVC; we recommend that you bring something to eat and drink.

For information about registering, parking, and other important information, please turn to page 48.

TEXTBOOKS FOR COMPUTER CLASSES
Students are expected to purchase their own textbook prior to the first class meeting. The same textbook will be used for all classes within a subject area, i.e., all classes on Excel will use the same text. Some classes do not require texts. This will be clearly stated in the course description.
A Computer Textbook Source List of local bookstores and online sources for textbooks is available. Please call 415.485.9318 and request that it be mailed to you. Remember to leave your mailing address. Occasionally a class is cancelled. When this happens, please look for the class in the next quarter when the same textbook will be used.

**IMPORTANT INFORMATION**
You are expected to have:

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

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

**Hands-On Computer Classes**
2007 Excel Expert!...........................................13
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Photoshop CS5.1 & II...................................17
PowerPoint 2007, Intro & Interm...............14
QuickBooks Pro 2011, Intro & Interm..........14
Social Media 101...........................................15
Word 2007, Intro.........................................12

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

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

**Levi Allen**
2 Tuesdays, 9am-12noon
Jan. 30 & Feb. 6
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 15021

**COMPUTER NOT WORKING? DIAGNOSE AND SOLVE COMMON COMPUTER PROBLEMS**
Bring your Personal Computer (PC) problems to class and be rewarded with answers to those questions. You will also benefit from answers to problems from the other students. Some typical problems are: How do I start my computer when it freezes? What do I do to keep my PC safe from spyware? What is going on when I click on a program and nothing happens? What is wrong when I turn on the power and nothing shows on the screen?

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

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

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

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

**Levi Allen**
2 Mondays, 9am-12noon
Feb. 25 & Mar. 4
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 15022

*Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.*
**INTRODUCTION TO THE MACINTOSH**

Become productive with the Mac in the shortest time possible! This course is designed for the beginning computer user. We will cover how RAM chips and hard disks work together; opening, closing, and resizing windows; Finder/desktop navigation; creating a navigational alias; creating and saving documents; accessing online help; file organization and backup; using the find utility; exploring System Preferences.

This is a beginning class and no prior computer experience is expected.


**Steve Salzman**

3 Tuesdays, 7–10pm
Jan. 29–Feb. 12
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15023

**INTERMEDIATE MACINTOSH**

This course will take you to the next level of Mac usage. We will cover advanced Finder options, Smart Folders, System Preferences and Spotlight searches, installing and switching among Applications, an overview of Apple Mail, iTunes and iPhoto, backup options, and where to get help.

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


**Steve Salzman**

3 Tuesdays, 7–10pm
Feb. 19–Mar. 12
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15024

**INTRODUCTION TO WORD 2007**

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


**Tom Millard**

3 Tuesdays, 1:30–4:30pm
Mar. 12–26
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 15026

*Please see information regarding Textbooks for Computer Classes on page 10.*
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, formatting, and printing worksheets. In addition, you will work with basic formulas and functions. This course uses the Windows Operating System.

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


Levi Allen
3 Mondays, 6–9pm
Jan. 28-Feb. 11
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 15028

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
2 Saturdays, 9am-12noon
Feb 2 & 9
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 15029

2007 EXCEL EXPERT!

Become an Excel expert! The techniques you will learn include: importing data, creating a database query, data validation, pivot tables, using the ‘What If’ data analysis tools, nesting functions, using the LOOKUP function, Goal Seek and Solver tools, Macros, and how to work with the Scenario Manager.

This course builds upon techniques presented in the Intermediate Excel 2007.


Susan Henning
Saturday, 9am-4pm
Feb. 23
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 15030

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY

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

Indian Valley Campus
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140
- Meet COMmunity Ed instructors
- Explore new COMmunity Ed classes
- Early Bird registration!
- Learn about Emeritus College
- Mingle and have a good time!

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
INTRODUCTION TO POWERPOINT 2007
This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, create a layout, slide theme, and master, designing each slide using text, graphics, color, animation, and sound.


Susan Henning
2 Saturdays, Mar. 9 & 16
Mar. 9: 9am-4pm
Mar. 16: 9am-12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 15066

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

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
2 Saturdays, Mar. 16 & 23
Mar. 16: 1-4pm
Mar. 23: 9am-4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 15067

INTRODUCTION TO QUICKBOOKS PRO 2011
In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials. All QuickBooks material is taught with an emphasis on best practices in accounting.

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

Pamela Lyons
Indian Valley Campus, Bldg 7, Rm 192
Fee $149
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Jan. 29-Feb. 12
CRN# 15031
3 Thursdays, 1–4pm
Feb. 21-Mar. 7
CRN# 15032

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

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

Please see information regarding textbook in course listing above.

Pamela Lyons
Indian Valley Campus, Bldg 7, Rm 192
Fee $149
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Feb. 19-Mar. 5
CRN# 15034
2 Thursdays, Mar. 14 & 21
Mar. 14, 1-4pm
Mar. 21, 9am-4pm
CRN# 15035
SOCIAL MEDIA 101
Do you want to catch up with old friends or long-lost family? Wish you knew what a tweet was? This course will give you an overview of the most popular social networking sites, including Facebook, Twitter, YouTube, LinkedIn, Pinterest, and Blogging. Learn how to build your personal profile, upload family photos, and connect with colleagues and friends. We want you to succeed in this course and recommend that you be familiar with a computer and internet browser before enrolling.

- Facebook: Profile set-up, upload pictures, learn to navigate the site and talk briefly about privacy settings and preferences
- Twitter: An introduction to the micrologging service with examples of how individuals use it, including demystifying terms like and retweet
- YouTube: The basics on uploading and sharing videos
- Blogs: An introduction to blogs and blogging platforms
- LinkedIn: Includes the basics of LinkedIn’s functionality and a discussion on making and accepting connection requests
- Pinterest: Learn how to “pin” images, videos, and other objects to pinboards in this social photo-sharing website

Be sure to bring your passwords to sites you already belong to.

Handouts will be provided in class.

Melinda Molloy, MS (Educational Psychology), has been a Social Media User since 2005.

2 Wednesdays, 6-9pm
Jan. 30 & Feb. 6
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 15036

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.

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

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


Steve Salzman
3 Saturdays, 1-4pm
Feb. 2-23 (No class Feb 16)
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15037

INTRODUCTION TO DREAMWEAVER CS5.5
This course introduces you to the fundamentals of the leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images, and using dynamic media files. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.


Steve Salzman
3 Wednesdays, 7-10pm
Jan. 30-Feb. 13
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15038
INTERMEDIATE DREAMWEAVER CS5.5
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built-in FTP client.

This class builds upon skills that are learned in Intro. to Dreamweaver.
Recommended text: Teach Yourself VISUALLY Dreamweaver CS5 (Teach Yourself VISUALLY [Tech]). Visual; 1st edition (July 26, 2010)
Steve Salzman
3 Wednesdays, 7–10pm
Feb. 20–Mar. 6
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15039

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

Lynda Banks
3 Thursdays, 6:30–9:30pm
Feb. 21–Mar. 7
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15041

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

This course builds upon skills that are learned in Intro. to InDesign.
Lynda Banks
3 Thursdays, 6:30–9:30pm
Feb. 21–Mar. 7
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15041

INTRODUCTION TO ILLUSTRATOR CS6
In this course you will learn essential skills such as: basic approaches to creating graphics and art for print and the internet, typography, the toolbox, graphic tools, Bezier curves, layers, effects such as distortions and drop shadows, color treatments, brushes, patterns, and type-on-a-path. Learn the appearances panel and how to manage multiple art boards.

Lynda Banks
2 Fridays, Feb. 1 & 8
Feb. 1, 9am-4pm
Feb. 8, 9am-12noon
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15068
INTERMEDIATE ILLUSTRATOR CS6
We will cover symbols and the use of symbol tools, customizing brushes and patterns, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, gradient mesh, 3-D, perspective, and other tools and techniques to create spectacular art.

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


Lynda Banks
2 Fridays, Feb. 8 & 22 (No class Feb. 15)
Feb. 8, 1-4pm
Feb. 22, 9am-4pm
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15069

PHOTOSHOP CS5.5 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.


Jazmine Loiselle
2 Thursdays, Jan. 31 & Feb. 7
Jan. 31, 9am–4pm
Feb. 7, 9am–12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 15042

Also of interest ...
PHOTOSHOP ELEMENTS: THE DIGITAL DARKROOM
See page 36.

PHOTOSHOP CS5.5 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. 7 & 14
Feb. 7, 1–4pm
Feb. 14, 9am–4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 15043

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY
Kentfield Campus
Saturday, Jan 12, 9:30am–noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!
Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
Cultural and Ethnic Studies

CALIFORNIA INDIAN STUDIES CERTIFICATE PROGRAM

The California Indian Studies Certificate Program was developed by the College of Marin in collaboration with the Miwok Archeological Preservation of Marin (MAPOM) to promote awareness and understanding of the culture and history of the California Native Peoples and particularly the Coast Miwok, as well as to preserve knowledge of native skills and paleo technology.

You are welcome to enroll in just one or any number of the classes listed below. If you wish to obtain a Certificate of Completion, please see Certificate Requirements below.

The program started with a big kickoff at the Kule Loklo Big Time Festival in July 2012. The program’s first Certificate of Completion Award Ceremony is planned for Big Time on July 20, 2013.

With the exception of the required class, Overview of California Indian Culture and History, which will be offered twice, each class will be offered once during the academic year 2012-2013. Classes will be listed in the Community Education class schedules which come out four times a year on the same dates as the registration dates listed below. The class schedule as it is confirmed will also appear on the MAPOM website (www.MAPOM.org).

Certificate Requirements

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

Core Class (required)

- Overview of California Indian Culture and History

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

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

Registration

Register with College of Marin. Go to www.marin.edu/CommunityEducation or see page 48 in this schedule for complete information. There is a registration form at the center of this schedule which can be mailed or faxed. Classes will fill; early registration is advised.

Registration start dates for future quarters follow: Spring Quarter 2013 — Feb. 19; and Summer Quarter 2013 — May 13. These are the same dates that the Community Ed schedule for each quarter becomes available. Put them on your calendar!

NEW INTRODUCTION TO PALEO TECHNOLOGY

This class will explore universal hunter-gather skills used by all humans around the world. Students will learn basic and essential living skills through a number of hands-on activities. In this class students will: make fire with handrill and bowdrill fire kits; process dogbane fiber and make string; practice hunting tools, including throwing rabbit sticks and spearthrowers and shooting bows and arrows; play the hoop and pole game; learn basic stone and woodworking techniques through bead making; shape and polish stones; and grind pine nuts.

Tamara Wilder has been practicing, teaching & demonstrating “Paleotechnics” (ancient crafts of indigenous people) since 1989 She’s coauthor of the book Buckskin, and demonstrates ancient living skills for museums, fairs and schools. She is also featured on the History Channel in the Modern Marvels show entitled “Leather.” Check out her website at: www.paleotechnics.com.

Saturday, 9am-4pm
Mar. 16
Point Reyes National Seashore
Kule Loklo, Bear Valley
Fee $99 (Includes $10 materials fee)
CRN# 15160
Current Events

CURRENT ISSUES BEFORE THE UNITED STATES SUPREME COURT
This is a discussion class for which we read a summary, briefs, and other materials concerning major cases on the current calendar of the U.S. Supreme Court. The instructor provides background materials on the Court, explanation of legal jargon, and how the Court’s cases are chosen. The course will cover the historical development of the Court and its place in our Constitutional government. We will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

Marshall W. Krause was Chief Attorney for the ACLU of Northern California, a reporter for KQED’s Newsroom, a Professor of Political Science at San Francisco State University, and practiced law in Marin County from 1974 to 2000. He handled seven cases decided by the US Supreme Court, winning six of them.

7 Wednesdays, 11:10am–1pm
Jan. 30–Mar.13
Kentfield Campus, Portable Village 5B
Fee $71 (Includes $2 special fee)
CRN# 15159 EC

Dance

LINE DANCING AROUND THE WORLD
Come learn line dances from all over the world including Country Western and Urban Soul favorites, Zydeco shuffles, and popular Israeli dances. Line dancing is a social dance style in which a group of people dances a sequence of steps in unison without holding hands. You will be introduced to basic line dance movement vocabulary and its unique spatial dance formats. The dances are fun, dance to a wonderful assortment of music, and a great way to stay mentally and physically fit. The class is open to both novice dancers and those with more experience; no partner is required.

Carol Friedman has over 25 years of experience teaching dance in the Bay Area.

7 Tuesdays, 7:10–8:30pm
Jan. 29-Mar. 12
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 15044

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

Carol Friedman
7 Wednesdays, 2:10–3:30pm
Jan. 30-Mar. 13
Kentfield Campus
Physical Education Center 22
Fee $59
CRN# 15045 EC

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY

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

Indian Valley Campus
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
ARGENTINE TANGO: BEGINNING CLASS AND PRACTICA

Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! This course is designed to accommodate both novice tango dancers and those with more experience. It provides an introduction to the social form of Argentine Tango as danced in Buenos Aires and will teach you a code of movement that will get you started with this improvised dance. The class runs from 7 to 8 p.m. and is followed by an optional, guided Practica where you can practice what you’ve learned.

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

4 Fridays, 7–8pm
(Optional, guided Practica: 8-10pm)
Feb. 1-Mar 1 (No class Feb.15)
Alma del Tango Studio
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 15046

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT

Enjoy an evening workout using a combination of Samba and Capoeira, two traditional Afro-Brazilian art forms, and Lambada, a partner dance from the Caribbean Islands. These movement styles blend music, dance, and exercise to promote health and well-being. The warmup 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. 28-Mar. 18 (No class Feb. 18)
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 15048

TRADITIONAL HAWAI’IAN DANCE

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

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

7 Thursdays, 7:10–8:30pm
Jan. 31-Mar. 14
Kentfield Campus
Physical Education Center 22
Fee $79
CRN# 15047

Drama/Stage and Screen

VOICE OVERS: THE BIG PICTURE

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

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

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

2 Saturdays, 10am–5pm
Feb. 23 & Mar. 2
Kentfield Campus
Physical Education Center 92
Fee $99 (Includes $2 materials fee)
CRN# 15049
Film Appreciation

NEW RAILS ON REELS: TRAVELING BY TRAIN
Trains provide us with moving hotels and restaurants, a way to travel in short hops or far away, the time and space to read, to think, and even join an instant, if temporary, community. Film makers have used trains as a metaphor for passion, boredom, contemplation, and yearning. Three films for this session are: The Lady Vanishes (U.S.A. 1938), Closely Watched Trains (Czechoslovakia 1966) and The Darjeeling Limited (U.S.A./India 2007)

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

7 Thursdays, 2:10–5pm
Jan. 31-Mar. 14
Kentfield Campus, Science Center 101
Fee $94 (Includes $1 special fee)
CRN# 15050 EC

Financial Planning

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

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

6 Mondays, 6:40-8:30pm
Feb. 4-Mar. 18 (No class Feb. 18)
Kentfield Campus, Harlan Center 171
$84 (includes a $1 materials fee)
CRN# 15051

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

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

The Wi$e Up Program came about as a result of focus group discussions held by the Women’s Bureau of the U.S. Department of Labor with women from across the United States.

Helen Abe has more than 20 years of experience helping women with retirement and financial planning. Helen is a Certified Investment Management Analyst, a Chartered Retirement Planning Counselor, and a Certified Wealth Strategist.

6 Wednesdays, 7:10–8pm
Jan. 30-Mar. 13 (No class on Mar. 6)
Last class Wednesday March 20, 7:10-9pm
Kentfield Campus, Learning Resource Center 53
Fee $99 (Includes $8 materials fee)
CRN# 15052
Hands-On Cheesemaking at Home

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

Sacha Laurin is a native of Australia who honed her cheesemaking skills after moving to France. With one part science and one part romance, she brings a refreshing take to the artisanal cheese making process. Sacha also teaches cheesemaking classes at the Sacramento Natural Foods Co-op and the Cheese School of San Francisco, and is the cheesemaker for Winters Cheese Company.

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

HANDS-ON FETA
Feta is a delicious, versatile, fresh cheese that can be made from sheep, goat or cow’s milk. In this three-hour class, you will learn to make your own cow’s milk feta, and marinate it with your choice of herbs, peppers, garlic, olives, and sundried tomatoes. Homemade feta is immediately enjoyable the next day, and it keeps in olive oil for months. Feta makes almost anything tastier. Crumble it over salad or pasta. Fold it into scrambled eggs or put it in an omelet. On a pizza? Yes! Sprinkled on grilled vegetables? Absolutely! In a milkshake? No. Just testing you. Join us for this fun and rewarding class!

Sacha Laurin
Wednesday, 6:10–9pm
Feb. 6
Indian Valley Campus, Bldg 3, Rm 154
Fee $83 (Includes $4 materials fee)
CRN# 15054

HANDS-ON MOZZARELLA
Learn to make Mozzarella!!! In this class you will discover the mysteries and intricacies of this elusive cheese. Using organic, non-homogenized Straus Family Creamery’s whole milk, you will learn about milk coagulation, the curd/whey separation, and why the curd can be stretched with mozzarella and not with most other cheeses. You will have fun stretching and braiding the cheese in class! Being able to create your own Mozzarella is an ace up anybody’s sleeve! Join cheesemaker and instructor Sacha Laurin for this invaluable and fun class!

Sacha Laurin
Wednesday, 6:10–9pm
Feb. 13
Indian Valley Campus, Bldg 3, Rm 154
Fee $84 (Includes $5 materials fee)
CRN# 15055

HANDS-ON GOUDA
Gouda is made with cow’s milk, colored with natural annato, shaped into balls and brine soaked, air dried, and then wrapped in wax to age for 3-12 weeks. Sound complicated? Learn it all in three hours with Sacha!

Sacha Laurin
Wednesday, 6:10–9pm
Feb. 20
Indian Valley Campus, Bldg 3, Rm 154
Fee $83 (Includes $4 materials fee)
CRN# 15056
Artisan Cheesemaking Certificate Program in Dairy Arts
The Artisan Cheesemaking Program at Indian Valley Campus trains beginning cheesemakers in the art and science of making artisan cheese. Through lectures and hands-on workshops with experienced cheese professionals, students will gain the knowledge and skill needed to identify, evaluate, and produce artisan cheese. This program has been developed in collaboration with the California Artisan Cheese Guild and UC Cooperative Extension.

Certificate Requirements
The following courses are required to complete the Artisan Cheesemaking Certificate Program in Dairy Arts:
• A Full Introduction to Artisan Cheese and Its Traditions
• Basic Starter Cultures for Cheese and Fermented Milks
• Milk Types and Quality
• Cheese Chemistry
• Principles and Practices of Cheesemaking
• Hygiene and Food Safety in Cheesemaking

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

Commercial cheesemakers and students with a professional background in food science do not need to follow any sequence in order to complete this certificate program. Additionally, prior cheesemaking experience will be extremely valuable to the understanding of the process.

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

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

Judy Creighton, is a Certified Cheese Professional, cheese educator and consultant who has owned two San Francisco cheese shops, served as a judge at American Cheese Society and California State Fair competitions. Currently she is on the board of the California Artisan Cheese Guild, guest lecturer at School of Restaurant Hospitality, City College of San Francisco, and regular instructor at the Cheese School of San Francisco.

4 Mondays, 6:10–9pm
Jan. 28-Feb. 25 (No class Feb. 18)
Indian Valley Campus, Bldg 3, Rm 154
Fee $253 (Includes $83 materials fee)
CRN# 15116

Enjoyment of Wine Series
The goal of this series is to enhance your enjoyment of wine and to break down the mysteries that surround it. Classes are designed for anyone who would like to explore wine tasting, viticulture, the history of wine, and wine and food pairings.

Please bring four wine glasses—all purpose, standard shape between 8 and 13 ounces—to each class. You must be at least 21 years old to take this class.


Handouts will be distributed in each class and are covered by the materials fee.

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

WINE TASTING FUNDAMENTALS
Have you ever wanted to know more about the aromas and tastes in your wine glass? This class will cover: the basics of
Health and Wellness

BONES FIT: OSTEOPOROSIS PREVENTION AND BONE HEALTH WORKSHOP

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

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

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

Friday, 12noon–2pm
Feb. 22
Kentfield Campus, Portable Village 6
Fee $28
CRN# 15070 EC

THE WINES OF LUXURY EXPLORE CHAMPAGNE AND PORT

When most people think of wines for special occasions, two words come up – Champagne and Port. This class will explore these unique wines of the world, both from their traditional homes, to expressions of sparkling and fortified wines around the world.

David Sandri
2 Thursdays, 6:40-9pm
Mar. 14 & 21
Indian Valley Campus, Bldg 3, Rm 152
Fee $52 (Includes $18 materials fee)
CRN# 15060

HEALTH AND WELLNESS

the process of winemaking, wine tasting, explore different types of wines, talk about ‘wine talk’ and what it all really means, and some basics of food and wine pairings.

David Sandri
2 Thursdays, 6:40-9pm
Jan. 31 & Feb. 7
Indian Valley Campus, Bldg 3, Rm 152
Fee $47 (Includes $13 materials fee)
CRN# 15057

EXPLORING WHITE WINES

From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes.

David Sandri
2 Thursdays, 6:40-9pm
Feb. 14 & 21
Indian Valley Campus, Bldg 3, Rm 152
Fee $49 (Includes $15 materials fee)
CRN# 15058

EXPLORING RED WINES

With their varying hues and bodies, red wine brings hundreds of subtle flavors and nuances. Discover the different red wine varieties, their characteristics and tastes.

David Sandri
2 Thursdays, 6:40-9pm
Feb. 28 & Mar. 7
Indian Valley Campus, Bldg 3, Rm 152
Fee $49 (Includes $15 materials fee)
CRN# 15059

For registration in information please see page 48.
Health Sciences

**TITLE 22: FIRST AID FOR PUBLIC SAFETY PERSONNEL (FAFPSP)**

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 Advanced First Aid course (Satisfying California Title 22) is perfect for lay responders, first responders, and is a good refresher course for professional rescuers. This course is set up to provide advanced first aid training as well as 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.

A text is not required for successful completion of this class.

**Alexander Bolias**

**Saturday and Sunday, 8am-2pm**

Jan. 5 & 6

Indian Valley Campus, Bldg 27, Rm 112

For those with valid CPR-Pro Certification

Fee $130 (Includes $30 materials fee)

CRN# 15071

For those without current, valid CPR-Pro Certification

Fee $150 (Includes $50 materials fee)

CRN# 15072

**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

4 Saturdays, 9am-4pm

Feb 2 & 23 and Mar 9 & 23

Kentfield Campus

Physical Education Center 22

Fee $117 (Includes $2 materials fee)

CRN# 15155

**Dental Assisting**

**RADIOLOGY COURSE**

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

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

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

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

**Marlene Wilgis, CDA, RDA**

3 Saturdays, 8am-5pm

2 Fridays, 5-9pm

Starts and ends on a Saturday

Feb. 2-23 (No class Feb. 15 & 16)

Indian Valley Campus, Bldg 27, Rm 224

Fee $507 (Includes $175 materials fee)

CRN# 15073
INFECTION CONTROL FOR THE DENTAL TEAM
This course meets the Dental Board Requirements for Dental Assistant Employees who must complete an Approved Infection Control Class within one year of employment as well as for RDA applicants within five years prior to application. Participants will learn about microorganisms and pathogenic organisms. Participants will be able to identify methods of disease transmission and how to prevent cross-contamination in a dental setting. Participants will learn the difference between sterilization and disinfection as well as how to process contaminated dental instruments and operate various types of sterilizers. Hazard Communication Management will also be discussed.
If you have any questions, please e-mail Kathleen Rooney at kathleen.rooney@marin.edu, or call 415.883.2211, ext 8427. Class is limited to 12; register early.
Marlene Wilgis, CDA, RDA
Saturday, 8:30am-5pm
Mar. 2
Indian Valley Campus, Bldg 27, Rm 224
Fee $112 (Includes $30 materials fee)
CRN# 15074

CORONAL POLISH
This course is approved by the Dental Board of California to prepare the student in the technique of Coronal Polish as required for RDA licensure. Participants will serve as practice patients for fellow classmates. The participant will need to provide one outside patient for the final evaluation by a dentist or hygienist on Saturday afternoon. Please bring a lab coat or uniform, gloves, and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive a certificate. There are no Continuing Education Hours given for this course.
If you have any questions, please e-mail Kathleen Rooney at kathleen.rooney@marin.edu, or call 415.883.2211, ext 8427. Class is limited to 12; register early.
Grace Hom, CDA, RDAEF, MA
Friday, 5-9pm
Saturday, 8:30am-5pm
Mar. 8 & 9
Indian Valley Campus, Bldg 27, Rm 224
Fee $279 (Includes $60 materials fee)
CRN# 15113

History

THE HISTORY OF THE BYZANTINE EMPIRE
The famous British travel writer and hellenist Robert Byron once said that the Byzantine Empire was “a fusion between a roman body, a greek mind, and an oriental soul”.
In this class we will explore the rich history of the Byzantine Empire with all its legendary, colorful and mysterious background. We will discuss the creation of Constantinople by Emperor Constantine and the implementation of Christianity; we will discuss the reign of Justinian and Empress Theodora; the Barbarian invasions, the Iconoclasm controversies; the East-West Religious Schism; we will continue with the period of the Crusades and describe the “sack of Constantinople by the leaders and soldiers of the 4th Crusade”; the wars with the Seljuk Turks; and we will end our course with the conquest of Constantinople in 1453 by the Ottoman Turks.
Erika Harkins, MA
7 Mondays, 2:10–4pm
Jan. 28–Mar. 18 (No class Feb. 18)
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $1 materials fee)
CRN# 15061 EC

ALSO OF INTEREST..

LITERARY LIFE OF FRANCE: 19TH CENTURY PRE-ROMANTICISM AND ROMANTICISM
See page 31.
Home and Garden

HOW TO REPLACE YOUR LAWN
If maintaining your lawn has gotten to be too much—too much time, too much mowing, too much water, fertilizer, pesticides, and herbicides, or just plain too much bother—then you’ll want to take this class.

Learn to use alternative grasses and grass-like plants to create beautiful 'lawns' that are low care and water-conserving. In this one-day class, you will be guided, step-by-step, through the entire lawn-replacement process: from initial considerations of cost and difficulty, through selecting the right plants for your site, to soil preparation and planting, and finally, to the required maintenance.

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

Saturday, 9:10am–12noon
Kentfield Campus, Harlan Center 172
Fee $48
CRN# 15062

Intensive English Program (IEP)

College of Marin's Intensive English Program has more than 30 years of success educating English language learners. We welcome new and returning F-1 international students, F-1 transfer students from other schools, au pairs, and local residents who wish to improve English language skills. Students who complete the advanced level are guaranteed admission into College of Marin Credit Program, without the TOEFL requirement. SMALL CLASSES, FIELD TRIPS, 8 or 16 WEEK Program, TOEFL PREPARATION

We provide a friendly staff to help with visas and scheduling needs.

SPRING SEMESTER 2013
SESSION C: January 22—May 17, 2013 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours) (CRN 15075)
$2325 Other full-time students (CRN 15076)
$1925 (15 hours) (CRN 15077)
$1425 (10 hours) (CRN 15078)
$775 (5 hours) (CRN 15079)

Session A: January 22—March 15 (8 weeks)
Session B: March 19—May 17 (8 weeks)
$1175 for 8 weeks (20 hours) (CRN Session A/B 15080/15084)
$975 (15 hours) (CRN 15081/15085)
$725 (10 hours) (CRN 15082/15086)
$375 (5 hours) (CRN 15083/15087)
Courses meet 5 hours per week:

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

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

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

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

For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensive/english@marin.edu

For schedule and downloadable F-1 application, go to www.marin.edu/iep.
Register online at www.marin.edu/CommunityEducation.

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 Jason Lau at jason.lau@marin.edu.
TOEFL iBT TEST PREPARATION
(20 HOURS/EVENING):
LISTENING/SPEAKING/
READING/WRITING
This course will familiarize you with the format, help you analyze the questions, and give you practice with the test items. All four skill areas: Reading/ Writing/Listening/Speaking will be practiced in this course.
For more information, please call the Intensive English Program at 415.883.2211, ext. 8579, or email sara.oser@marin.edu.
Fotine Fahouris, Instructor. Indian Valley Campus, Bldg 3, Room 251 10 Wednesdays, 7:10 to 9 pm January 23-February 27 (Total 20 hours) Fee: $112 CRN# 15158

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 the beginning of the Languages section.
Anne-Marie Lebas is a native of France who has taught in the Bay Area for over 20 years. She teaches with great enthusiasm and energy and creates a lively and comfortable learning environment for students at any level. A bientot!
7 Mondays, 6:40–8:30pm Jan. 28-Mar. 18 (No class Feb. 18) Kentfield Campus, Harlan Center 172 Fee $89 CRN# 15089

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 avec plaisir!
Anne–Marie Lebas 7 Wednesdays, 6:40–8:30pm Jan. 30-Mar. 13 Kentfield Campus, Harlan Center 173 Fee $89 CRN# 15090

Languages
Note: The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press 4 to reach a staff person and ask to have the instructor call you.
Textbooks: When the purchase of a textbook is recommended, that text will be used for the entire series. Cost of textbooks vary. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online at http://marin.bncollege.com (Note: Select “C ED” under Department).
CONVERSATIONAL GERMAN: FIRST YEAR, THIRD QUARTER
This is the third quarter of this beginning class. Students have already had 27 hours of class time. 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.

Recommended text: Complete German: The Basics (Course book) (Complete Basic Courses) [Paperback], Copyright 2008 by Living Language, an imprint of Random House, Written by Helga Schier*, ISBN 978-1-4000-2411-7

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, 6:40–8:30pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 172
Fee $84 (Includes $1 materials fee)
CRN# 15154

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

Lido Cantarutti
7 Thursdays, 7:10–9pm
Jan. 31-Mar. 14
Kentfield Campus
Temporary Building 101
Fee $89
CRN# 15093

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

Ilia Salomone–Smith
7 Thursdays, 7:10–9pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 171
Fee $84 (Includes $1 materials fee)
CRN# 15154 EC

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

Ilia Salomone–Smith
7 Thursdays, 7:10–9pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 172
Fee $84 (Includes $1 materials fee)
CRN# 15154 EC

Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Jan. 29-Mar. 12
Kentfield Campus, Harlan Center 171
Fee $71 (Includes $2 materials fee)
CRN# 15092 EC
**CONVERSATIONAL SPANISH: FIRST YEAR, THIRD QUARTER**
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The stress is on developing the ability to converse. See *Note* at the beginning of the Languages section.

Textbook: *Cómo Se Dice*, 9th edition. Please see *Note* above regarding Textbooks.

**Nancy McInnes**
7 Thursdays, 7:10–9pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 173
Fee $89
CRN# 15095

**Milt Hain**
7 Tuesdays, 2:10–4pm
Jan. 29-Mar. 12
Kentfield Campus
Temporary Building 101
Fee $69
CRN# 15096 EC

**CONVERSATIONAL SPANISH: SECOND YEAR, THIRD QUARTER**
Join this continuing class with other students who have completed *Conversational Spanish: First Year, First through Fourth Quarters*, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Spanish, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. The course will include an introduction to poetry and literature. See *Note* at the beginning of the Languages section.

Textbook: *Cómo Se Dice*, 9th edition. Please see *Note* above regarding Textbooks.

**Milt Hain**
7 Fridays, 2:10–4pm
Feb. 1-Mar. 22 (No class Feb. 15)
Kentfield Campus
Temporary Building 101
Fee $69
CRN# 15097 EC

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**Literature/ Humanities**

**NEW LITERATURE AND LAW: HOMER AND AESCHYLUS AND AFFLECK**
We must understand the ancient underpinnings of our literature and laws to appreciate our current geopolitical predicament. We will explore two foundational works for our civilization, Homer’s “Iliad” and “Aeschylus” “Oresteia”. Then we will look at Ben Affleck’s recent movie *Argo* about the rescue of six American diplomats from Iran in 1980. Our questions about modern politics in this interdisciplinary course will include: how does a secular state achieve a monopoly on violence in the face of popular religion? How do we resolve the division between religious justice and human justice? When should a state retaliate against its enemies? How do those who resort to violence and those who endure violence achieve reconciliation?

**David Robertson** (Stanford, A.B.; Yale Law School J.D.) has taught political philosophy and literature at Yale College and College of Marin. His COM courses for many years have routinely filled during registration’s first week.

7 Fridays, 10:10am-12:30pm
Feb. 1-Mar. 22 (No class Feb. 15)
Kentfield Campus,
Physical Education Center 91
Fee $81
CRN# 15063 EC
A Registration Form is at the center of booklet.

Oscar Wilde was a flamboyant but tragic personality and a gifted writer. He was a charismatic but eccentric leader of the “cult of beauty” movement of the end of the 19th Century and a critic of Victorian moral standards. We will study aspects of his life and discuss some of his more famous works including his brilliant critique of Victorian society in The Importance of Being Earnest and his interesting study of the double self in The Picture of Dorian Gray. We will also discuss some of his well-crafted and poignant short stories and poems and several of his biting epigrams and talk about his place in the literature of his time.

William Wallace, EdD, MA (English) 7 Tuesdays, 1:10-3pm Jan. 29-Mar. 12 Kentfield Campus, Harlan Center 165 Fee $81 CRN# 15065 EC

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

The Romantics ascertained that the Classical model of the 17th century based on imitating the ancients was exhausted. The literary genres representing the basis of Classicism were meant to disappear. In this stimulating class we will focus on the radical changes which occurred in French Literature as a consequence of the French Revolution -- the Literature of Immigration developed by Mme. de Staël; Pre-Romanticism with the work of Chateaubriand; the overwhelming power of Romanticism with the writings of Victor Hugo and Alfred de Musset. We shall end our course discussing Hugo’s famous play “Hernani” that was turned also into an opera by Verdi; and Musset’s “The Moods of Marianne” that was turned into a movie by Renoir.

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

7 Wednesdays, 2:10–4pm Feb.6-Mar.20 Kentfield Campus, Harlan Center 165 Fee $69 (Includes $1 materials fee) CRN# 15064 EC

ALSO OF INTEREST ...

THE HISTORY OF THE BYZANTINE EMPIRE

See page 26.
**BIRD-WATCHING IN MARIN: A FIELD EXPLORATION**

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

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

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

**Orientation:** Tuesday, 9:10am–1pm
Jan. 29
Kentfield Campus
Learning Resources Center 53
Plus 4 field trips
Tuesdays, 8:30am–12:30pm
Feb. 5-26
Fee $105
CRN# 15157 EC

**MEANDERING IN MARIN**

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

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

7 Mondays, 9:45am–1:45pm
Jan. 28–Mar. 18 (No class Feb. 18)
Fee $119
CRN# 15098 EC

7 Tuesdays, 9:45am–1:45pm
Jan. 29–Mar. 12
Fee $119
CRN# 15099 EC

**BEGINNING HIKING**

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

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

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

6 Saturdays, 10am–2pm
Last class, 10am–4pm
Feb. 2–Mar. 23 (No class Feb. 9 & 16)
Locations: See Itineraries above
Fee $118
CRN# 15100 EC

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**Discover COMmunity Ed**

**JOIN US FOR PREVIEW DAY**

**Kentfield Campus**
Saturday, Jan 12, 9:30am–noon
Cafeteria, Student Services Bldg

**Indian Valley Campus**
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140
- Meet COMmunity Ed instructors
- Explore new COMmunity Ed classes
- Early Bird registration!
- Learn about Emeritus College
- Mingle and have a good time!

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

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

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

LOOK FOR HIS NEW CLASS ON BRITISH INVASION ROCK OF THE 1960S COMING IN THE SPRING.
7 Tuesdays, 7:10-9pm
Jan. 29-Mar. 12
Kentfield Campus
Learning Resources Center 53
Fee $92 (Includes $3 materials fee)
CRN# 15101

A HISTORY OF FILM MUSIC: THE ART OF THE FILM SCORE
This course surveys the development of the film score for motion pictures, from its earliest inception and the first blockbusters, to the Golden Age of Hollywood film scores, up to the present day. In each class, a variety of selected film clips will be shown to illustrate the importance of the film score and how it functions throughout its history to support the aesthetic and narrative elements, revealing hidden dimensions of the story. Learn about the musical styles of the great film composers, from Max Steiner’s groundbreaking 1939 score for King Kong, to Bernard Herrmanns’ score for Hitchcock’s Vertigo, and Ennio Morricone’s music for the 1960s Spaghetti Westerns such as The Good, the Bad and the Ugly, to Hans Zimmer’s music for Inception and more! No previous musical experience is necessary to enjoy this class.

Marcia Bauman, Ph.D. (Music Composition), has taught courses in film music history and appreciation at the San Francisco Academy of Art University, and currently teaches music composition at Sonoma State University.
7 Tuesdays, 2:10–4pm
Jan. 29-Mar. 12
Kentfield Campus
Austin Science Center 101
Fee $69
CRN# 15102 EC

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

Alexander Vereshagin, Music Director and Conductor, composer/arranger, pianist and teacher, graduated from and taught at St. Petersburg National Conservatory. He also conducted several of Russia’s renowned orchestras, performing symphonic, operatic, and choral works. Currently he is the Music Director of the Russian Chamber Orchestra which performs locally.
7 Fridays, 12:10–2pm
Feb. 1-Mar. 22
Kentfield Campus, Performing Arts 72
Fee $69
CRN# 15103
JAZZ STANDARDS FROM AROUND THE WORLD
Sing standards in Portuguese, French, Italian, and Spanish. A fun way to learn songs in different languages and add them to your repertoire. Class will cover healthy techniques, pronunciation, phrasing, style, and how to communicate the essence of the song to your audience. We will listen and learn songs sung by Edith Piaf, Joao Gilberto, Antonio Carlos Jobim, and more.

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

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

5 Saturdays, 10:10am-12noon
Feb. 2-Mar.23 (No class Feb. 16 or Mar. 2)
Kentfield Campus
Performing Arts 177
Fee $171
CRN# 15104

CHORUS EMERITUS
If you like to sing or think you would like to sing in a mixed chorus, join us! The music is fun, encompassing diverse styles and eras. No audition required. A $20 materials fee covers the piano accompanist and sheet music.

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

7 Thursdays, 3:10-5pm
Jan. 31-Mar. 14
Kentfield Campus, Performing Arts 72
Fee $49
CRN# 15105 EC

MARIN MEN’S CHORUS
The Marin Men’s Chorus has been performing in the Bay Area for over thirty years. It is open to all men, regardless of age or musical experience. Throughout the year, the chorus not only performs in the community, but presents two concerts, one in the winter and the other in the spring. The repertoire is varied, including everything from classical to contemporary.

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

7 Tuesdays, 7-9pm
Jan. 29-Mar. 12
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48
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) is for those with little or no knowledge of the piano.

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

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

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

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

To sign up for Piano Class, use the course number below. If you are unsure of your placement, e-mail the instructor at marciabau@aol.com. Early registration strongly recommended.

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

Times as above
7 Tuesdays & 7 Thursdays
Jan. 29-Mar. 14
Kentfield Campus, Performing Arts 188
Fee $93
CRN# 15107
GUITAR CLASS
Have you always wanted to play guitar? This course will get you started and keep you going! We will cover tuning, picking styles, and scales, including major, minor, and blues, plus some music theory. We will also go over the basics of different genres, including rock, jazz, classical, and country. We will discuss guitar technology and what is involved with playing in a band or performing solo. For beginning, intermediate, and advanced students, there will be something to engage everyone whatever their experience or ability level!

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

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

7 Fridays, 10:10am-12noon
Feb. 1-Mar. 22 (No class Feb. 15)
Kentfield Campus
Physical Education Center 22
Fee $89
CRN# 15108

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

Dave Broida has 25 years of experience as a teacher, student, and performer. He loves to share music with all, especially those who don’t consider themselves musical.

Questions about harmonicas? Call the instructor at 916.996.5222.

Thursdays, 6:10-10pm
Feb. 21
Kentfield Campus, Portable Village 5B
Fee $75 (includes $30 materials fee)
CRN# 15109

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.
Photography

**BASIC PHOTOGRAPHY**

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

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

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

**Jed Manwaring**’s most recent book is co-authored with Brenda Tharp and was released in August 2012 titled *Extraordinary Everyday Photography: How to Awaken Your Vision to Create Stunning Images Wherever You Are*.

4 Wednesdays, 7:10–10pm
Feb. 13-March 6
Plus 2 Saturdays: 1–4pm
Feb. 23 & March 2
Indian Valley Campus, Bldg 7, Rm 193
Plus field trip: Sat., Feb. 23, 8–11am
Plus field trip: Sat., March 2, 6–9pm
Fee $124 (Includes $2 materials fee)
CRN# 15110

**INTRODUCTION TO PHOTO SHOP ELEMENTS 10: THE DIGITAL DARKROOM**

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

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


**Jazmine Loiselle**

Friday, 9am–4pm
Feb. 1
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 15111

**INTERMEDIATE PHOTO SHOP ELEMENTS 10: THE DIGITAL DARKROOM**

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

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

**Jazmine Loiselle**

Friday, 9am–4pm
Feb. 8
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 15112

**ALSO OF INTEREST**...

**PHOTOSHOP I AND II**

See page 17.
Physical Fitness

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

RESTORE AND IMPROVE YOUR BALANCE

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

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

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

7 Tuesdays & 7 Thursdays, 12:10-1pm Jan. 29-Mar. 14
Kentfield Campus
Physical Education Center 22
Fee $69 (Includes $1 materials fee)
CRN# 15114 EC

7 Tuesdays & 7 Thursdays, 9:10-10am Jan. 29-Mar. 14
Indian Valley Campus, Bldg 20, Room 106
Fee $69 (Includes $1 materials fee)
CRN# 15115 EC

FUNCTIONAL FITNESS

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

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

7 Mondays & 7 Wednesdays, 10:10–11am Jan. 28-Mar. 18 (No class Feb. 18)
Ends on Monday
Kentfield Campus
Physical Education Center 22
Fee $69
CRN# 15117 EC

TRANSFORMATIONAL FELDENKRAIS MOVEMENTS

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

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

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

Kay Pepitone
7 Thursdays, 1:10–2pm Jan. 31-Mar. 14
Kentfield Campus
Physical Education Center 22
Fee $44 (Includes $1 materials fee)
CRN# 15118 EC
THE FELDENKRAIS METHOD FOR THE ACTIVE OLDER ADULT
The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity.

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

Teresa Hanson, GCFP
Celeste Binnings
6 Mondays, 3:40–5pm
Feb. 4-Mar. 18 (No class Feb. 18)
Kentfield Campus
Physical Education Center 60
FREE
CRN# 15119 EC

MOViNg AND MUSIC FOR THE OLDER ADULT: A UNIVERSAL LANGUAGE
This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

Diane Hain
7 Mondays, 11:10am–12noon
Jan. 28-Mar. 18 (No class Feb. 18)
Whistlestop
930 Tamalpais Ave., San Rafael
FREE
CRN# 15121 EC

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

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

Meg Margolis
Ruth Corwin, PhD
7 Mondays & 7 Wednesdays & 7 Fridays
Jan. 28-Mar. 18 (No class Feb. 18)
Ends on a Monday
Kentfield Campus, Fusselman Hall 120
Fee $116
CRN# 15120 EC

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

Erik Riswold
7 Tuesdays & 5 Fridays, 9:10–10am
Jan. 29-Mar. 12 (No class Feb. 15)
Kentfield Campus
Physical Education Center 22
Fee $63
CRN# 15122 EC

YOGA FOR EVERY BODY, YOGA FOR EVERY MIND
Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer. Note: If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@gmail.com or 415.388.1549.
Susy Stewart has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.

7 Saturdays
Feb. 2-Mar. 23 (No class Feb. 16)
Kentfield Campus
Physical Education Center 60

Beginner
10–11:30am
Fee $79
CRN# 15123

Intermediate
8–9:45am
Fee $86
CRN# 15124

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

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

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

7 Tuesdays, 10:10am–11am
Jan. 29-Mar. 12
Indian Valley Campus, Bldg 20, Rm 106
Fee $15
CRN# 15126 EC

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY

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

Indian Valley Campus
Saturday, Jan 19, 10:30am–noon
Emeritus North, Bldg 10, Room 140

• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!

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

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

MinJae Laws
7 Tuesdays, 10:10am–11am
Jan. 29-Mar. 12
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 15127

7 Mondays, 6:10–7pm
Jan. 28-Mar. 18 (No class Feb. 18)
Indian Valley Campus, Bldg 15, Rm 170
Fee $68
CRN# 15128

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

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

MinJae Laws
7 Tuesdays
Jan. 29-Mar. 12
Kentfield Campus
Physical Education Center 22
Fee $68
11:10am-12noon
CRN# 15129
5:40–6:30pm
CRN# 15130

WILD GOOSE QIGONG
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

Please dress appropriately in loose, comfortable clothing. Please have clean shoes to protect the floor.

Dove Harris Govrin, MS, BC-DTR, is a Certified Qigong Instructor.

7 Fridays, 10:40–12noon
Feb. 1-Mar. 22
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 15131 EC

7 Tuesdays, 2:10-3:40pm
Jan. 29-Mar. 12
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 15132 EC

ADVANCED WILD GOOSE QIGONG
Please see course description above. In this Advanced class, we will learn the second set of 64 movements of the Wild Goose series. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

Please dress appropriately in loose, comfortable clothing. Please have clean shoes to protect the floor.

Dove Harris Govrin, MS, BC-DTR
7 Fridays, 12:40–2pm
Feb. 1-Mar. 22
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 15133 EC
WISDOM HEALING QIGONG
Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson’s, arthritis, cancers, chronic fatigue, and other imbalances.

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

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

Dove Harris Govrin, MS, BC-DTR
7 Thursdays, 2:10-3:40pm
Jan. 31-Mar. 14
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 15134 EC

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

Katherine Rolston
7 Mondays, 3:40-5pm
Jan. 28-Mar. 18 (No class Feb. 18)
Kentfield Campus
Physical Education Center 22
Fee $59 (Includes $1 materials fee)
CRN# 15135 EC
7 Tuesdays, 10:45am-12:15pm
Jan. 29-Mar. 12
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 15136 EC

ZUMBA®
Move to 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.

The class at IVC will be taught in both English and Spanish. Spanish speakers will be supported with translation while English speakers will have the opportunity to learn more Spanish as Zumba is a Latino roots dance form.

Tom Mayock is Zumba®-certified and has performed with ballet, jazz, and modern companies and taught professionally throughout the West and in Washington, DC.

Kentfield Campus, Physical Education Center 60
7 Wednesdays, 7:10–8:30pm
Jan. 30-Mar. 13
Fee $79 (Includes $1 materials fee)
CRN# 15137

ALSO OF INTEREST ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page 20.
**ZUMBA GOLD®**

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

Please wear comfortable clothing and supportive athletic shoes or dance sneakers that allow you to move easily. Bring water and come prepared to have fun!

**Diana Scranton**, MA (Education) is licensed to teach Zumba Gold®, Zumba® Toning; is a certified group fitness instructor through the American Senior Fitness Association, and is a Dance for Parkinson’s Disease Instructor.

7 Tuesdays & 7 Thursdays, 2:40–3:30pm
Jan. 29–Mar. 14
Kentfield Campus
Physical Education Center 60
Fee $69
CRN# 15138 EC

7 Mondays & 7 Wednesdays, 3:40–4:30pm
Jan. 28–Mar. 18 (No class Feb. 18)
Ends on a Monday
Indian Valley Campus, Bldg 15, Rm 170
Fee $69
CRN# 15139 EC

**WADO KOI KARATE**

“At the end of a long day, it feels so good to move and stretch while learning something new!” Christina

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

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

7 Mondays & 7 Wednesdays, 6:40–8pm
Jan. 28–Mar. 18 (No class Feb. 18)
Ends on a Monday
Kentfield Campus
Mon.: Physical Education Center 60
Wed.: Physical Education Center 22
Fee $124
CRN# 15140

**BOXING FOR FITNESS**

Train in the Art of Boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a workout that 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
Jan. 29–Mar. 12
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 15141
JOY OF TENNIS
This evolutionary approach to the game eliminates the biggest impediment to peak performance — competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout — physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

Skill levels must be appropriate for the class. If you have any questions regarding your placement, please call the instructor at 415.717.5446 or e-mail him at effortless_tennis@comcast.net.

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

Kentfield Campus, Tennis Courts
Beginning
8 Tuesdays, 9:40–11am
Jan. 29–Mar. 19
Fee $141 (Includes $8 materials fee)
CRN# 15142
Intermediate 1
8 Wednesdays, 10:10–11:30am
Jan. 30–Mar. 20
Fee $141 (Includes $8 materials fee)
CRN# 15143
Intermediate 2
8 Thursdays, 9:10–11am
Jan. 31–Mar. 21
Fee $184 (Includes $8 materials fee)
CRN# 15144

STRENGTH, FLEXIBILITY, BALANCE, AND AGILITY TRAINING FOR ADULTS AND OLDER ADULTS
This beginner/intermediate class is designed for you to get stronger and more flexible along with improving your posture, balance, and response time. This comprehensive routine has been designed to improve overall functional fitness. Starting with mat work that includes core exercises, we progress to standing strengthening exercises, then focus on balance and agility movements. 15 minutes of luxurious stretching finishes off the routine. You will leave feeling energized, strong, flexible, and relaxed.

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

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

8 Wednesdays & 6 Fridays, 7:30–9am
Jan. 30–Mar. 20 (No class Feb. 15)
Kentfield Campus
Physical Education Center 22
Fee $94
CRN# 15145 EC

ADVANCED STRENGTH AND FITNESS TRAINING
Improve your quality of life, prevent — or even reverse — typical trends of aging, and have fun along the way. For adults of all ages. This class provides sensible and safe exercises for improving your strength, cardio-respiratory endurance, flexibility, body composition, posture, and balance. The instructor, co-author of an internationally acclaimed fitness textbook, will help you with a personalized and independent fitness program to meet your individual needs and goals. You will be kept up-to-date on the latest research for enhancing your health and fitness. This class is for advanced students; please contact the instructor at kjones@mycom.marin.edu before registering.

Kim Jones, MA (PE—Exercise Physiology), ACSM, SFA-certified
7 Tuesdays & 7 Thursdays, 7–8:45 a.m.
Jan. 29–Mar. 14
Kentfield Campus
Physical Education Center 20
Fee $99
CRN# 15146 EC
AQUA EXERCISE FOR OLDER ADULTS
The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance, and the whole cardiovascular system.
Enjoy your body in movement, floating weightless while meeting others in a playful environment.

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

Russell Robles
7 Mondays & 8 Wednesdays, 9:40–11am
6 Fridays, 10:40–12noon
Jan. 28–Mar. 20 (No class Feb. 15 & 18)
Ends on a Wednesday
Kentfield Campus, Pool
Fee $15
CRN# 15147 EC

8 Tuesdays & 7 Thursdays, 9:10–10:30am
6 Fridays, 2:10–3:30pm
Jan. 29–Mar. 19 (No class Feb. 15)
Ends on a Tuesday
Indian Valley Campus, Bldg 21 Pool
Fee $15
CRN# 15148 EC

Textiles

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

A supplies list will be distributed and discussed at the first class meeting. Supplies may cost up to $46. Bring your own old or new T-shirts and/or hoodies.

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

7 Mondays, 7:10–9pm
Jan. 28–Mar. 18 (No class Feb 18)
Indian Valley Campus, Bldg 3, Rm 152
Fee $89
CRN# 15149

ALSO OF INTEREST ...

FROM COLLAGE TO PAINTING
See page 8.

Writing

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

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

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

5 Thursdays, 6:10–7:30pm
Jan. 31–Mar. 7 (No class Feb. 14)
Kentfield Campus, Harlan Center 161
Fee $69 (Includes $2 materials fee)
CRN# 15150
ELEMENTS OF CREATIVE WRITING
“There are three rules for writing well. Unfortunately, no one knows what they are.”
Somerset Maugham
Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you’re just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

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

The Redwoods
40 Camino Alto, Mill Valley
7 Mondays, 5:30–8:30pm
Jan. 28–Mar. 18 (No class Feb. 18)
Fee $119
CRN# 15151 EC

WRITEM O N! WORKSHOP: CREATIVE WRITING THAT NURTURES WELL-BEING THROUGH SELF-EXPRESSION
We write to reveal ourselves to ourselves and to others. WRITEM O N! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. Sensing, stretching, and breathing bring us into the moment.
This creative learning and training process rekindles self-esteem, bringing us the confidence to lead a more effective life. While the focus of the workshops is not on writing techniques, students find their writing improves in depth and resonance.
We will cover:
• Personal History
• Fictional Derivatives of That History
• Loss
• Health/Aging
• Birth/Rebirth
• The Nature of Love
• Transitions

Constructive criticism has its place, but not in this class; here only positive reflections are shared.

Published poet Robert-Harry Rovin developed and has led WRITEM O N! for nine years.

7 Saturdays, 2:10-4pm
Feb. 2-Mar. 23 (No class Feb. 16)
Kentfield Campus, Harlan Center 172
Fee $69
CRN# 15152 EC

THE POETIC PILGRIMAGE: WRITING POETRY AS SPIRITUAL PRACTICE
As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. We long to ‘turn wandering into pilgrimage’, to live life’s journey with heart and meaning. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. 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.

5 Tuesdays, 2:10–4pm
Jan. 29-Feb. 26
Kentfield Campus, Harlan Center 173
Fee $59 (Includes $2 materials fee)
CRN# 15153 EC
Emeritus College

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

Art
Italy: The Places In Between
Get Ready to Paint: Beginners Really Welcome!
The Flow of Watercolor: Control Your Color Choices with Color Schemes
Watercolor Basics and Beyond

Current Events
Current Issues Before the United States Supreme Court

Dance
International Folk Dance

Film Appreciation
Film Appreciation: Rails on Reels: Traveling By Train

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

History
The History of the Byzantine Empire

Languages
Conversational Italian
Conversational Spanish

Literature/Humanities
Literature and the Law: Homer and Aeschylus and Affleck
Introduction to Oscar Wilde
Literary Life in France: 19th Century Pre-Romanticism and Romanticism

Marin Adventures
Beginning Hiking
Bird-Watching in Marin
Meandering in Marin

Music
A History of Film Music: The Art of the Film Score
Chorus Emeritus
Marin Men’s Chorus
Russian Music: Rarely Performed Masterpieces

Physical Fitness
A New Way to Exercise for Pain Relief and Physical Repair
Advanced Strength & Fitness Training
Advanced Wild Goose Qigong
Aqua Exercise for Older Adults
Energy Warm-ups for the Active Older Adult
Functional Fitness
Gentle Yoga
Joy of Tai Chi

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

LAST NAME
FIRST
MIDDLE INITIAL

STREET ADDRESS

CITY
STATE
ZIP

PHONE NUMBER

EMAIL

Female
Male
55 or Over
Under 55

PLEASE CHECK THE APPROPRIATE BOX

New
Renew

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

LIFELONG LEARNING,
LIFELONG DOING,
LIFELONG FRIENDS
NAVIGATE A CREATIVE RETIREMENT

LIFELONG LEARNING
• Classes on physical fitness, art, music, writing, history, film appreciation and foreign languages. Phone 415.485.9652 for contact information or to obtain the latest Community Ed. Schedule.
• $15 Membership comes with joining as many of the stimulating and sheer fun Clubs as you wish, or start your own club – see inside back cover for current listings.
• Receive your monthly Emeritus Newsletter full of the latest Emeritus buzz, where you can submit an article, a short story or see your paintings or photographs hang in the Emeritus Gallery.
• Attend the Hooked on Marin Speaker Series where Marin comes alive and into full focus. Visit www.HookedonMarin.com for details.

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

LIFELONG FRIENDS

EMERITUS CENTER / Room 146, STUDENTS SERVICES BUILDING
Kentfield Campus: 415.485-9652
Indian Valley Campus: 415.457-8811 ext. 8322

Movement and Music for the Older
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  Zumba Gold ®........................................42

Writing
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  WRITE ON! Workshop: Creative Writing,45

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.

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Emeritus Students
College of Marin

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

EMERITUS CENTER
Kentfield Campus: 415.485.9652
Indian Valley Campus: 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, and is staffed by volunteers. Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, please call 415.883.7805.

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

New policy: To be eligible for a Tuition Grant, you must have registered and paid all registration fees; vouchers are no longer available. Please call 415.485.9652 to request to have the new application procedures and an application mailed to you, or come to the Emeritus Center. Completed application forms must be received at the Emeritus Center on the Kentfield Campus no later than the end of the business day, Tuesday, January 15.

Registration Information

REGISTRATION BEGINS
Wednesday, January 2, 8 a.m.

To Apply

New/Returning Students
If you have NOT enrolled in a Community Education, Noncredit or Credit class at College of Marin for one year or more, you must first apply to the college before you can register.

To Apply Online
Go to www.marin.edu/CommunityEducation. Click on Apply and Register. Then click on Online Community Education Application. Complete and submit the application form online. All questions must be answered in order to process your application. Please allow up to five (5) working days for your application to be processed. New students will receive an email with their Username and temporary Password and may then logon to the MyCOM portal and register for classes. Returning students may use their existing Username and Password to register after their applications have been processed.

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

Emeritus Council
is Looking for Writers, Artists, Accountants, Desk Voluntees and People Who Want to Lead.

Call 415.485.9652
Become a Member. Join ESCOM.
Lifelong Learning
Lifelong Doing
Lifelong Friends
To Register Online

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

To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are tabs, including Home, Student, and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Winter 2013 Community Ed. Click Submit. The next screen will say Add or Drop and will give you 10 boxes in which to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register. Community Education classes may not be dropped online.

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

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

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

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

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

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

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

Materials and Special Fees
Materials fees cover the cost of supplies and duplicating distributed to students in class. Special fees cover additional costs and may include rental fees, other supplies, and in the case of computer classes, software licenses, computer replacement fund, and other equipment fees.
Confirmation of Enrollment
A confirmation of enrollment may be obtained through the MyCOM Portal at https://MyCOM.marin.edu.

Waitlist Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If you are allowed into the class by the instructor, please request an Authorization Code from the instructor and register with it, using any of the registration procedures described here.

Verification of Enrollment/Registration Policy
For verification of your enrollment/registration in classes, please go to: http://mycom.marin.edu and put in your log-in information. Click on the Student tab and find the center box that says: My Courses. Under My Courses, click where indicated to view the classes in which you are now registered. Print this and attach your fee payment information.

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

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

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

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

Textbooks
If an instructor wishes to recommended a textbook to students, that information will be included in the course description. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online at http://marin.bncollege.com (Note: Select “C ED” under Department).

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

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

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

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

To Request a Refund: We will gladly process your request for a refund if it is received in our office at least three (3) business days (Mon.-Fri.) prior to the starting date of the class. For instance, if a class starts on a Monday, the refund request must be received in the Community Ed office by the end of Wednesday of the prior week. We cannot accept requests for refunds, regardless of the reason, if they are received less than three (3) business days prior to the class start date.

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

To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number, and your signature). Requests may be e-mailed to community.ed@marin.edu or faxed to 415.456.5065. Requests may also be mailed to: College of Marin, Refunds/
Community Education, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least three (3) business days prior to the start date of the class. Refunds take approximately six (6) weeks to process.

Parking Information

Parking Permits are required all day for parking Monday through Friday. They are not required on Saturdays, Sundays, or holidays. You may purchase a permit for the day for $3 (subject to change) through Parking Permit dispensers located near the entrance to each lot. Or you may purchase a semester-length Parking Permit as described below. Except during summer, a semester encompasses two Community Ed quarters. No Parking Permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate.

Purchase Your Parking Permit Online

Winter/Spring 2013 Parking Permits are available now for online purchase only. Please be advised that you must be enrolled for Winter 2013 classes in order to be eligible to purchase a student Parking Permit for Winter. A nominal processing fee of $3.50 applies to all online Parking Permit orders.

Follow these easy steps:

- Click on the Parking Permit link in the Student Records Channel (bottom left corner of the portal page)
- Fill out the form & follow directions
- Print Temporary Parking Permit (paper) You will receive your Term Parking Permit in the mail (decal).

Please note: Discount for eligible Financial Aid students will be applied to online orders.

Directory

Community Education 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

Community Education

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

Executive Dean
Indian Valley Campus & Workforce Development
Nanda Schorske

COMMUNITY EDUCATION SERVICES STAFF
Director, Community Education, Lifelong Learning, and International Education
Jason Lau, Ph.D.

Program Specialist
Cheryl Carlson, Karen Robertson (interim)

Intensive English Program (IEP) Coordinator
Sara Oser

Administrative Assistant
Jesse Klein

Office Technicians
Heather Peitz, Linda Fahy, Rebecca Freeland (interim)

Work-Study Students
Yuliya Ghosh, Koylene Tate

The Community Education Schedule is published four times a year by College of Marin (a nonprofit organization), 835 College Ave., Kentfield, CA 94904-2590
Equal Opportunity Statement
The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices, and procedures. Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.


College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review. College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

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

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

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

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

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904
Emergency: Dial 911
Urgent: 415.485.9646
Kentfield Police Business: 415.485.9455

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.

AC
Administrative Center

Children's Center

BC*
Business and Management Center

FA* Fine Arts (new building)

FH*
Fusselman Hall

Behavioral & Social Sciences

HC*
Harlan Center

ESL Program/College Skills Office

Humanities

HS
Health Services

LC*
Learning Resources Center

Library

Bookstore

Disabled Students

CV
Maintenance Offices

MS*
Dance Center

OH*
Olney Hall and Auditorium

PE*
Physical Education Center

Gymnasium

Pool

PA* Performing Arts (formerly Fine Arts)

Box Office

Theatres

Art Gallery

Portable Village (PV)*

Modernization Office/Classrooms

SC*
Science Center

Mathematics

Life/Earth/Physical Sciences

SS
Student Services Center

Registration

Cafeteria

Emeritus/Community Services

TB*
Temporary Building

Campus Police

Marin County Sheriff Substation

*Building contains classrooms.

Note: The old Fine Arts building is now the Performing Arts building, and is designated as "FA" in the schedule (examples: FA 120, FA 150). The new Fine Arts building is designated as "FA" (examples: FA 201, FA 301).

DIRECTIONS FROM HIGHWAY 101: Kentfield Campus, 835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education Center (PE), the Science Center (SC), the Learning Resources Center (LC), Temporary Building (TB), Health Services (HS), Olney Hall (OH) and the Student Services Center (SS), turn left on College Ave. For SC, LC, and SS, continue to second campus parking lot entrance on your right. The Emeritus Center and Admissions and Records are both in the SS building. For PE, continue to stop sign by Woodlands Market and turn left into parking lot. For Harlan Center (HC), Fusselman Hall (FH), Performing Arts (PA), and Fine Arts (FA), stay on Drake Blvd., crossing the College Ave. intersection, and turn right on Maple Ave. to parking lot.

For information about Parking Permits, please see page 51
Indian Valley Campus Map and Directory

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

Emergency: Dial 911
Urgent: 415.485.9696
IVC Police Business Phone: 415.883.3179

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

Classes start Monday, January 28. Register early.

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

For information about Parking Permits, please see page 51

POLICE PHONE NUMBERS
Urgent: 415.485.9696
Emergency: Dial 911
11. Information Systems Center
12. Child Development Program, Classroom, Children’s Center, and Early Head Start
13. Offices/General Classrooms
14. A+ Computer Lab (Room 140)
15. Conference Center/Lecture/Board Meetings (Room 191)
16. Classrooms/Offices/Env. Landscape/Center for Sustainable Horticulture
17. Building 1 Career Study Center, Math and English Labs
18. Offline
19. Offline
20. Activity Classroom (Room 106)
22. Campus Police/Corporation Yard
23. Maintenance
24. ORGANIC FARM
25. Greenhouse
26. Shade Structure

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

BUILDINGS AND FACILITIES
1. Transportation Technology Complex
2. Machine and Metals Tech
3. Marin Simulation Center
4. Child Development Programs
5. College Operations
6. Classrooms
7. Classrooms
8. Classrooms
9. Classrooms/Labs/Meeting Rooms
10. Classrooms
11. Pool/Locker/Shower-Bldg (LS)
12. Turf/Lawn Maintenance
13. Campus Police/Corp Yard
14. Access to Organic Farm and Garden
15. Organic Farm
16. Maintenance
17. Greenhouse
18. Shade Structure
19. Classrooms/Labs/Student Services and Library

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

For information about Parking Permits, please see page 51

LEGEND
• Designated Smoking Area
• Building Number
• Parking Lot
• Visitor Parking
• Ticket Dispensing Machine
• Bus Stop
• Accessible Parking
• Emergency Evacuation Areas

11. Information Systems Center
12. Child Development Program, Classroom, Children’s Center, and Early Head Start
13. Offices/General Classrooms
14. A+ Computer Lab (Room 140)
15. Conference Center/Lecture/Board Meetings (Room 191)
16. Classrooms/Offices/Env. Landscape/Center for Sustainable Horticulture
17. Building 1 Career Study Center, Math and English Labs
18. Offline
19. Offline
20. Activity Classroom (Room 106)
22. Campus Police/Corporation Yard
23. Maintenance
24. ORGANIC FARM
25. Greenhouse
26. Shade Structure

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11. Pool/Locker/Shower-Bldg (LS)
MONDAY
Club: Great Minds of Western Philosophy Club
When: 1st and 3rd Monday of month, 10:30 a.m. to 12:30 p.m.
Contact: Arlene Stark, 925-1214, arlenestark@att.net

Club: IVC Book Forum
When: 4th Monday of month, 3:00 to 5:00 p.m.
Contact: Louise Kerr, 883-2823, LRKerr210@comcast.net

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

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

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

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

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

Club: Sing-along Club
When: 2nd Wednesday of month, 3:00 to 4:00 p.m.
Contact: 459-1427, marlsteve@comcast.net

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

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

Club: Great Ideas in Philosophy Club
When: Every Thursday, 1:00 to 3:00 p.m.
Contact: L. Witter, 883-6889, LRwitter@sonic.net

FRIDAY
Club: Book Banter Club
When: 2nd and 4th Friday of month, 1:00 to 3:00 p.m.
Contact: Len Pullan 381-6952, lenpullan@comcast.net

Club: Global Issues Club
When: 3rd Friday of month, 1:00 to 3:00 p.m.
Contact: Colleen Rose 898-0131, colleenrose@juno.com

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

Club: Humanities Club
When: 1st and 3rd Saturday of month, 1:00 to 3:00 p.m.
Contact: Rudy Ramirez, 491-0522, rurmac@mac.com

See Page 46 For Application
LIFELONG LEARNING, LIFELONG DOING, LIFELONG FRIENDS

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