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

Invest in yourself with College of Marin’s Community Education classes – it’s easy, fun and cost-effective, too. Whether you want to meet new people, learn something new, keep your mind active and engaged, follow an exercise regime, develop professional skills, we know that you will find a class (or two) that is just right!
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**On the Cover**

Lenore Alford: Musician, Scholar, Teacher

Dr. Lenore Alford revels in her polymath career, enjoying the challenges of performing as organ recitalist, conducting choirs, arranging and writing music, and researching and teaching courses related to her favorite subject: women and their role in Western art music. Alford started her career with piano studies and holds a Master’s degree in Piano Performance from l’Université de Montréal. After years of freelance piano work, Alford unexpectedly discovered that her real love was the pipe organ, and she pursued doctoral studies in that instrument in Austin, TX. Her scholarly soul asserted itself at UT, resulting in her dissertation on organist/composer Rolande Falcinelli and the feminine aesthetic in music. This spring quarter Lenore will teach a class on Nadia Boulanger and the American School of Music. For more information, see page 30.

Special thanks to Bob Lea and Melinda Booth.
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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Art

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

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

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

Because this is only a one-day workshop, you must bring supplies to class. Depending on what you have at home, cost will vary (approx. $20-$40). Contact the instructor at m@maryvalente.com for the supply list as well as local and online art supply stores.

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

Saturday, 10am–3pm
Mar. 24
Kentfield Campus, Fine Arts Center 301
Fee $65 (Includes $2 materials fee)
CRN# 35001 EC

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

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

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

6 Mondays, 6:10–10pm
Mar. 26-May 7 (No class Apr. 9)
Kentfield Campus, Fine Arts Center 301
Fee $158 (Includes $5 materials fee)
CRN# 35002

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

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

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

6 Saturdays, 9am–1pm
Mar. 31-May 12 (No class Apr. 14)
Extended class on May 12, 9am-5pm
Kentfield Campus, Fine Arts Center 301
Fee $231 (Includes $53 models fee)
CRN# 35095
**DRAW YOUR DOG – PAINT YOUR POOCH**

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

Students will work from photos of their pets; please, do not bring your dog to class.

Acrylic paint, especially ‘Open Acrylics’, watercolor, pastels, various pencils, and charcoal are all welcome at this class. Please, no oil paints or solvents. Bring whatever you may already have to the first class.

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

7 Fridays, 2:10-5pm
Mar. 30-May 18 (No class Apr. 13)
**Indian Valley Campus**
Building 13, Room 122
Fee $133
CRN# 35003

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**THE CALIFORNIA LANDSCAPE IN ACRYLIC: FOCUS ON EARLY CALIFORNIA ARTISTS**

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

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

**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 Mondays, 2:40–5:30pm
Mar. 26-May 7 (No class Apr. 9)
**Kentfield Campus, Fine Arts Center 301**
Fee $116 (Includes $1 materials fee)
CRN# 35004

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**WATERCOLOR BASICS AND BEYOND**

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

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

**Marty Meade**
6 Fridays, 10:10am–1pm
Mar. 30-May 11 (No class Apr. 13)
**San Geronimo Valley Community Center**
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (Includes $16 special fee)
CRN# 35005 EC

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**Nancy Johnson**
7 Saturdays, 10:10am–1pm
Mar. 31-May 19 (No class Apr. 14)
**Kentfield Campus, Fine Arts Center 215**
Fee $89
CRN# 35006 EC

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**THE FLOW OF WATERCOLOR: BEGINNING PORTRAITURE**

Faces are fascinating! Anyone can paint portraits with this easy approach. We’ll start with the basics—drawing features and attaining a person’s likeness and essence in pencil. During the second class, we will paint simple portraits with a limited color palette. As the term progresses, learn through step-by-step watercolor demonstrations how to paint skin tone, features, hair, and clothing in a flowing watercolor style.

We will have one model for two of the seven classes. 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 Fridays, 2:10-5pm
Mar. 30-May 18 (No class Apr. 13)
**Indian Valley Campus**
Building 13, Room 122
Fee $133
CRN# 35003

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**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.

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**ART**

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6 CLASSES START MONDAY, MARCH 26. REGISTER EARLY.
**DRAWING IN COLOR AND MIXED MEDIA DRAWING**

For beginners and experienced artists, this class combines the discipline of drawing with the experimental mixing of materials. Use a variety of media to create powerful and colorful images! Develop an eye for composition, color, and perspective in a grouping of diverse elements. Learn how to apply light and shade, texture, and scale through juxtaposition. Each week we will begin with a still life and see where it takes us.

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.

**Alison Hathaway**
7 Mondays, 7:10-9:30pm
Mar. 26-May 14 (No class Apr. 9)
Indian Valley Campus, Bldg 13, Rm 122
Fee $120 (Includes $7 materials fee)
CRN# 35008

**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 Modernists like Braque, Picasso, Lichtenstein, and Romare Bearden to contemporaries like Eddie Colla and Swoon.

Please also bring a variety of collage materials that interest you to the first class. 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.

6 Wednesdays, 6:10–9:30pm
Mar. 28-May 16 (No class Apr. 11 & May 2)
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 35010

**ALSO OF INTEREST...**

**T-SHIRT DESIGN**
See page 44.

**EXPRESSIVE MIXED MEDIA: WATERCOLOR, FLUID ACRYLIC, IMAGE TRANSFER, AND COLLAGE TECHNIQUES**

“Thank you for your great energy, your poetry, your Qi Gong, your creativity and your kindness!” Deirdre

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.

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
Mar. 28-May 16 (No class Apr. 11 & May 2)
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 35010
JEWELRY AND METALSMITHING

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

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

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

7:10–10pm  
Kentfield Campus, Fine Arts Center 123  
Fee $138 (Includes $25 materials fee)  
Beginners/Beginners Plus  
7 Tuesdays  
Mar. 27-May 15 (No class Apr. 10)  
CRN# 35011

Intermediate/Advanced  
7 Wednesdays  
Mar. 28-May 16 (No class Apr. 11)  
CRN# 35012

MEDIEVAL ART OF WESTERN EUROPE (500-1400): HOW DARK WERE THE DARK AGES?

To Renaissance scholars, the Middle Ages was a dark period, a black chasm in the triumphant development of art and philosophy from classical antiquity to their own enlightened day. Through colored slides we examine the painting, sculpture, and architecture as well as the diverse ‘minor arts’ from which the modern world emerged. Highlights include the mosaics of the Justinian Age in Ravenna, late-Antique and Ottonian Manuscripts, Hiberno Saxon Art, monuments of the Carolingian period, and the Romanesque architecture and sculpture at Moissac, Vezelay, Autun, and Pisa. A study of Romanesque wall paintings and the Bayeux Tapestry will be followed by an introduction to Gothic Cathedrals including Notre Dame, Chartres.

Kerrin Meis  
7 Fridays, 2:10am–4pm  
Mar. 30-May 18 (No class Apr. 13)  
Kentfield Campus, Olney Hall 105  
Fee $69 (Includes $1 materials fee)  
CRN# 35162 EC

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.

Please see Note regarding Portable Village on page 35.

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  
Mar. 31  
Kentfield Campus, Portable Village 5A  
Fee $78 (includes $30 materials fee)  
CRN# 35097
Professional Development

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

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

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

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

Saturday, 10am–4pm
May 5
Kentfield Campus, Harlan Center 172
Fee $89 (Includes $2 materials fee)
CRN# 35014

ALSO OF INTEREST ...

THE ‘ACCIDENTAL’ EX-PAT: LIVING IN FOREIGN LANDS
See page 44.

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

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

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

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

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

REGISTRATION INFORMATION
Please register and pay for your classes following procedures described on page 49 of this schedule or go directly to www.marin.edu/CommunityEducation.

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

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

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

To order a textbook online from the College Bookstore, please see page 51.
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 recommend ed if you would like to save your work.

Hands-On Computer Classes

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Computer Fundamentals I & II .................11
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Social Media 101 ................................14
Squarespace.com: Fast,
Easy Website Creation ..........................15
Windows 7, Intro to ..............................12
Word 2007, Intro & Interm......................12

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

Instruction in this class is not textbook-based. This is a beginning class and no prior computer experience is expected.

Levi Allen
Thursday, 6-9pm
Mar. 29
Indian Valley Campus, Bldg 7, Rm 192
Fee $52 (Includes $11 materials/special fee)
CRN# 35137

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

Instruction in this class is not textbook-based. This course builds upon skills that are learned in Computer Fundamentals I.

Levi Allen
2 Thursdays, 6-9pm
Apr. 5 & 19 (No class Apr. 12)
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 35138

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, 7:10–10pm
Mar. 27-Apr. 17 (No class Apr. 10)
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35139

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


Tom Millard
2 Wednesdays & 1 Mondays, 1–4pm
Starts on a Wednesday
May 9, 14 & 16
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35141

MICROSOFT WORD BASICS FOR ADULTS
This seven-week course is designed for adult computer users. It is an introductory word processing course using Microsoft Word 2010. The class topics include (a) setting up a letter template formatted with margins, tabs, and spacing, (b) using keyboard shortcuts, and (c) adding an image from your computer to your documents. It is recommended that students have some basic experience with computers through using email or searching the web or take Beginning Computing for Older Adults (listed above) before taking this class. NO typing proficiency is required, but students should have access to a computer to practice the exercises during the week.

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

7 Saturdays, 10am–12noon
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Science Center 144
Fee $84
CRN# 35015 EC

Please see information regarding Textbooks for Computer Classes on page 9.
**INTRODUCTION TO EXCEL 2007**

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

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


Levi Allen
3 Mondays, 6–9pm
Mar. 26-Apr. 16 (No class Apr. 9)
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 35144

**INTERMEDIATE EXCEL 2007**

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

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


Susan Henning
3 Mondays, 7–9pm
Apr. 23-May 7
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35100

**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
Monday, Tuesday, Wednesday, 7–9pm
May 14-16
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35099

**INTRODUCTION TO POWERPOINT 2007**

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


Susan Henning
3 Tuesdays, 6:30–9:30pm
Mar. 27-Apr. 17 (No class Apr. 10)
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35100

**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.

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 $140
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Apr. 24-May 8
CRN# 35104

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, and Blogging. Learn how to build your personal profile, upload family photos, and connect with colleagues and friends.

• Facebook: Profile set-up, upload pictures, learn to navigate the site and talk briefly about privacy settings and preferences
• Twitter: An introduction to the microblogging service with examples of how individuals use it, including demystifying terms like and retweet
• YouTube: The basics on uploading and sharing videos
• Blogs: An introduction to blogs and blogging platforms
• LinkedIn: Includes the basics of LinkedIn’s functionality and a discussion on making and accepting connection requests

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 Thursdays, 6:30–9:30pm
May 10 & 17
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 35117

Take Beginning Computing or Computer Fundamentals first if you are unfamiliar with the mouse and keyboard and opening and saving files. See page 10.
INTRODUCTION TO IPHONE/IPOD TOUCH APPS
Transform your iPhone or iPod into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this class, we will view applications from the Apps Store: Some of the categories are Books, Business, Education, Entertainment, Finance, Games, Healthcare, and Fitness, Lifestyle, Medical, Music, Navigation, News, Photography, Productivity, Reference, Social Networking, Sports, Travel, and Utilities. We will also look at iTunes U with the large number of free audio and video courses from the leading colleges and universities around the world. All course material can be loaded and viewed on the iPhone/iPod Touch, iPad.
There will be plenty of time for Q&A. Bring your iPhone or iPod Touch to class. You will receive a disc with links to iTunes Apps.

Steve Salzman
3 Saturdays, 1–4pm
Mar. 31-Apr. 21 (No class Apr. 14)
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35145

SQUARESPACE.COM: FAST, EASY WEBSITE CREATION
Design and construct your own website using Squarespace, a fully hosted, completely managed environment for creating and maintaining a website, blog or portfolio. Squarespace allows point and click control over every design element and its flexible platform can power all kinds of sites of all sizes, perfect for personal or small business websites, Squarespace is completely web browser based and works with all popular web browsers, including Internet Explorer, Firefox, and Safari. We will cover:
• Site setup and page style template selection
• Customization of style templates
• Creating page content and links
Page modules include photo, forms, blog discussions, file transfers, and Google maps, and more. Site management and web traffic reports are extensive and included. Squarespace has a free iPhone App for posting content and managing your site.

Steve Salzman
3 Mondays, 7-10pm
Mar. 26-Apr. 16 (No class Apr. 9)
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35146

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

Steve Salzman
3 Wednesdays, 7–10pm
Mar. 28-Apr. 18 (No class Apr. 11)
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35147

INTERMEDIATE DREAMWEAVER
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.
This class builds upon skills that are learned in Intro. to Dreamweaver.
Recommended text: Teach Yourself VISUALLY Dreamweaver CS5 (Teach Yourself VISUALLY [Tech]). Visual; 1st edition (July 26, 2010)

Steve Salzman
3 Wednesdays, 7–10pm
Apr. 25-May 9
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35148
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 newsletter.


Lynda Banks
3 Thursdays, 6:30–9:30pm
Mar. 29-Apr. 19 (No class Apr. 12)
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35149

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

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


Lynda Banks
3 Thursdays, 6:30–9:30pm
Apr. 26-May 10
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35150

Please see information regarding Textbooks for Computer Classes on page 9.

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


Lynda Banks
2 Fridays, Mar. 30 & Apr. 6
Mar. 30, 9am-4pm
Apr. 6, 9am-12noon
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35151

INTERMEDIATE ILLUSTRATOR
We will cover symbols and the use of symbol tools, customizing brushes and patterns, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, gradient mesh, 3-D, perspective, and other tools and techniques to create spectacular art.

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


Lynda Banks
2 Fridays, Apr. 6 & 20 (No class Apr. 13)
Apr. 6, 1-4pm
Apr. 20, 9am-4pm
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 35152

Take Beginning Computing or Computer Fundamentals first if you are unfamiliar with the mouse and keyboard and opening and saving files. See page 10.
PHOTOSHOP I
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color, and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF, and JPG files. Color bit-depth, resolution, file formats, and file compression issues will also be explained. Learn about the basics of editing digital photography and fine art for print and the web.


Jazmine Loiselle
2 Thursdays, Mar. 29 & Apr. 5
Mar. 29, 9am–4pm
Apr. 5, 9am–12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35153

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

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


Jazmine Loiselle
2 Thursdays, Apr. 5 & 19 (No class Apr. 12)
Apr. 5, 1–4pm
Apr. 19, 9am–4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 35154

ALSO OF INTEREST ...

PHOTOSHOP ELEMENTS:
THE DIGITAL DARKROOM
See page 35.

Contemporary Sciences

EXPECTED AND IMPROBABLE TECTONIC CONNECTIONS
Sources of dramatic and unpredictable tectonic events on the earth’s surface frequently are obscure or completely hidden. Further, cause and affect are often separated by great gulfs of geologic time, world-wide distribution of related crustal pieces and by deep mantle dynamics.

Join us for a search for underlying principles that illuminate connections among apparently disparate causes of the earth’s volatile surface activity. Great earthquakes in ‘quiet’ zones, old rock formations thrust over younger rocks, abruptly truncated mountain belts, identical continental and/or ocean crust on different continental plates, extensional basins without a cause and traveling slivers of continental crust will be examined.

Minerals, rocks, fossils, drawings, maps, and weekly handouts support the improbable explanations for global surface features and activity.

Rolf Ursin-Smith, MS (Geology)
7 Thursdays, 1:10-3pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Harlan Center 129
Fee $74 (Includes $5 materials fee)
CRN# 35118 EC

Current Events

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

Please see Note regarding Portable Village on page 35.

FOR REGISTRATION INFORMATION, SEE PAGE 49.
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 U.S. Supreme Court, winning six of them.

7 Wednesdays, 11:10–1pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Portable Village 4
Fee $71 (Includes $2 special fee)
CRN# 35119 EC

**DANCE**

**INTRODUCTION TO WEST COAST SWING DANCE**

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

Go to our website for driving directions, or call 415-485-9318 to request them.

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

4 Tuesdays, 6:30–8:15pm
Apr. 3-24
Almonte Clubhouse
105 Wisteria, Mill Valley
Fee $55
CRN# 35016

**ARGENTINE TANGO: BEGINNING CLASS AND PRACTICA**

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

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

4 Fridays, 7–10pm
May 4-25
Knights of Columbus Hall
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 35017

**AFRICAN DANCE**

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


7 Fridays, 7:10–8:30pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Physical Education 60
Fee $109 (Includes $50 special fee)
CRN# 35018

**TRADITIONAL HAWAIIAN DANCE**

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

Please see Note regarding Portable Village on page 35.

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

7 Thursdays, 7:10–8:30pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Portable Village 6
Fee $79
CRN# 35019

www.marin.edu/CommunityEducation 17
BELLY DANCE FOR FUN AND FITNESS
Belly Dance can develop postural alignment, core strength, and flexibility while exploring facets of feminine sensuality and the exotic musical nuances of Middle Eastern music. Designed to teach you the basic movements of the art form, we will begin each class with warm ups transitioning into steps and combinations. Practice will include a variety of hip movements in stationary position, the development of arm work for a polished look, how to travel across the floor, and different styles of shimmies. Learn to dance to a drum solo and to identify various Arabic rhythms.

Please see Note regarding Portable Village on page 35.
Latifa is an experienced teacher and performer of Belly Dance.

7 Fridays, 6:10–7:30pm
Mar. 30–May 18 (No class Apr. 13)
Kentfield Campus, Portable Village 6
Fee $79
CRN# 35020

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

Please see Note regarding Portable Village on page 35.

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

7 Mondays, 7:10–8:30pm
Mar. 26–May 14 (No class Apr. 9)
Kentfield Campus, Portable Village 6
Fee $79
CRN# 35021

ALSO OF INTEREST ...

ZUMBA
See page 40.

Drama/Stage & Screen

NEW! READING PLAYS: VARIATIONS ON THE THEME OF LOOK AT ME!
I want to be seen, heard, felt, noticed. I want them to know I’m alive. Tennessee Williams In this course we will read four contemporary plays that dramatize the need of the main characters to be “seen, heard, felt, noticed” on their own terms. This propels the dramatic action. The plays are Woman In Mind by Alan Ayckbourn; Into the Fire by Deborah Brevoort; Lost Souls and Missing Persons by Sally Clark; and The Cripple of Inishmaan by Martin McDonagh. We will examine the plays both through the classical Aristotelian lens and the contemporary non-realistic structures these playwrights utilize. We will investigate specific theatrical elements—dialogue, setting, plot, and character development.

Recommended: Read the above-mentioned plays during course. (WIM and ITF can be purchased through Samuel French Co.; TCOI, Dramatist Play Service; LSAMP, Amazon, Stageplays.com or Talon Books.)

Please see Note regarding Portable Village on page 35.

Nina Solomita, MFA (Creative Writing), is a playwright and teaches playwriting.

7 Thursdays, 10:10am-12noon
Mar. 29–May 17 (No class Apr. 12)
Kentfield Campus, Portable Village 4
Fee $69 (Includes $1 materials fee)
CRN# 35106 EC

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

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

Please see Note regarding Portable Village on page 35.

18 CLASSES START MONDAY, MARCH 26. REGISTER EARLY.
**Terry McGovern**, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for,” from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business.

2 Saturdays, 10am–5pm
May 5 & 12
Kentfield Campus, Portable Village 3
Fee $99 (Includes $2 materials fee)
CRN# 35127

**Film Appreciation**

**THE FOURTH ANNUAL: IN SPRING EVERYONE’S FANCY TURNS TO LOVE FILM FEST**

Love may not be “all we need”, but a life devoid of love—of parents, siblings, lovers, friends or God—is a life in great peril. We create thousands of films examining it. We look for love, we grieve when we lose it, we bask in its warmth when we have it, it is our life line in shaky times. Three films for this session are: *On Golden Pond* (1981), *The Misfits* (1961), and *Oscar and Lucinda* (1997).

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

7 Thursdays, 2:10–5pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Harlan Center 165
Fee $94 (Includes $1 special fee)
CRN# 35022 EC

**Financial Planning**

**BASICS IN PERSONAL FINANCIAL PLANNING**

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

• Budgeting and taxes, cash flow, insurance basics

• Setting future goals and strategies to meet them

• Investing basics: how to choose an investment, retirement planning

• The best way to buy a house or car

• When to use credit and when not to

• The role of money in your life

Hand outs are provided.

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

6 Mondays, 6:40–8:30pm
Mar. 26-May 7 (No class Apr. 9)
Kentfield Campus, Olney Hall 109
Fee $84 (Includes $1 materials fee)
CRN# 35023

**WISE UP: FINANCIAL PLANNING FOR WOMEN**

This course is a financial education program for Generation X women. Women that are not Gen X’ers will also benefit from this class. 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, case studies, and action plans. 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 across the Unites States.

**Helen Abe** has worked as a financial advisor for over 19 years and is a Certified Investment Management Analyst, Chartered Retirement Planning Counselor, and Certified Wealth Strategist.

8 Thursdays, 7:10–8pm
Mar. 29-May 24 (No class Apr. 12)
Kentfield Campus, Science Center 133
Fee $99 (Includes $8 materials fee)
CRN# 35024

FINANCIAL PLANNING

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET. 19
Foods/Artisan Cheese

Artisan Cheesemaking Certificate Program in Dairy Arts

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

It is highly recommended that students with no background knowledge in food science, microbiology, or chemistry prior to taking the classes start the program with A Full Introduction to Artisan Cheese and Its Traditions. 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.

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

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

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

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

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

4 Mondays, 6:10–9pm
Apr. 16-May 7
Indian Valley Campus, Bldg 3, Rm 154
Fee $253 (Includes $83 materials fee)
CRN# 35025

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

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

Thursday, 8am–4pm
May 10
Indian Valley Campus, Bldg 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 35128

Milk Types and Quality
What are the types of milk? How do we define quality and why does it matter?
Starting with a brief review of microbiology as it relates to milk quality, the class will identify parameters that constitute milk quality and why quality is important in cheese manufacturing. The class will focus on characteristics of milk components and differences in animal breeds. Variations due to lactation and feeding will be covered as well as how milk storage and heat treatment affect milk, flavor, and cheese production. We will also discuss milk safety.

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

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

Friday, 8am–4pm
Mar. 30
Indian Valley Campus, Bldg 3, Rm 154
Fee $199 (Includes $46 materials fee)
CRN# 35107

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

David Potter
Friday, 8am–4pm
May 11
Indian Valley Campus, Bldg 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 35129

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

A catered lunch will be provided both days.

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

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

Thursday & Friday, 8am–4pm
Apr. 19 & 20
Indian Valley Campus, Bldg 3, Rm 154
Fee $372
(Includes $191 special/materials fee)
CRN# 35156


Health Sciences

**EXERCISE FOR ADULTS WITH SPECIAL NEEDS INSTRUCTOR CERTIFICATION COURSE PART 2**

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. You must have completed Part 1 which was offered in the Winter Quarter 2012. Upon successful completion of both Part One and Two, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional $35 fee for the SFA certification, and current CPR and First Aid are needed for certification.)

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

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

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

2 Saturdays, 9am-4pm

Mar. 31 & Apr. 21

Kentfield Campus

Physical Education Center 91

Fee $85 (Includes $2 materials fee)

CRN# 35108


History

**NEW ALBION: THE HISTORY AND CULTURE OF THE ENGLISH PEOPLE**

The History of England is one of the most remarkable successes of the human species: A few Saxon and Danish tribes, lost on an island nearby Europe, mixed with a few Celtic-Roman survivors and organized by Norman adventurers, became the masters of a third of this planet within a few centuries. Starting from the times of the Saxon monarchies, the English kings always collaborated with a “Council.” This method was likewise adopted by their successors; as such England never was ruled by an “absolute monarchy.”

Join us in discovering throughout the centuries the secret of such an astonishing fortune that prior to her time belonged only to Rome.

Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest. With more than twenty five years of teaching experience, Erika embraces the premise that literature and history are interrelated and complement one another.

7 Mondays, 2:10–4pm

Mar. 26-May 14 (No class Apr. 9)

Kentfield Campus, Harlan Center 165

Fee $69 (Includes $1 materials fee)

CRN# 35026 EC

**ALSO OF INTEREST**...

**EXISTENTIALISM: THE LITERATURE OF POST WORLD WAR II**

See page 28.
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 grasslike plants to create beautiful ‘lawns’ that are low care and water-conserving. In this one-day class, you will be guided, step-by-step, through the entire lawn-replacement process: from initial considerations of cost and difficulty, through selecting the right plants for your site, to soil preparation and planting, and finally, to the required maintenance.

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

*Saturday, 9:10am–12noon
Kentfield Campus, Harlan Center 172
Fee $48
CRN# 35120

**CREATING A WILDLIFE FRIENDLY GARDEN**
Attract a diversity of species to your backyard eco-system! Learn how to enhance the habitat value of your garden by combining California natives and garden favorites from other Mediterranean climates that protect, feed, and support wildlife, birds, and insects year-round. Gain a deeper understanding and appreciation of the butterflies, bees, beneficial insects, and birds that will populate a backyard by learning about their life cycles and plant associations, as well as identification tips and interesting facts about their origins.

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

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

**Charlotte Torgovitsky**
3 Thursdays, 6:40–8:30pm
Apr. 19-May 3
Indian Valley Campus, Bldg 3, Rm 251
Plus field trip: Saturday, May 5
10am–12noon, Indian Valley Campus
1–3pm, Wildlife Friendly Garden, Novato
Fee $77
CRN# 35028

**ALSO OF INTEREST ...**

**BACKYARD BEEKEEPING**

**BACKYARD CHICKENS**

**VICTORY GARDENS: COVER CROPS, SHEET COMPOSTING, VEGETABLES AND TOMATOES**
See page 45.
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 2012
SESSION C: January 24-May 18 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours) (CRN 15049)
$2325 Other full-time students (CRN 15050)
$1925 (15 hours) (CRN 15051)
$1425 (10 hours) (CRN 15052)
$775 (5 hours) (CRN 15053)

Session A: January 24-March 16 (8 weeks)

Session B: March 20-May 18 (8 weeks)
$1175 for 8 weeks (20 hours) (CRN Session A/B 15054/15058)
$975 (15 hours) (CRN 15055/15059)
$725 (10 hours) (CRN 15056/15060)
$375 (5 hours)(CRN 15057/15061)
Courses meet 5 hours per week:

Speaking/Listening/Pronunciation
Tuesday/Thursday 9:10-11:35
Writing with Reading
Tuesday/Thursday 12:30-2:45
Grammar for Oral and Written Communication
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: 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.

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. See page 51.

FRENCH FOR LEISURE TRAVELERS: SOCIAL ETIQUETTE AND CULTURAL AWARENESS

Learn to navigate your way through France without fear of making common faux pas. This course will teach you everyday survival French vocabulary and, also, general cultural and social etiquette of France. In a typical French ambiance, accompanied by French music, cheese, crackers, and seltzer, you will be able to practice your skills in a social setting. Get tips on ‘do’s and don’t’s’ in typical situations: ordering from a French menu, restaurant dining, the art of gift-giving in France, the role of conversation, and more.

We will break for a half-hour lunch.

Shirin Teyssier is a multi-lingual and cross cultural specialist with 30 years international experience specializing in social and business etiquette and protocol.

Saturday, 10am-3:30pm
May 12
Kentfield Campus, Student Services 111 (Deedy Lounge)
Fee $69 (includes $8 materials fee)
CRN# 35027 EC

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

Bring a binder for hand-outs.
Anne-Marie Lebas
7 Wednesdays, 6:40–8:30pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus
Learning Resources Center 39
Fee $84
CRN# 35157

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

Please see Note regarding Portable Village on page 35.

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

7 Mondays, 6:40–8:30pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Portable Village 4
Fee $89
CRN# 35130

GERMAN FOR TRAVELERS
Be prepared for travel in Germany, Austria or Switzerland — or any other area where German is spoken. This course will help you develop an appreciation of the German language, cultures, and society. Situational conversation exercises will be presented. Materials such as maps, menus, magazines, and newspapers will be used to practice comprehension and illustrate various aspects of life in German-speaking countries. No previous knowledge of German is necessary. This class is completed in one quarter.

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

7 Thursdays, 6:40–8:00pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus
Temporary Building 104
Fee $79 (Includes $1 materials fee)
CRN# 35131

PRACTICAL ITALIAN
The course is designed to render you competent to communicate in Italian in commonplace situations. Everyday occurrences will be covered, such as going to a bank, to a post office, asking for directions, travelling by train, bus, and airplane, eating in a restaurant, and navigating Italian web pages to acquire information regarding hotels, museums, trip reservations, etc. You will also become more knowledgeable about the Italian lifestyle and culture.

Recommended text: Italian Now! Marcel Danesi. 2006

Caterina Labriola is a native Italian with a Laurea (Master) in Foreign Languages and Literature.

7 Saturdays, 10:10am-12noon
Mar. 31-May 19 (No class Apr. 14)
Indian Valley Campus, Bldg 27 Rm 233
Fee $89
CRN# 35029

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

Lido Cantarutti
7 Thursdays, 7:10–9pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Science Center 104
Fee $89
CRN# 35030
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.
For those in Ilia Salomone-Smith’s classes, Please see Note regarding Portable Village on page 35.
Lido Cantarutti
7 Wednesdays, 7:10–9pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Science Center 104
Fee $89
CRN# 35031
Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Portable Village 4
Fee $71 (Includes $2 materials fee)
CRN# 35032 EC

CONVERSATIONAL ITALIAN: SECOND YEAR, FOURTH QUARTER
Join other students who have completed about 50 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.
Please see Note regarding Portable Village on page 35.
Ilia Salomone–Smith
7 Tuesdays, 3:10–5pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Portable Village 4
Fee $71 (Includes $2 materials fee)
CRN# 35109 EC

READING STORIES IN JAPANESE: SAIGONO HA AND ESUGATA OKUSAN
This course is designed for those who have studied Hiragana and Katakana characters, some Kanji characters, and who have knowledge of basic Japanese grammar equivalent to Japanese 102 (credit course) (L1-L12 in Genki textbook). In this class, we will read simple stories and discuss them in Japanese, analyzing the characters, their ways of thinking, how and why the life of the main characters improved, and cultural differences between Americans and Japanese. Those interested are invited to also write compositions, which will be reviewed by the instructor, to maintain and advance their knowledge of Japanese.
This quarter, we will address the story Saigono ha, written in Japanese by the American author O. Henry, and Esugata Okusan by Sooko Takahashi.
Kuniko Prince
7 Mondays, 4:10–5pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Harlan Center 127
Fee $59
CRN# 35155

NEW WORKPLACE SPANISH FOR CUSTOMER SERVICE
Job-related Spanish vocabulary and phrases can help increase sales and improve communication among coworkers in a multi-cultural work environment. This class will help you and your employees conduct business with Spanish-speaking customers and to communicate with Spanish-speaking coworkers. We will build the vocabulary necessary to greet customers, give directions, talk about prices, answer the phone, take an order, describe a product, and much more.
Designed for beginners with no experience or those who want to review the language at a basic level, the class focuses on communication in a stress-free learning environment.
Luci Di Benedetto has a Masters degree from the Universidad de Leon in Spain in Teaching Spanish to Speakers of Other Languages.

7 Thursdays, 6:40–8:30pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Olney Hall 105
Fee $89 (Includes $1 materials fee)
CRN# 35121

CONVERSATIONAL SPANISH: FIRST YEAR, FOURTH QUARTER
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The stress is on developing the ability to converse. See Note at the beginning of the Languages section.

Textbook for Milt Hain’s class: Cómo Se Dice, 8th edition. Please see Note above regarding Textbooks.

Nancy McInnes
7 Thursdays, 7:10–9pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Harlan Center 126
Fee $89
CRN# 35132

Milt Hain
7 Tuesdays, 2:10–4pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus
Temporary Building 119
Fee $69
CRN# 35033 EC

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

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

Milt Hain
7 Fridays, 2:10–4pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus
Temporary Building 101
Fee $69
CRN# 35034 EC

CONVERSATIONAL YIDDISH AND JEWISH CULTURE
Conversational Yiddish and Jewish Culture is relatively new to the Community Ed program this school year. This Spring Quarter, both new and continuing students will be welcome. The class is designed for those with little or no experience in speaking and understanding Yiddish, and individualized attention will be given as needed. Knowledge of the Alef Bet from Hebrew is helpful; however, pronunciations and vowels are different. You will learn the Alef Bet and the Yiddish pronunciation. You will then be able to read and write basic vocabulary and construct basic sentences. Songs will be used to help with comprehension. Issues in Jewish Culture will be discussed. Topics will be determined by both the students and the teacher.

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

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

7 Mondays, 12:40–2pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Olney Hall 102
Fee $59 (Includes $1 materials fee)
CRN# 35035 EC

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
LITERATURE AND LAW: THE TRIALS OF ATHENS
Twenty-first century Americans who worry about our fragile republic can learn much from 5th Century Athenians who watched their fragile democracy appear, disappear, and reappear. We will invite into our course great Greek writers—such as Homer, Aeschylus, Sophocles, Antiphon, Euripides, Aristophanes, and, of course, Plato’s Socrates—to address great jurisprudential issues. How should we determine what we think is moral from what we think is immoral? How should we construct our society’s laws? How should we select and critique our leaders? How should we conciliate reason and passion in public life? This challenging course will not require any previous knowledge of Greek philosophy or literature but will require substantial readings each week.

David Robertson (Stanford, A.B., Yale Law School, J.D.), has taught political philosophy and literature at Yale College and College of Marin.
7 Fridays, 10:10am–12:30pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Physical Education Center 91
Fee $81
CRN# 35038 EC

ALSO OF INTEREST ...

READING PLAYS: VARIATIONS ON THE THEME OF LOOK AT ME!
See page 18.

POETRY: FROM DELIGHT TO WISDOM
A poem begins in delight and ends in wisdom.
Robert Frost
This quarter’s exploration of poetry will serve as an introduction for those unfamiliar or uncomfortable with the territory, and a return adventure for those already well acquainted with the pleasures of the path. Although our study will touch on the work of many poets, classic to contemporary, we will focus primarily on three: mid-twentieth century poet, Elizabeth Bishop, whose quiet, distinctive voice continues to amaze contemporary readers with its freshness and originality; Sweden’s Tomas Transtromer, winner of the 2011 Nobel Prize for Literature, and Fresno’s Philip Levine, the current U.S. Poet Laureate. Their poems will be distributed and read in class.

NEW EXISTENTIALISM: THE LITERATURE OF POST WORLD WAR II
Existentialism is a literary and philosophical movement oriented toward two major themes, the analysis of human existence and the centrality of human choice. Jean Paul Sartre felt that humans just merely exist, until they make decisive choices about their future in order to achieve dignity. Many writers during and after WWII adopted political and social causes to achieve this goal. Literary existentialism puts special emphasis on the struggle to define meaning and identity in the face of division and isolation.

Join us to discuss and analyze the works of Jean Paul Sartre, Simone de Beauvoir, Albert Camus, Samuel Beckett, Joseph Conrad, and Ralph Ellison. During the class we will also watch movie clips from the productions of the Swedish and American producers: Ingmar Bergman and Francis Ford Coppola.
Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest.
7 Wednesdays, 2:10–4pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $1 materials fee)
CRN# 35036 EC

ALSO OF INTEREST ...

ALBION: THE HISTORY AND CULTURE OF THE ENGLISH PEOPLE
See page 22.

DANTE’S DIVINE COMEDY: PURGATORIO
This spring we will study Purgatorio, the second part of Dante’s Divine Comedy. New students are welcome. The final class of the series, Paradiso, will be offered in Fall 2012.
Wendy Walsh has a doctorate in Italian Literature from U.C. Berkeley.
8 Wednesdays, 2:40–5pm
Mar. 28-May 23 (No class Apr. 11)
Kentfield Campus, Harlan Center 165
Fee $94
CRN# 35037 EC
Marin Adventures

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

Itineraries: If you register at least eight working days prior to the first class meeting, the Class Itinerary, which includes directions to sites, will be automatically mailed to you. Otherwise, call 415–485–9305 and press 4 when you hear the automated voice. Leave a detailed request, including the class title for which you are registered for and your name and mailing address.

BIRD-WATCHING IN MARIN: A FIELD EXPLORATION

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

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

Please see Note regarding Portable Village on page 35.

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

Orientation: Tuesday, 9:10am–1pm
Mar. 27
Kentfield Campus
Portable Village 4
Plus 4 field trips
Tuesdays, 8:30am–12:30pm
Apr. 3–24
Fee $105
CRN# 35039 EC

MEANDERING IN MARIN

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

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

7 Mondays, 9:45am–1:45pm
Mar. 26–May 14 (No class Apr. 9)
Fee $119
CRN# 35040 EC

BEGINNING HIKING

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

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

Sharon Barnett is a thoughtful and enthusiastic trail guide and dynamic naturalist. 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 Seminars and Marin Nature Adventures.

7 Saturdays, 10am–2pm
Last class, 10am–4pm
Mar. 31–May 19 (No class Apr. 14)
Locations: See Itineraries Note above
Fee $126
CRN# 35111 EC
SURFING 101
During this introduction to surfing, you will learn basic water safety and surfing fundamentals, including an understanding of wave formation, tides and wind, surfing etiquette, and basic maneuvers, as well as surfing history and ecological and philosophical principles. Catch a wave at an ocean beach (to be determined in class).
Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach. Students provide their own transportation.
Bring your own wetsuit and board, or rent them ($30-$45). Rental information will be provided in class. Bring your lunch, drinking water, and sunscreen. Be prepared for sun.
Jon Gudmundsson has been surfing for over 20 years and is a certified Life Guard.
5 Saturdays, 9–12noon
Apr. 7-May 19 (No class Apr. 14 & May 12)
Kentfield Campus
Physical Education Center 91
Field trips, Apr. 21 & 28, May 5 & 19
Stinson Beach
Fee $158
CRN# 35042

AMERICANS IN PARIS: NADIA BOULANGER AND THE AMERICAN SCHOOL OF MUSICAL COMPOSITION
While Gertrude Stein was creating excitement in the world of French visual art, another powerful woman, this time a French composer and teacher, was honing new American music through her Parisian studio. That extraordinary pedagogue was Nadia Boulanger, and her students led the burgeoning American school of music in the 20th century.
This course will focus first on the French school of music, Boulanger’s foundation, and then we will examine some of her illustrious students and their music: the likes of Aaron Copland, Elliott Carter, Quincy Jones, Virgil Thomson, and Philip Glass. We’ll see how her students were influenced by Boulanger’s aesthetic, and discuss how they then created a new, uniquely American sound in their work.
Lenore Alford, Doctor of Musical Arts, is the Music Director of St. John's Episcopal Church in Ross. She studied organ and sacred music with Dr. Gerre Hancock, himself a student of Boulanger.
7 Thursdays, 1:10–3pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Fine Arts Center 201
Fee $69
CRN# 35159 EC

RUSSIAN MUSIC: RARELY PERFORMED MASTERPIECES
Not to be missed! Raise your the musical IQ 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. This spring, we will consider Tchaikovsky’s opera, Eugene Onegin, and piano trio, Scriabin’s piano etudes, Rimsky-Korsakov’s opera ouvertures, and the string quartets of Shostakovich.
Alexander Vereshagin, Music Director and Conductor, composer/arranger, pianist and teacher, graduated from and taught at St. Petersburg National Conservatory. He also conducted several of Russia’s renowned orchestras, performing symphonic, operatic, and choral works.

MUSIC
Currently he is the Music Director of the Russian Chamber Orchestra which performs locally.

7 Fridays, 12:10–2pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Olney Hall 96
Fee $69
CRN# 35044 EC

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.

7 Mondays, 7:10–9pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus
Learning Resources Center 72
Fee $149
CRN# 35045

CHORUS EMERITUS

If you like to sing or think you would like to sing in a mixed chorus, join us! There are no auditions. We ask for $25 to buy new music and to pay our talented accompanist.

Phil Hildreth
7 Thursdays, 3:10–5pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Olney Hall 96
Fee $49
CRN# 35046 EC

MARIN MEN’S CHORUS

“The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year.” Michael

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $33 at the first class meeting for materials/accompanist fees.

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

7 Tuesdays, 7–9pm
Mar. 27-May 15 (No class Apr. 10)
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48
CRN# 35047 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.

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

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

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

Section D (Thursdays, 6:10-7:30pm) is for the more advanced student. Emphasis is on musical interpretation and expression. Students will be required to buy music at an approximate cost of $25.

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

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

Times as above
7 Tuesdays & 7 Thursdays
Mar. 27-May 17
(No class Apr. 10 & 12)
Kentfield Campus
Learning Resources Center 72
Fee $93
CRN# 35048
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.

Please see Note regarding Portable Village on page 35.

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 your placement, please contact Jonathan at jj@jonathanjimmerson.com before registering.

Novice
7 Mondays, 5:10-7pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Portable Village 6
Fee $99
CRN# 35049

Beginner/Intermediate
7 Tuesdays, 7:10-9pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Portable Village 6
Fee $99
CRN# 35161

KLEZMER MUSIC WORKSHOP
This Saturday workshop is a test! If attendance proves interest, we will schedule a weekly class in future quarters. Become familiar with what makes Klezmer music Klezmer music! This class is for any musician, beginner and amateur, as well as professional, who is interested in playing and/or singing and understanding Klezmer music. We will listen to and play lots of Klezmer tunes, as well as learn about the theory, history, and dances behind the music.

Bring your instrument to class. Singers who are interested in singing Yiddish with a band are also welcome. If you have questions about the class, please email the instructor at julieegger@comcast.net.

Recommended text: Klezmer! Jewish Music from Old World to Our World by Henry Sapoznik.

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

Saturday, 10:10–12noon
Apr. 21
Kentfield Campus, Olney Hall 96
Fee $28
CRN# 35050 EC

Parenting
NEW COMING OF AGE: DEVELOPING AND MAINTAINING A POSITIVE RELATIONSHIP WITH YOUR GROWING TEENAGER
In this three-part series we will use the latest research, our own experience, and a touch of humor to explore the challenges to developing a more adult-like relationship with our maturing teenagers. During these pivotal years, parents are learning how to hold on and to let go at the same time. Your offspring are facing this same dilemma, as well as the larger challenge of finding their way in the world as independent and autonomous adults. Knowing how to de-escalate conflict, minimize power struggles, set limits, and gracefully acknowledge your teenagers’ strengths will reduce tension for everyone. These skills are not inborn, but with practice they can be learned!

The aim of this class is to make the job of parenting teenagers a little easier for everyone in the family.

Gary Gross, MFT, is the father of two young adult “children” and a practicing marriage and family therapist.

3 Wednesdays, 7:10–9pm
Apr. 18-May 2
Kentfield Campus
Physical Education Center 91
Fee $58 (includes $1 materials fee)
CRN# 35133
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.

Learn about a large variety of helpful study strategies and how to easily adapt them to your unique learning style. Improve reading, note taking, memory, concentration, test scores, time management, and more. Develop your own customized study plan to use with any subject, incorporating the strategies you choose. Enhance your learning from the first day of class through the rest of your life.
Please bring a 1" 3-ring binder to class.
Christine Moreda, BA (Psychology)
7 Mondays, 7:10–9pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Science Center 124
Fee $89 (Includes $1 materials fee)
CRN# 35122

DISCOVERING YOUR ROOTS: INTRODUCTION TO GENEALOGICAL RESEARCH METHODS
Learn the basics of genealogical and family history research. We will cover definitions, methodologies, forms used, research repositories, the internet, and software. We will discuss documents and citations, as well as the organization of information and archival of documents. You will be invited to share what your research yields, not only about who your ancestors were, but also the political and social issues involving their activities. You will also be encouraged to write your own history or memoir of an interesting family member as a legacy for future generations.
Experts in certain aspects of genealogical research methods will present at class.
David Williams has been involved in Genealogical research for over 20 years and is a Board member and past President of the Marin County Genealogical society.
7 Mondays, 2:40–4pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Physical Education 91
Fee $69 (Includes $1 materials fee)
CRN# 35051 EC

Personal Development

NEW STUDY STRATEGIES FOR PEOPLE WITH LEARNING DIFFERENCES
This class is designed for individuals with learning differences as they prepare for college-level academic work. It is a skill-building program intended to support those students with learning challenges. It will serve as a supportive bridge from high school to college. It offers information and guidance on practical approaches to studying more effectively. It’s suitable for anyone with one or more learning differences, or who supports someone with learning differences, including learning disabilities, ADHD or any other learning differences.
**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 will be released in August titled *Extraordinary Everyday Photography: How to Awaken Your Vision to Create Stunning Images Wherever You Are*.

4 Wednesdays, 7:10–10pm
Mar. 28-Apr. 25 (No class Apr. 11)
Indian Valley Campus, Bldg 3, Rm 154
Plus 2 Saturdays, 1–4pm
Apr. 7 & 21
Indian Valley Campus, Bldg 27, Rm 228
Plus field trip: Sat., Apr. 7, 8–11am
Plus field trip: Sat., Apr. 21, 6–9pm
Fee $124 (Includes $2 materials fee)
CRN# 35134

**NEW ZEN OF DIGITAL PHOTOGRAPHY**
The *Zen of Digital Photography* takes you past the barriers to seeing and teaches you to observe, imagine, and express your unique thoughts and visions. Beginning with a brief period of silence while we adjust to the quiet and darkness of the room, we will then awaken to view images that may help us to view simple objects, places, and people in new and personal ways. We will end with an understanding of how to look, how to see, and the art of seeing images we want to capture on our cameras.

This class will not discuss the technical aspects of cameras.

Please bring your digital camera and manual on the camera walk.

The second meeting is a field trip/camera walk to practice what we’ve learned. (Students are responsible for their own transportation.) During the second meeting, we will meet in the classroom to view and discuss photographs taken on the field trip in the classroom.

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

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

Please bring your digital camera and its manual, a notepad, and a pen to class.

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

Recommended text: Hank Miller. *Digital Photography for Travelers Notebook*, will be distributed in class.

**Hank Miller**
Saturday, May 5, 10am–1pm
Kentfield Campus, Portable Village 5A
Monday, May 7, 6:40-8:30pm
Kentfield Campus, Portable Village 3
Field trip: Sunday, May 6, 10am-1pm
A Taste of Rome Cafe
1001 Bridgeway, Sausalito
Fee $78 (Includes $2 materials fee)
CRN# 35053

During the third meeting, we will meet in the classroom to view and discuss photographs taken on the field trip in the classroom.

Please see **Note** regarding **Portable Village** on page 35.

**Hank Miller** is a professional photographer and freelance writer.

Saturday, Apr. 28, 10am–1pm
Monday, Apr. 30, 6:40-8:30pm
Kentfield Campus, Portable Village 3
Field trip: Sunday, Apr. 29, 10am-1pm
Local location to be announced
Fee $76
CRN# 35052

**NEW ZEN OF DIGITAL PHOTOGRAPHY**
The *Zen of Digital Photography* takes you past the barriers to seeing and teaches you to observe, imagine, and express your unique thoughts and visions. Beginning with a brief period of silence while we adjust to the quiet and darkness of the room, we will then awaken to view images that may help us to view simple objects, places, and people in new and personal ways. We will end with an understanding of how to look, how to see, and the art of seeing images we want to capture on our cameras.

This class will not discuss the technical aspects of cameras.

Please bring your digital camera and manual on the camera walk.

The second meeting is a field trip/camera walk to practice what we’ve learned. (Students are responsible for their own transportation.) During the second meeting, we will meet in the classroom to view and discuss photographs taken on the field trip in the classroom.

Recommended text: Hank Miller. *Digital Photography for Travelers Notebook*, will be distributed in class.

Please see **Note** regarding **Portable Village** on page 35.

**Hank Miller**
Saturday, May 5, 10am–1pm
Kentfield Campus, Portable Village 5A
Monday, May 7, 6:40-8:30pm
Kentfield Campus, Portable Village 3
Field trip: Sunday, May 6, 10am-1pm
A Taste of Rome Cafe
1001 Bridgeway, Sausalito
Fee $78 (Includes $2 materials fee)
CRN# 35053

During the third meeting, we will meet in the classroom to view and discuss photographs taken on the field trip in the classroom.

Please see **Note** regarding **Portable Village** on page 35.

**Hank Miller** is a professional photographer and freelance writer.

Saturday, Apr. 28, 10am–1pm
Monday, Apr. 30, 6:40-8:30pm
Kentfield Campus, Portable Village 3
Field trip: Sunday, Apr. 29, 10am-1pm
Local location to be announced
Fee $76
CRN# 35052

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

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

Please bring your digital camera and its manual, a notepad, and a pen to class.

The second meeting is a field trip/camera walk to practice what we’ve learned. (Students are responsible for their own transportation.) During the second meeting, we will meet in the classroom to view and discuss photographs taken on the field trip in the classroom.

Recommended text: Hank Miller. *Digital Photography for Travelers Notebook*, will be distributed in class.

Please see **Note** regarding **Portable Village** on page 35.

**Hank Miller**
Saturday, May 5, 10am–1pm
Kentfield Campus, Portable Village 5A
Monday, May 7, 6:40-8:30pm
Kentfield Campus, Portable Village 3
Field trip: Sunday, May 6, 10am-1pm
A Taste of Rome Cafe
1001 Bridgeway, Sausalito
Fee $78 (Includes $2 materials fee)
CRN# 35053
INTRODUCTION TO PHOTO SHOP ELEMENTS: THE DIGITAL DARKROOM

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

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


Jazmine Loiselle
Friday, 9am–4pm
Mar. 30
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 35135

INTERMEDIATE PHOTO SHOP ELEMENTS: THE DIGITAL DARKROOM

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

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

Jazmine Loiselle
Friday, 9am–4pm
Apr. 6
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 35136

PHOTO SHOP I AND II

See page 16.

Physical Fitness

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

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

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.

Please see Note regarding Portable Village above.

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

7 Tuesdays & 7 Thursdays, 12:10-1pm
Mar 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus, Portable Village 6
Fee $69
CRN# 35054 EC

ALSO OF INTEREST...

Also of interest ...

Photoshop I and II

See page 16.
FUNCTIONAL FITNESS

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

Please see Note regarding Portable Village on page 35.

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

7 Mondays & 7 Wednesdays, 10:10–11am
Mar. 26-May 16 (No class Apr. 9 & 11)
Kentfield Campus, Portable Village 6
Fee $69
CRN# 35055 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
6 Mondays, 3:40–5pm
Mar. 26-May 14 (No class Apr. 9 & 16)
Kentfield Campus
Physical Education Center 60
FREE
CRN# 35057 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 wellbeing

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

Please see Note regarding Portable Village on page 35.

Kay Pepitone
7 Thursdays, 1:10–2pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Portable Village 6
Fee $44 (Includes $1 materials fee)
CRN# 35056 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
4:10–5pm
Mar. 26-May 18
(No class Apr. 9, 11 & 13)
Kentfield Campus, Fusselman Hall 120
Fee $116
CRN# 35058 EC
MOVEMENT AND MUSIC FOR THE OLDER ADULT: A UNIVERSAL LANGUAGE
This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

Diane Hain
7 Mondays, 11:10am–12noon
Mar. 26-May 14 (No class Apr. 9)
Whistlestop
930 Tamalpais Ave., San Rafael
FREE
CRN# 35059 EC

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

Please see Note regarding Portable Village for the class meeting on the Kentfield Campus on page 35.

Erik Riswold
6 Tuesdays & 6 Fridays, 9:10–10am
Mar. 27-May 11 (No class Apr. 10 & 13)
Kentfield Campus, Portable Village 6
Fee $63
CRN# 35060 EC

6 Wednesdays, 10:10–11am
Mar. 28-May 9 (No class Apr. 11)
Indian Valley Campus, Bldg 15, Rm 170 (formerly Miwok 170)
Fee $39
CRN# 35061 EC

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

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

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

7 Tuesdays, 10:10am–11am
Mar. 27-May 15 (No class Apr. 10)
Indian Valley Campus, Bldg 20, Rm 106
Fee $15
CRN# 35062 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@yahoo.com or 415.388.1549.

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

Kentfield Campus
Physical Education Center 60
7 Saturdays
Mar. 31-May 19 (No class Apr. 14)
Beginner
10–11:30am
Fee $79
CRN# 35063
Intermediate
8–9:45am
Fee $86
CRN# 35064

YOGA AND MEDITATION
In this hatha yoga class, the regular practice of ASANAS will build to encompass a rich transition of seated, supine, prone, standing, twisted, inverted, and balancing postures — moving through all the body’s planes of motion and eventuating with a practice that flows and grows. We will include some yoga nidra sessions which will support deep and easy sleep.

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

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

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

7 Tuesdays & 7 Thursdays, 5:40–7pm
Mar. 27-May 17 (No class Apr. 10 & 12)
Indian Valley Campus, Bldg 20, Rm 106
Fee $113
CRN# 35065

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

Please see Note regarding Portable Village for the class on the Kentfield Campus on page 35.

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 Wednesdays, 10:10am–11am
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Portable Village 4
Fee $68
CRN# 35067

CARDIO PILATES
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using various equipment and props such as stretch bands, stability balls, and more. The second half of the class will focus on alignment, flexibility, and deep core strengthening with Pilates mat work.
Be sure to arrive on time for warm ups to prevent injury. Please wear supportive shoes to class.

Please see Note regarding Portable Village on page 35.

MinJae Laws
7 Wednesdays
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Portable Village 6
Fee $68
11:10am-12noon
CRN# 35069
5:40–6:30pm
CRN# 35070

QIGONG AND WOMEN’S HEALTH
Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for beginners to Qigong these simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

Please join us for an invigorating, healing, and fun class. It is a wonderful way to start the day!

The new location, Pine Street Clinic at the address listed below behind the Bank of America, is wheelchair accessible. The materials fee covers the cost of an instructional Qigong DVD to be distributed in class.

Denise Aubin
7 Saturdays, 9–9:50am
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus
Portable Village 6
Fee $89 (Includes $30 materials fee)
CRN# 35071

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
Mar. 30-May 25 (No class Apr. 13 & 20)
Fee $66
Kentfield Campus
Physical Education Center 60
CRN# 35072 EC

7 Tuesdays, 1:10–2:30pm
Mar. 27-May 15 (No class Apr. 10)
Indian Valley Campus, Bidg 15, Rm 170
(formerly Miwok 170)
Fee $66
CRN# 35073 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, Certified Qigong Instructor

7 Fridays, 12:40–2pm
Mar. 30-May 25 (No class Apr. 13 & 20)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 35074 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, Certified Qigong Instructor

7 Thursdays, 1:10–2:30pm
Mar. 29-May 24 (No class Apr. 12 & 19)
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $66
CRN# 35075 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.

Please see Note regarding Portable Village for the class on Kentfield Campus on page 35.

Katherine Rolston
Beginning/Intermediate
7 Mondays, 3:40–5pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Portable Village 6
Fee $59 (Includes $1 materials fee)
CRN# 35076 EC

Beginning/Intermediate
6 Tuesdays, 10:45am–12:15pm
Mar. 27-May 8 (No class Apr. 10)
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 35077 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.

Please see Note regarding Portable Village for the class on the Kentfield Campus on page 35.

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.

Lily Oglesby has studied, danced and taught latin, ballet, modern, jazz and West African dance for over 25 years. She is certified to teach Zumba®.

Tom Mayock
7 Wednesdays, 7:10–8:30pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Portable Village 6
Fee $79 (Includes $1 materials fee)
CRN# 35123

Lily Oglesby
7 Tuesdays, 7:10–8:30pm
Apr. 3-May 22 (No class Apr. 10)
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $79 (Includes $1 materials fee)
CRN# 35124

ALSO OF INTEREST ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT

See page 18.

ZUMBA®

Mueven al ritmo hipnótico de américa latina de la salsa, calipso, reggae, merengue, pop y en fácil de seguir, se mueve en un programa de ejercicios aeróbicos que te dejarán boquiabierto. Función de las rutinas de entrenamiento de intervalos de sesiones en combinación con los ritmos rápido / lento para tonificar y esculpir su cuerpo, mientras que la quema de grasa.
Llevar ropa de ejercicio, zapatos deportivos / zapatillas de baile, una toalla y agua a la clase.

La clase de IVC se impartirán en Inglés y Español. Hablantes de español contará con el apoyo de la traducción, mientras que los oradores Inglés tendrá la oportunidad de aprender más español como Zumba es una forma de raíces latinas de baile.

Lily Oglesby ha estudiado, enseñado y bailado ballet, baile moderno, jazz, latino y danza de África Occidental durante más de 25 años. Ella está certificada para enseñar Zumba ®.

7 martes, 7:10–8:30pm
abr. 3-mayo 22 (No class abr. 10)
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $79 (Includes $1 materials fee)
CRN# 35124

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®, 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
Mar. 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus, Physical Education Center 60
Fee $69
CRN# 35078 EC

7 Mondays & 7 Wednesdays, 3:40–4:30pm
Mar. 26-May 16 (No class Apr. 9 & 11)
Ends on a Monday
Indian Valley Campus, Bldg 15, Rm 170
(formerly Miwok 170)
Fee $69
CRN# 35079 EC

WADO KI KAI KARATE

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

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

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

7 Mondays & 7 Wednesdays, 6:40–8pm
Mar. 26-May 17 (No class Apr. 9 & 11)
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 35125

BOXING FOR FITNESS

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

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

7 Tuesdays & 7 Thursdays, 6:40–8pm
Mar. 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 35080
EFFORTLESS TENNIS
This evolutionary approach to the game eliminates the biggest impediment to peak performance — competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout — physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

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

Brent Zeller has been playing tennis for 42 years, teaching the game for 36 years, and has an extensive background in psychology, philosophy, and learning theory.

Kentfield Campus, Tennis Courts

Beginning
8 Tuesdays, 9:40–11am
Mar. 27-May 22 (No class Apr. 10)
Fee $141 (Includes $8 materials fee)
CRN# 35112

Intermediate 1
8 Wednesdays, 10:10–11:30am
Mar. 28-May 23 (No class Apr. 11)
Fee $141 (Includes $8 materials fee)
CRNs 35113

Intermediate 2
8 Thursdays, 9:10–11am
Mar. 29-May 24 (No class Apr. 12)
Fee $184 (Includes $8 materials fee)
CRN# 35114

Please see Note regarding Portable Village on page 35.

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

Please see Note regarding Portable Village on page 35.

Betsy Best–Martini
7 Tuesdays & 7 Thursdays, 5:40–7pm
Mar. 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus, Portable Village 6
Fee $114 (Includes $1 materials fee)
CRN# 35081

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

In the Beginner/Intermediate class you will learn a comprehensive routine to keep you in fit condition. In the Advanced class the instructor facilitates more individualized and independent fitness programs, taking you from physically fit to physically elite.

Before signing up for the Advanced class please contact the instructor at kjones@mycom.marin.edu.

Please see Note regarding Portable Village on page 35 for Betsy Best-Martini’s class.

Kim Jones, MA (PE-Exercise Physiology), ACSM, SFA certified
7 Tuesdays & 7 Thursdays, 7:30–9am
Mar. 28-May 18 (No class Apr. 11 & 13)
Kentfield Campus, Portable Village 6
Fee $94
CRN# 35082 EC

Advanced
Kim Jones, MA (PE-Exercise Physiology), ACSM, SFA certified
7 Tuesdays & 7 Thursdays, 7–8:45 a.m.
Mar 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus
Physical Education Center 20
Fee $99
CRN# 35083 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
Fee $15
7 Mondays & 7 Wednesdays, 9:40–11am
7 Fridays, 10:40-12noon
Mar. 26-May 18 (No class Apr. 9, 11 & 13)
Kentfield Campus, Pool
CRN# 35084 EC

7 Tuesdays & 7 Thursdays, 9:10–10:30am
7 Fridays, 2:10-3:30pm
Mar. 27-May 18 (No class Apr. 10, 11 & 13)
Ends on a Tuesday
Indian Valley Campus, Bldg 21 Pool
CRN# 35085 EC

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

Tina Marie Rossi
7 Tuesdays & 7 Thursdays, 6:40-7:45am
Mar. 27-May 17 (No class Apr. 10 & 12)
Kentfield Campus, Pool
Fee $113
CRN# 35086

PUBLIC SERVICE
NEW CALIFORNIA NOTARY PUBLIC
This six-hour notary course will provide new or previously commissioned notaries with the knowledge and skills required to pass the state-proctored examination and become successful in a new career.

This course exceeds the State qualifications for new applicants and for notaries that are renewing their commissions. The Secretary of State recommends notaries take this course six months prior to their commission expiration date.

Students who complete the class will receive a State-approved Certificate of Completion required to take the State proctored notary examination.

A State proctored exam will follow the class scheduled for 5 p.m. Bring a $40 check/money order payable to: Secretary of State (cash and credit cards are not accepted). Student must bring an acceptable current photo ID, also two #2 pencils. A 2x2 Passport Photo is required for the State application and will be provided to the student at class.

The materials fee covers the cost of a study guide and workbook. If you score 100% on the State Exam, your materials fee will be refunded!

Tom Peavyhouse
Saturday, 8am-4pm
May 12
Kentfield Campus, Fusselman Hall 120
Fee $90 (Includes $45 materials fee)
CRN# 35158

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

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

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

**Saturday, 10am–4pm**  
**May 12**  
**Kentfield Campus, Harlan Center 161**  
Fee $58 (Includes $1 materials fee)  
CRN# 35087

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**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.

**6 Thursdays, 7:10–9pm**  
**Mar. 29-May 10 (No class Apr. 12)**  
**Indian Valley Campus, Bldg 3, Rm 152**  
Fee $84  
CRN# 35088

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**ALSO OF INTEREST...**

**FROM COLLAGE TO PAINTING**
See page 7.

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**Travel**

**THE ‘ACCIDENTAL’ EX-PAT: LIVING IN FOREIGN LANDS**
Whether you are an adventurous retiree, seeker, or one who just wants to jump-start your imagination or revitalize your life, this experiential course explores a creative approach to international living. Learn what is required beyond the nuts and bolts, to relocate and adapt successfully to a new culture. Participants will visualize their destination and develop a plan to realize a new life abroad.

**Malaya V. Quinn**, MA, is bi-cultural, an artist, and an expressive arts therapist and educator. She has relocated to six different countries across four continents, from Hong Kong to Buenos Aires. Her move to Merida with her teenage daughter was documented by House Hunters’ International in 2006.

**Saturday, 10am–3pm**  
**May 12**  
**Kentfield Campus, Harlan Center 170**  
Fee $89  
CRN# 35089

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**ALSO OF INTEREST...**

**DARE TO CREATE ‘WHAT’S NEXT!’**
See page 9.
URBAN AGRICULTURE

VICTORY GARDENS: COVER CROPS, SHEET COMPOSTING, VEGETABLES AND TOMATOES

Improve your garden’s soil fertility by growing a quick spring cover crop of buckwheat. Use sheet composting or do lasagna composting to convert a portion of lawn to a new organic vegetable bed or re-condition an old, weedy one. Learn how to grow vegetables and especially tasty tomatoes (and a tomato variety you’ll love!). Learn techniques of upsizing tomato starts, then planting, supporting, pruning, and pollinating tomatoes so you’ll have success!

Learn by doing! In the second class (Apr. 14), we will practice in the instructor’s garden.

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

3 Saturdays, 10am–12noon
Mar. 31, Apr. 14 & 21
Kentfield Campus, Harlan Center 161
Apr. 14, Meet off campus
Fee $57
CRN# 35090

BACKYARD BEEKEEPING

Learn the basic fundamentals of beekeeping—including a holistic understanding of honeybees, their cycles, human-bee interaction, nutrient and housing needs, and ways of supporting colony health through natural methods. Class will include visual presentation, hands-on demonstration, and techniques to approach a hive in a calm, centered manner. You will learn how to begin keeping bees in your own back yard and to harvest honey and wax. The first two weeks of indoor classes do not involve live bees. For the last class, we will meet at a local, off campus site where we can observe a hive and enjoy a honey tasting! Location to be discussed in class.

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

Kalle Cook has operated a small beekeeping business since 2007, removing unwanted feral colonies, relocating them to more appropriate sites, and educating people about bees. If you have questions about the class, please email Kalle at kalke@kallecook.com.

3 Saturdays, 10am–1pm
Apr. 21-May 5
Kentfield Campus, Harlan Center 165
Field trip: May 5
Location to be announced
Fee $77 (Includes $3 materials fee)
CRN# 35115

ALSO OF INTEREST...

CREATING A WILDLIFE FRIENDLY GARDEN

HOW TO REPLACE YOUR LAWN

See page 23.

BACKYARD CHICKENS

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

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

Two field trips are planned to observe local backyard chicken environments. Students meet on site and are responsible for their own transportation.

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

Please see Note regarding Portable Village on page 35.

Robert Kennedy
Jane Kennedy Angulo
6 Saturdays, 9:10-12noon
Mar. 31-May 12 (No class Apr. 14)
Kentfield Campus, Portable Village 5B
Includes 2 field trips: 9am-1pm
Apr. 18 & May 12
Locations to be announced
Fee $112 (Includes $2 materials fee)
CRN# 35116

www.marin.edu/CommunityEducation
NEW BUSINESS WRITING 101
Create a professional impression. Write clear, well-thought-out, grammatically correct business letters, memos, and reports. This is not a creative writing class. There will be a brief review of grammar covering the most important things to know and the biggest things to avoid. Then, through examples and practice, you will learn to write clearly and to the point, keeping in mind proper tone for the audience. The structure of business writing (e.g., letters, memos) will also be covered.

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

Please see Note regarding Portable Village on page 35.

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

3 Thursdays, 6:10–7:30pm
Mar. 29–Apr. 19 (No class Apr. 12)
Kentfield Campus, Portable Village 5A
Fee $54 (Includes $1 materials fee) CRN# 35091

ELEMENTS OF CREATIVE WRITING
“‘There are three rules for writing well. Unfortunately, no one knows what they are.’” Somerset Maugham

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

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

7 Mondays, 5:30–8:30pm
Mar. 26–May 14 (No class Apr. 9)
The Redwoods
40 Camino Alto, Mill Valley
Fee $119 CRN# 35092 EC

NEW WRITE ON! WORKSHOP: CREATIVE WRITING THAT NURTURES WELL-BEING THROUGH SELF-EXPRESSION
We write to reveal ourselves to ourselves and to others. WRITE ON! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. Sensing, stretching and breathing bring us into the moment.

This creative learning and training process rekindles self-esteem, bringing us the confidence to lead a more effective life. While the focus of the workshops is not on writing techniques, students find their writing improves in depth and resonance.

Over seven weeks, 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 led WRITE ON! for eight years.

7 Saturdays, 2:10–4pm
Mar. 31–May 19 (No class Apr. 14)
The Redwoods
40 Camino Alto, Mill Valley
Fee $69 CRN# 35126 EC

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

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

7 Mondays, 1:10–3pm
Mar. 26–May 14 (No class Apr. 9)
The Redwoods
40 Camino Alto, Mill Valley
Fee $119 CRN# 35093 EC
THE POETIC PILGRIMAGE:
WRITING POETRY AS SPIRITUAL PRACTICE

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

This Spring we will concentrate on the luminosity poetry brings to a world filled with both unprecedented challenge and profound promise. Drawing from many ages and traditions, we will read luminaries as varied as Rumi, Rilke, Jane Hirshfield, Jacques Lusseyran, Roger Housden, Kim Rosen, and more. As always, we welcome every level of pilgrim—even if you wrote your last poem in 2nd grade! Join us as we write poems to our heart’s en-lightened content!

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

6 Tuesdays, 2:10–4pm
Apr. 17-May 22
Kentfield Campus, Harlan Center 170
Fee $65 (Includes $2 materials fee)
CRN# 35094 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. See information about ESCOM below.

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ESCOM
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Computers
Microsoft Word Basics for Adults ........11
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. Purchase of a $15 Student Activities Card entitles you to:

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

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, Monday, March 19.

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

Adventurers
R. King, 415.898.5845

Bocce Ball
J. Kouns, 415.332.5929

Book Banter
Len Pullan 415.381.6952

Bridge
L. Mason, 415.456.2508
T. Metzger, 415.479.8290

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

French
D. McMurtry, 415.472.4738

Global Issues
C. Rose, 415.898.0131

Italian
M. Weed, 415.453.6054

IVC Book Forum
L. Kerr, 415.883.2823

IVC Film Noir
R. Ramirez, 415.491.0522

IVC Great Books
D. Polhemus, 415.883.3567

IVC Humanities
R. Ramirez, 415.491.0522

IVC Philosophy
L. Witter, 415.883.6889

Moral, Ethical, Legal Issues
C. Posard, 415.491.4118

Opera and Beyond
G. Deane, 415.456.2853

Scrabble
M. Knox, 415.459.1427

Shakespeare
V. Carter, 415.388.6335
JOIN THE FUN! Emeritus Students Activities Application

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[ ] Female  [ ] Male  [ ] 55 or Over  [ ] Under 55
PLEASE CHECK THE APPROPRIATE BOX

[ ] New  [ ] Renew

SIGNED

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

Sing Along
M. Knox, 415.459.1427

Writers Workshop
S. Pullan, 412.381.6952
M. Knox, 415.459.1427

Registration Information

REGISTRATION BEGINS
Monday, February 27, 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 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 go to To Register Online below.

Returning students may use their existing Username and Password to register after their applications have been processed.

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

To Register Online

Set-Up
The first time that you register online, you will be asked for the Username and temporary Password that were sent to you when your application was processed. Enter your Username and temporary Password, then click the Submit button. Once you hit the Submit button, you will be alerted that your temporary Password has expired. Be prepared to enter a permanent Password from 8 to 20 characters and including at least 1 number. Example: Giselle16. The next step is to answer the security questions. Once you do that, your Set-Up is complete.
To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are tabs, including Home, Student, and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Spring 2012 Community Ed. (Term must include words Community Ed.) Click Submit. The next screen will say Add or Drop and will give you 10 boxes in which to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register. Community Education classes may not be dropped online.

To Pay for Classes Online
After you select Submit Changes as described above, click CHECKOUT (in blue), at the bottom of the page. This takes you to Registration Fee Assessment and shows total fees owed. Payment is due at the time of registration. Click on Payment Options. Click on the E-Cashier logo, and then on Proceed. Complete all the E-Cashier payment steps. Once you have paid for your classes, go back to MYCOM Portal home and find the center box that says: My Courses. 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 recommend a textbook to students, that information will be included in the course description. The course description will also note if the text is available at the College Bookstore. If so, the text may be ordered online and will be sent to your address at no extra cost.

**To Order Textbooks Online from the College Bookstore**
1. Go to www.marin.edu
2. Click on: **Buy Textbooks Online**, located under **Register for Classes**.
3. Click on: **Textbooks**, located on the blue ribbon near the top.
4. Complete the four steps of Step One:
   a. **Select Term**: From the drop down menu designate the quarter. (Textbooks for Spring Quarter classes will be included under Winter Quarter.)
   b. **Select Department**: From the drop down menu, choose ‘C ED’
   c. **Select Course**: From the drop down menu, choose from course titles offered.
   d. **Select Section**, i.e. CRN
5. **To Purchase Additional Books**: Click on **Add Course** and repeat Step One above.

6. When you have selected your textbooks: Click on **View Textbook List** and alter if necessary.
7. When ready: Click on **Add Selected Items to Shopping Cart** at the bottom, then pay for your purchases by clicking on **Checkout** or, if you have set up your PayPal account to pay for your classes, click on **Check out with PayPal**.

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

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

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

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

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

**To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number, and your signature). Requests may be e-mailed to community.ed@marin.edu or faxed to 415.456.5065. 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) days prior to the start date of the class. Refunds take approximately six (6) weeks to process.**
Directory
Community Education Office 415.485.9305
Emeritus College Office 415.485.9368
Intensive English Program 415.457.8811, ext. 8579
Admissions & Records Office 415.457.8811, ext. 8822
Counseling 415.485.9432
Bookstore 415.485.9394
Library Services 415.485.9656
Media Center/Language Lab 415.485.9645
Disabled Students Program 415.485.9406
Community Education
February 2011, Volume 12, Issue 4
College of Marin Superintendent/President
David Wain Coon, Ed.D.
COMMUNITY EDUCATION PROGRAM STAFF
Director, Community Education, Lifelong Learning, and International Education
Jason Lau, Ph.D.
Program Specialists
Cheryl Carlson, Karen van Kriedt
Administrative Assistant
Jesse Klein
Office Technician
Heather Peitz
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 to the principle of providing equal opportunity in its educational programs, activities, and employment practices. The district does not discriminate on the basis of race, color, age, gender, national origin, ancestry, physical or mental disability, marital status, medical condition, or perceived or actual sexual orientation, gender expression, gender identity, genetic information, or pregnancy. Any person who believes the district has violated this policy, or who believes there has been unlawful discrimination, may file a complaint with the Equal Opportunity Officer. The process of filing a complaint is described in College of Marin’s Equal Opportunity Policy.

Contacts
Equal Opportunity Employment/A.D.A. Compliance Officer—Linda Beam, Executive Dean, Human Resources (or Designee) Administrative Center, Kentfield Campus 415.485.9504
Title IX/Section 504 (Disability) Coordinator—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: 415.485.9455
Kentfield Police Business: 415.485.9455

Spring 2012 Parking Notice
While our campus is under construction, parking lots 4 and 16 are closed this semester. Lots 12 and 15 typically have spaces available, and lot 13 remains a free lot. We appreciate your patience during our construction.

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 and Social Sciences
HC*: Harlan Center
EGL Program/College Skills Office
Health Sciences
HS*: Health Services
LC*: Learning Resources Center
Library
Bookstore
Disabled Students
CY: Maintenance Offices
MS*: Dance Center

OH*: Olney Hall and Auditorium
PE*: Physical Education Center
Gymnasium
Pools
PA*: Performing Arts (formerly Fine Arts)
Box Office
Theatres
Art Gallery
Portable Village (PV)*
Modernization Office/Classrooms
SC*: Science Center
Mathematics
Life/Earth/Physical Sciences
SS: Student Services Center
Registration
Cafeteria
Emeritus/Community Services

TB–1 (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 PA in the schedule (examples: PA 120, PA 150). The new Fine Arts building is designated as FA (examples: FA 201, FA 301).

Pools
Gymnasium
Physical Education Center
PE*
Olney Hall and Auditorium
OS
Physical Education Center
Campus Police
Campus Office
Temporary Building
Business Services
Temporary Building
Maintenance Office
Dance Center
Disabled Students
Learning Resources Center
Therapy
Bookstore
 Performing Arts
Drama/Play
Physical Education Center
Dance Center

PARKING
Designated parking available for corporate accounts, motorcycles, persons with disabilities, and fuel efficient vehicles. Vehicles on campus subject to parking and traffic regulations.

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.

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

See information about Parking on the next page.
Indian Valley Campus
Map and Directory

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

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

PARKING

Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or fill out form, following prompts — Print your temporary Parking Permit for use until the permanent permit order from home, log in to MyCOM Portal and click on your Student tab — Click on Parking Permit link and stand in line (if necessary) and pay at the Admissions Window; you will then receive your permit — To purchase a Parking Sticker in person at the Admissions lobby on either campus — Using a designated KIOSK Computer, follow the steps described above and then print your temporary Parking Permit for use until the permanent permit is received by mail. There is an additional charge of $3.50 for ordering online.

PARKING PERMITS:

Permits are required all day for parking Mon–Fri, but are not required Sat, Sun, 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. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard 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. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or

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.

PARKING PERMITS: Permits are required all day for parking Mon–Fri, but are not required Sat, Sun, 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. 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. TO PURCHASE A PARKING STICKER: A Parking Sticker may be purchased for $40 that is good for a semester, the equivalent of two Community Ed quarters. You will need your car’s make, model, year, and license plate number. You may purchase a Parking Sticker in person at the Admissions lobby on either campus. Using a designated KIOSK Computer, follow the steps described above and then stand in line (if necessary) and pay at the Admissions Window; you will then receive your permit. To order from home, log in to MyCOM Portal and click on your Student tab. Click on Parking Permit link and fill out form, following prompts. Print your temporary Parking Permit for use until the permanent permit is received by mail. There is an additional charge of $3.50 for ordering online.

54 CLASSES START MONDAY, MARCH 26. REGISTER EARLY.
Join ESCOM
EMERITUS STUDENTS
COLLEGE OF MARIN
CONNECT. COMMUNITY. CONTRIBUTE.

Discover a world of opportunity to support lifelong learning and network with like-minded individuals. Our members are an exciting and active group of 500 members looking to discover their SECOND ACT! Purchase of a $15 Student Activities card entitles you to:

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

Join us at our two beautiful centers located at Kentfield and Indian Valley College of Marin campuses.

Come in person to find out more or call us at:
Kentfield Campus: 415-485-9652
Indian Valley Campus: 415-457-8811, ext. 8322

We look forward to meeting you and becoming a member!
GUITAR CLASS
with JONATHAN JIMMERSON

Learn to play the music you love from a passionate, fun-loving, knowledgeable, and adventurous instructor - Jonathan Jimmerson! Jonathan has a Bachelors in Music with an emphasis in Guitar.

Technique * Theory * Improvisation * Repertoire Building * Sight-reading * Creating a Groove * Harmony * Melody * Rhythms * Scales * Chords

“Jonathan is a great teacher! All I learned from him was immediately applicable. I learned so much from taking his class! I still think back to the things I learned from him.” – Jon

“I had a great time learning with Jonathan. He has a lot of technical knowledge about the theory and can teach most types of music to an early-stage learner like myself—I would—and do—recommend him highly!” – Geoff

“I appreciated Jon’s teaching due to the fact that he was able to take me to the next level of both playing and reading guitar music. His passion for the instrument along with his hands-on teaching style gave me the tools to achieve the goals I set for myself.” – Jody

For more information about Guitar Class, see page 32.