Creative Seasonal Cooking: 
The Abundance of Summer
Professional Chef, Culinary Instructor, and Cookbook Author Tom Hudgens will demonstrate preparation of summer’s bounty in delicious seasonal dishes, with family-style meals served at each class conclusion.

Find Out More on Page 19

Surfing 101
Have you always wanted to try surfing? Lifelong surfer Jon Gudmundsson will share surfing fundamentals and basic water safety with students, both in the classroom and at the beach. Gudmundsson is a certified Life Guard.

Find Out More on Page 24

DISCOVER MARIN
Big Time: 30th Anniversary Native American Festival
Learn About Marin’s Indigenous Peoples
Find Out More on Page 16
Community Education classes at the College of Marin offer access to a variety of affordable, quality classes which can assist you in achieving personal, educational, and professional goals. These classes provide the Marin community with exciting lifelong learning opportunities, a place to prepare for entering college credit and transfer programs, and a center for career development classes designed to serve the working adult.

Whether you are new to the area or a longtime resident, take advantage of COM’s exclusive opportunity to learn about Marin’s Ohlone and Pomo peoples at Big Time, a celebration of Native American dancing and cultural heritage that takes place each midsummer at the Point Reyes National Seashore. Hear insightful talks by experts Betty Goerke, Gene Buvelot, and Ralph Shanks, and enjoy delicious lunch by Indigenous Edibles chef, John Ferais. See page 16 for details. • Discover world music in Mindia Klein’s Community Gamelan Ensemble and learn to play Balinese music on beautiful, handmade gamelan instruments. This may be the start of College of Marin’s Gamelan Orchestra! (page 25) • Do you like dancing to drums? Capoeira Barauna (page 31), taught by Brazilian Maestre Samuka, uses drumming, singing, dancing, and non-combative martial arts moves for a thorough workout while having nothing but fun. • You’ve seen it on The Early Show, now try it for yourself! The Kettlebells (page 32) Russian exercise craze is sweeping the country. An incredibly efficient way to burn calories, Kettlebells can give you that summer silhouette you desire. • Enjoy Marin’s gorgeous summer evenings in good company. Naturalist Sharon Barnett will lead three easy hikes on Marin’s trails in July (page 24). • While we all love a good time, we must also make a living. Improve your professional skills with top-notch instructors: Chris Johnson practices practical know-how’s with hands-on experience in: Get a Job Interview with a Great Resume and Cover Letter (page 7) and Basic Technical Writing Skills (page 35); Pamela Personette offers a customer service ‘tune-up’ in Retail Customer Service/Sales Training for Employers and Employees (page 7) • Don’t miss our sizzling Computer section (pages 8-16). New classes include: iPhone/iPod Touch Apps, Squarespace, Google Apps, Google Docs, and Adobe Flash ActionScript 3 for Non-Programmers. • For you basketball and soccer players, see page 34 for our brand new offerings on Elite Players tactics and skills taught by COM coaches Ben Studholme and David Granucci.

New for Summer 2010

Adobe Flash ActionScript 3 for Non-Programmers…………………………14-15
Basic Technical Writing Skills………………35
Big Time: Native American Festival………16
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Introduction to Kettlebells……………………32
Introduction to Shamanism…………………28
iPhone/iPod Touch Apps…………………13
Just for Grins: An International Film Festival of Comedy……………...19
Magic As A Lifestyle: An Introduction to Magic and Illusion…………6
Oh Deer! Coping with Bambi in the Garden……………………………21
One with Nature: En Plein Air Workshop……………………........…4
Painting with Fabric: The Art of Traditional Hooked Rugs…………6
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Surfing 101…………………………………24
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Yoga for Stress Release……………………29

The Community Education & Services Schedule is published four times a year by College of Marin (a nonprofit organization), 835 College Ave, Kentfield, CA 94904-2590, May 2010, Volume 12, Issue 2.
Saturday Workshops

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

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   Fast – and Cheap! ........................................7
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One with Nature:
   En Plein Air Workshop ..................................4
Qigong and Women’s Health .........................30
The World Cup 2010 ..................................34
Yoga for Every Body ..................................30

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Great Soil = Great Gardens: Home
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How to Be an ebay Power Seller ......................6
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Hiking for Experienced Hikers ....................24
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How to Write Any Book the Easy Way ........................35
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College of Marin Superintendent/President
Dr. Frances L. White

Community Education Program Staff
Janice Austin, Director, Community Education, Lifelong Learning, and International Education
Cheryl Carlson, Karen van Kriedt, Program Specialists
Jesse Klein, Administrative Assistant; Heather Peitz, Office Technician

www.marincommunityed.org
ART

Note: Students are expected to provide their own materials unless otherwise noted. Most supplies lists are available at www.marincommunityed.org (click on the course number found at the bottom of the course description). If you do not have Internet access, please call 415.485.9318, and leave your name and the name of the course for which you are registered. When in doubt, bring whatever related materials you may already have.

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’, turpentine and turpenoid, 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.

See Note above about supply lists.

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
June 19
Kentfield Campus, Fine Arts 153
Fee $65 (Includes $2 materials fee)
Course #65063 EC

Drawing and Painting Workshop

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

Bring your choice of materials to work with to the first class. Expect to spend at least $30 on supplies. Visual presentations, books, discussion.

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

6 Wednesdays, 6:40-10pm
June 16-July 21
Kentfield Campus, Fine Arts 226
Fee $181 (Includes $21 models fee)
Course #65001

One with Nature: En Plein Air Workshop

Work directly from the natural beauty of Indian Valley Campus. Classes will be held primarily outside and will cover: how to compose a successful composition in the field; how to see and evaluate values and color; capturing the quality of the location, time of day, weather. Our first class meeting will be an indoor orientation where we will discuss the history of painting en plein air using specific artists and their work as examples. We will also tour potential drawing sites.

A French easel or pochade box is recommended. Students purchase their own materials.

Bring sheets of drawing paper and charcoal to the first class. A materials list will be distributed and discussed at the first class.

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

6 Saturdays, 8:10-11am
June 19-July 24
Indian Valley Campus, Miwok 122
Fee $137
Course #65002

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 photos.

Please 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, 9:10am-1pm
- June 19-July 24
- Kentfield Campus, Fine Arts 226
- Fee $205 (Includes $53 models fee)
- Course #65047

Mixed Media: Watercolor, Acrylic, and Collage Techniques

This class is ideal for beginners, teachers, therapists, and artists seeking a fresh start. Renew your art spirit with color and 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 flooding and gradation, brushwork, compositional energy, atmospheric effects, edge tinting, textual elegance, and the use of watercolor crayon, acrylic inks, and polymer mediums for collage. Whether your work moves in realistic or abstract directions, innovative teaching methods will build self-confidence and enhance your skill. Continuing students will create a body of work.

Please bring watercolor supplies to first class and check suggested materials list online.

Carol Duchamp’s teaching style encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. Carol is an exhibiting artist who has taught for UCSC and UCLA Extensions.

- 6 Wednesdays, 6:10-9:30pm
- June 16-July 21
- Kentfield Campus, Fine Arts 151
- Fee $159 (Includes $1 materials fee)
- Course #65003

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 consult with the instructor for direction. We will work from studio still life and landscape. All subject matter welcome including abstraction.

Bring whatever watercolor supplies you may have to the first class. Materials will be discussed, and you are expected to purchase your own.

Please see Note regarding materials under Art heading above.

- Nancy Johnson
- 5 Saturdays, 10:10am-1pm
- June 26-July 24
- Kentfield Campus, Fine Arts 151
- Fee $67
- Course #65048 EC

The Flow of Watercolor: Simple and Beautiful!

Make every brush stroke count as you connect with the beauty surrounding you! We will simplify flowers, landscapes, and figures using a mix of Asian and traditional watercolor techniques. Spending some time indoors and outdoors, we will use less pencil and directly apply varying thicknesses of paint in a flowing fashion to connect with the subject and develop meaningful passages within our paintings.

All levels welcome. Continuing students may choose to work independently. Individual attention will be given as time allows. Please see Note regarding materials under the Art heading above.

Julie Cohn has been an exhibiting painter and teacher for over 20 years.

- 6 Wednesdays, 2:10-5pm
- June 16-July 21
- Kentfield Campus, Fine Arts 153
- Fee $86 (Includes $10 materials fee)
- Course #65049 EC

Chalk Pastels and Mixed Media Summer Workshop

This intensive workshop combines drawing and painting in chalk pastels with other media in a format that is designed to expand your ideas and your skills. The first week after an initial introduction to pastels, we will concentrate on projects introducing you to a specific medium (gouache, watercolor, brush or pen and ink, collage, monoprint, etc.) to use with the chalks. During the second week you choose the media and the projects. The atmosphere is experimental and emphasizes your individual expressive potential. Slides, videos, and discussions are included.

Bring paper, a drawing board and any pastel supplies you may already have to the first class. Bring a bag lunch.

Marianna Goodheart is an exhibiting artist who has been teaching Chalk Pastels since 1982.

- 2 Tuesdays, 2 Wednesdays, 2 Thursdays
- 10:10am-3pm
- June 22-July 1
- Kentfield Campus, Fine Arts 151
- Fee $191
- Course #65004
Painting with Fabric: The Art of Traditional Hooked Rugs

Traditional Hooked Rugs, an art form born of domestic thrift, has become an important fixture in the canon of American folk art. In the 19th century, homemakers would use old wool clothing and draperies which they would cut into narrow strips and pull up a series of loops through a backing to create magnificent rugs and pillows. Today, rug hookers dye their own wool and go to thrift shops to find wool clothing. Designs can vary from traditional, to country, to modern.

In this class, you will start with a kit, learn how to design your own pattern, learn color planning, and more. Kits are covered by the materials fee, and you will have your choice of three options for your first project.

**Basha Quilici** is an interior designer and a certified McGown instructor in the art of traditional hooked rugs.

- 6 Tuesdays, 12:10-3pm
- June 15-July 20
- Kentfield Campus, Temporary Building 101
- Fee $175 (Includes $61 materials fee)
- Course #65124

Also of interest ...

**Voice Overs ...**

See page 18.

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

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

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

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

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

- Saturday, 9am-1pm
- June 19
- Kentfield Campus, Harlan Center 170
- Fee $78 (Includes $30 materials fee)
- Course #65051

How to Be an eBay Power Seller

Over 100 million people worldwide have bought or sold on eBay and hundreds of thousands of new entrepreneurs now make their living selling on eBay. This course will cover eBay and its competitors, as well as online stores. Our discussion will focus on what it takes to be a Power Seller doing significant volume. There is considerable research and “lore” to be covered about starting prices, reserves, pictures, PayPal, and when to sell.
The most important decision you will make is what to sell. You can sell services or merchandise, your own or others. You will leave with a CD containing an 80-page manual.

Rick Crandall, PhD, is an active Power Seller who sells about 75% on the first listing (vs. only about 45% of average listings) and often sells items for more than the second time around.

- Saturday, 1-5pm
- June 26
- Kentfield Campus, Harlan Center 161
- Fee $60 (Includes $10 materials fee)
- Course #65006

PROFESSIONAL DEVELOPMENT

Get a Job Interview with a Great Resume and Cover Letter

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

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

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

- 3 Tuesdays, 6:40-9:30pm
- June 22-July 6
- Kentfield Campus, Harlan Center 169
- Fee $77 (Includes $1 materials fee)
- Course #65050

Retail Customer Service/Sales Training for Employers and Employees

In this interactive workshop, you will be offered exclusive tips and techniques that can be used in the daily interaction with retail customers in order to make a connection, increase sales, and provide outstanding customer services. Some of the topics to be covered include:

- How to make the customer feel special
- Honing observation and listening skills
- Customizing each customer’s experience
- Using proper telephone etiquette
- How to handle mistakes gracefully

Unlike other training, this workshop uses Montessori-inspired educational principles which effectively translate to your work in the retail store. The instructor uses real-life examples to illustrate the workshop points.

Pamela Personette, MA (Education), developed this class specifically for retail stores.

- Monday, 6:40-9:30pm
- June 28
- Kentfield Campus, Harlan Center 169
- Fee $44 (Includes $1 materials fee)
- Course #65082

How to Start Your Business Fast – and Cheap!

By moving fast on a business, you put momentum on your side. Whether home-based, retail, or services, this course will cover all the basics involved with starting a new business, such as DBAs, legal forms, bank accounts, business cards, licenses, insurance, and outside help – but it will focus on how to move fast on a budget!

We will cover:

- How to choose a business
- Three ways to move forward if you don’t have the money you need
- Finding customers
- How to make the RIGHT mistakes
- Finding free help and partners
- Online businesses
- Three types of test retail space
- Manufacturing tricks and resources

Dr. Rick Crandall has helped hundreds of new businesses get up and running profitably and quickly through the Community Entrepreneurs Organization.

- Saturday, 1-5pm
- June 19
- Kentfield Campus, Harlan Center 161
- Fee $60 (Includes $10 materials fee)
- Course #65005
ONLINE MARKETING CLASSES

For registration information, please refer “To Register for Classes Taught Online” on page 38, or go to www.marin-communityed.org. The dates shown below are the starting dates for the associated course number.

Mystery Shopping

Get paid to go shopping as a freelance mystery shopper! Mystery shopping is used by hundreds of well-known businesses in the United States to ensure consistent, top-quality customer service from their employees. Paid shoppers earn from $10-$40 per hour and are in regular demand. This four week, Internet-based, online course will provide you with information about how to become a freelance shopper or to set up your own business service. The course has four modules and includes case studies, exercises, and handouts.

This open entry, open exit class can be begun at any time. Register using the course number below, and you will be contacted by the instructor within a week of registering.

- Rick Sheridan
- Fee $79
- Course #65007

Import Export Now!

In these unusual times self-employment may no longer seem an option, but a necessity. For those seeking a career self-employed in import/export goods or services and who want a step-by-step, ‘hands-on’ course, we offer this nine-week seminar over the internet. Appropriate for people with no business background, as well as established businesses looking for new trade, this course is highly rated for its content and delivery.

Develop your product or service, find the best suppliers, best customers, work with banks, currency issues, insurance companies, government agencies, and other trade entities, plus learn licensing and permits for world-wide trade.

The self-paced course has plenty of one-on-one email contact with the instructor and optional weekly live online sessions. Upon course completion, you may join a listserv of former students, providing continued access to the instructor and peers.

- John Spiers
- 9 Wednesdays, 6-8pm Pacific time
- June 23-Aug. 18
- Fee $95
- Course #65008

COMPUTER CENTER

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

TEXTBOOKS FOR COMPUTER CLASSES

Students are expected to purchase their own textbook prior to the first class meeting. The same textbook will be used for all classes with the same subject area, i.e., all classes on Excel will use the same textbook. The one exception is when a class is not textbook-based. This will be clearly stated in the course description below when applicable.

A Computer Textbook Source List of local bookstores and online sources for textbooks can be found at www.marin-communityed.org. Click on Computer Courses, and you will find a link under Microcomputer Center. If you do not have internet access, please call 415.485.9318 and leave a request for the List to be mailed to you. Remember to leave your mailing address.

Occasionally a class is cancelled. When that happens, please look for the class in the next quarter when the same textbook will be used.
A registration form is at the center of this schedule.

### IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to ensure your seat. Be sure to review ‘Registration Information’ on page 38 before registering.

You are expected to have:

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

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

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

### Hands-On Computer Courses

#### Adobe Flash ActionScript 3 for Non-Programmers,
- Beg. Intern. & Adv. ..........................14-15

#### Computer Fundamentals I & II ..........................9, 10

#### Dreamweaver, Intro. & Intern. .............13, 14

#### Excel 2007, Intern. ..............................11

#### Google Apps: Gmail, Calendar, Docs, and Sites..........................................................13

#### Google Docs:
- Documents, Spreadsheets, Presentations, and Forms .................12

#### Illustrator, Intern., Intern., & Adv. ..............14

#### Internet Basics for Seniors ..........................9

#### iPhone/iPod Touch Apps,
- Intro. to ...........................................13

#### Macintosh, Intro. & Intern. ..........................10

#### Outlook 2007, Intro. ...............................12

#### Photoshop, I, II, III, & IV ..........................15-16

#### PowerPoint 2007, Intern., Intern., & Adv. ..............11-12

#### QuickBooks Pro 2010, Intro. ..........................12

###Петербург.com: Fast,
- Easy Website Creation ............................13

#### Windows 7, Intro. ...............................10

#### Word 2007, Intro. ...............................10

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 8.

#### Internet Basics for Seniors

In this class, you will learn new and interesting ways to immediately bring you closer to your children and grandchildren. During the first week, you will set up a free email account, learn to send and receive emails; manage your mail; deal with spam (junk mail); send and receive photos; and learn email etiquette (NO CAPS!). In week two, have fun researching your favorite topic using basic and Advanced Search techniques. Learn tips for shopping safely online. During week three, we will answer the questions ‘What is Social Networking?’ and ‘Do I need it?’ Includes an introduction to Facebook, Twitter, Flickr, Meetup, and sites specifically for seniors.

Instruction in this class is not textbook-based.

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

- 1 Tuesday & 1 Thursday, 10am-12noon
- July 6 & 8
- Indian Valley Campus, Ohlone 216

**Fee $58 (Includes $2 materials fee)**

**Course #65096 EC**

#### Computer Fundamentals I

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

Instruction in this class is not textbook-based.

**Levi Allen**

- Monday, 9am-12noon
- June 14
- Indian Valley Campus, Ohlone 216

**Fee $38**

**Course #65083**

A registration form is at the center of this schedule.
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 secret of computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way you will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

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

Instruction in this class is not textbook-based.
- Levi Allen
- 2 Mondays, 9am-12noon
- June 21 & 28
- Indian Valley Campus, Ohlone 216
- Fee $76
- Course #65084

Introduction to Windows 7

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

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

- Levi Allen
- 2 Mondays, July 12 & 19
- July 12, 9am-4pm
- July 19, 9am-12noon
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65085

Introduction to the Macintosh

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

- Steve Salzman
- 3 Tuesdays, 7-10pm
- June 15-29
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65118

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 8.

Intermediate Macintosh

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

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

- Steve Salzman
- 3 Tuesdays, 7-10pm
- July 6-20
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65119

Introduction to Word 2007

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

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


**Levi Allen**
- 2 Saturdays, June 19 & 26
- June 19, 9am-4pm
- June 26, 9am-12noon
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #65086**

**Introduction to Excel 2007**

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

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

A text, which is covered by the materials fee, will be distributed in class.

**Levi Allen**
- 3 Mondays, 6-9pm
- June 14-28
- **Indian Valley Campus**, Ohlone 216
- Fee $114 (Includes $27 materials fee)
- **Course #65087**

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

**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.

**Yvonne Ortiz**
- 3 Thursdays, 6-9pm
- July 8-22
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #65088**

**Introduction to PowerPoint 2007**

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

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


**Jazmine Loiselle**
- 2 Wednesdays, June 16 & 23
- June 16, 9am-4pm
- June 23, 9am-12noon
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #65097**

**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.


**Jazmine Loiselle**
- 2 Wednesdays, June 23 & 30
- June 23, 1-4pm
- June 30, 9am-4pm
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #65098**
Advanced PowerPoint 2007

Become a PowerPoint expert by learning how to integrate images from a camera, scanner, and the Internet. Create links from Excel and Word, create a custom slide show, use action buttons, and design advanced animations. We will work with various sound formats and insert a narration.

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


- **Jazmine Loiselle**
- **Wednesday, 9am-4pm**
- **Indian Valley Campus**, Ohlone 216
- **Fee $76**
- **Course #65099**

Introduction to Outlook 2007

Learn about e-mail and the other powerful parts of Outlook to help better manage your time or business. We will teach you e-mail features such as how to manage folders, search for that lost e-mail, mark e-mails for follow up, creating signatures, and setting e-mail preferenc es. We will also cover: contacts and how to manage them and build a distribution list; the calendar and how to schedule repeating events; set reminders and, if time permits, export them to other programs or your PDA, as well as tasks, notes, and journals.

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

A text, which is covered by the materials fee, will be distributed in class.

- **Jazmine Loiselle**
- **Wednesday, 9am-4pm**
- **July 14**
- **Indian Valley Campus**, Ohlone 216
- **Fee $101 (Includes $25 materials fee)**
- **Course #65100**

Introduction to QuickBooks Pro 2010

In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials.

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


- **Pamela Lyons**
- **3 Tuesdays, 6-9pm**
- **June 22-July 6**
- **Indian Valley Campus**, Ohlone 216
- **Fee $114**
- **Course #65089**

Google Docs: Documents, Spreadsheets, Presentations, and Forms

Join the companies, schools, individuals, and organizations who are using the power and accessibility of “cloud computing” — online computer programs — to create documents, collaborate online, and store them online. Google Docs is a free, easy-to-learn suite of applications for word processing, spreadsheets, presentations, and forms.

You will learn to create, edit, and format files—docs, spreadsheets, presentations, and forms — both from scratch and from templates. Then you can choose to share them for viewing and/or editing privileges, to publish them to their own web address, or to your own web site. They will be conveniently available to you (and to those with whom you grant access to the files) from anywhere in the world where there is an internet connection.

Also learn to insert photos, art, charts and graphs, sound, video, and internet links; and create formulas, use functions, and animate presentations.


- **Lynda Banks**
- **3 Tuesdays, 1-4pm**
- **June 22-July 6**
- **Indian Valley Campus**, Pomo 192
- **Fee $114**
- **Course #65101**

Classes start Monday, June 14. Register early.
Google Apps: Gmail, Calendar, Docs, and Sites

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

Instruction in this class is not text-based.

Gera Yeramin is a web producer and business consultant.

- 6 Wednesdays, 6:30-8:30pm
- June 16-July 21
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65125

Introduction to iPhone/iPod Touch Apps

Transform your cell phone or iPods into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this three-hour 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 in the country. All course material can be loaded and viewed on the iPhone/iPod Touch.

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.

Recommended text: Pogue, David. iPhone: The Missing Manual: Covers All Models with 3.0 Software—including the iPhone 3GS. O’Reilly Media. 2009

- Steve Salzman
- Saturday, 1-4pm
- June 26
- Indian Valley Campus, Pomo 192
- Fee $45
- Course #65121

Introduction to Dreamweaver

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

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


- Steve Salzman
- 3 Wednesdays, 7-10pm
- June 16-30
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65122

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 8.
COMPUTERS

Intermediate Dreamweaver

Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets), automatic updating of smart objects, learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces and go more in-depth with site management and uploading/maintaining your website via a built in FTP client.

This class builds upon skills that are learned in Introduction to Dreamweaver.


- Steve Salzman
- 3 Wednesdays, 7-10pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65123

Introduction to Illustrator

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

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


- Lynda Banks
- 2 Fridays, June 25 & July 9 (No class July 2)
- June 25, 1-4pm
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65103

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 8.

Advanced Illustrator

Take your knowledge of Illustrator to the next level! Create 3D objects and map art to 3D surfaces, gradient mesh tool, warp distortion, and envelopes, actions, web graphics, and how to export your file to Flash for animation.

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


- Lynda Banks
- 2 Fridays, July 16 & 23
- July 16, 9am-4pm
- July 23, 9am-12noon
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65104

Beginning Adobe Flash ActionScript 3 for Non-Programmers

For those of you who have taken the Flash CS4 series in previous quarters or have equivalent experience, it is time to learn ActionScript to give your projects interactivity and make Flash do what you want, whether it is building a portfolio, website, quiz, or a simple game. In this beginning class, created especially for non-programmers, you will learn the basics of ActionScript code in order to build a solid foundation in the fundamentals. We will begin with the vocabulary, elements of coding, and learn how to: make buttons interactive, control the timeline, create drop and drop movie clips, control the properties of objects on the stage, import external assets, and interpret code so that you can modify it to do what you need.

Strongly recommended: Flash CS4 series (beginning, intermediate, and advanced) or equivalent Flash CS4 experience. (The Flash series is not offered this summer, but will return in the fall!!)

- Steve Salzman
- 3 Wednesdays, 7-10pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65123

Intermediate Illustrator

We will cover symbols and the use of symbol tools, brushes, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, 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, June 18 & 25
- June 18, 9am-4pm
- June 25, 9am-12noon
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65102

- Lynda Banks
- 2 Fridays, June 18 & 25
- June 18, 9am-4pm
- June 25, 9am-12noon
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #65102

**Lynda Banks**
- 2 Mondays & 1 Thursday, 7-10pm
- June 14-21
- **Indian Valley Campus**, Pomo 192
- Fee $114
- **Course #65105**

**Intermediate Adobe Flash**

**ActionScript 3 for Non-Programmers**

In this intermediate course you will continue to build your ActionScript foundation by learning more fundamentals, and how to: create dynamic text fields and forms, scrolling text, importing and controlling sound and videos, controlling nested movie clips, create a pre-loader, use arrays, and begin coding a web site. You will also learn to draw vector shapes with ActionScript code, use condition statements, and create a gallery. As in the Beginning classes, you will be provided with files that are coded, along with duplicate files that are ready for you to enter your code.


**Lynda Banks**
- 2 Thursdays & 1 Monday, 7-10pm
- July 8-15
- **Indian Valley Campus**, Pomo 192
- Fee $114
- **Course #65106**

**Advanced Adobe Flash**

**ActionScript 3 for Non-Programmers**

In this Advanced class, you will extend your knowledge of ActionScript by learning about classes and extending classes, and how to: create an external ActionScript file, use math to perform tasks, learn about mathematical operators and number data types, continue your work on the web site you began in Intermediate, and program a simple game chosen by the class from among a selection of games. As in the Beginning and Intermediate classes, you will be provided with files that are coded, along with duplicate files that are ready for you to enter your code.

**Prerequisites:** the *Flash CS4* series (beginning, intermediate, and advanced) or equivalent experience, and *Beginning and Intermediate Adobe Flash ActionScript 3 for Non-Programmers*, or equivalent Flash CS4 experience.


**Lynda Banks**
- 2 Thursdays & 1 Monday, 7-10pm
- July 8-15
- **Indian Valley Campus**, Pomo 192
- Fee $114
- **Course #65107**

**Photoshop I**

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

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


**Jazmine Loiselle**
- 2 Thursdays, June 17 & 24
- June 17, 9am-4pm
- June 24, 9am-12noon
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #65108**

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

Recommended text: *Peachpit Press Visual Quick Start Guide Series, Adobe Photoshop CS4*
- Jazmine Loiselle
- 2 Thursdays, June 24 & July 1
- June 24, 1pm-4pm
- July 1, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65109

Photoshop III

Enhance digital imaging with more special effects. Learn about type effects, the creation of graphic elements, web transparencies, masks for printing, and the CMYK print environment. Discover how to create and use channels for blending photos, art images, and more.

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

Recommended text: *Peachpit Press Visual Quick Start Guide Series, Adobe Photoshop CS4*
- Jazmine Loiselle
- 2 Thursdays, July 8 & 15
- July 8, 1pm-4pm
- July 15, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #65110

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

Photoshop IV

Develop a broader understanding of the application of layer masks and channel masks. Learn how to apply these masks to achieve the ultimate image editing control for both print and web. We will also learn about exporting and importing images, streamlining the integration of Photoshop with other programs, and additional tips and tricks.

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

Recommended text: *Peachpit Press Visual Quick Start Guide Series, Adobe Photoshop CS4*
- Jazmine Loiselle
- Thursday, 9am-4pm
- July 22
- Indian Valley Campus, Ohlone 216
- Fee $76
- Course #65111

Also of interest ...

Photoshop Elements: The Digital Darkroom

See pages 28-29.

CULTURAL AND ETHNIC STUDIES

**Big Time: Native American Festival**

July 17, 2010, is the 30th anniversary of the annual celebration of Big Time, a Native American festival held each year at mid-summer. Coast Miwok and Pomo peoples gather at Kule Loklo, a reconstructed Miwok village within Point Reyes National Seashore, to dance and celebrate their heritage. This year, College of Marin, in partnership with the Miwok Archeological Preserve of Marin (MAPOM), and the Point Reyes National Seashore, offers an exclusive addition to the day with expert speakers and an authentic Native American meal.

Join us for Big Time at the Point Reyes Dance Palace and learn about Marin’s indigenous peoples. Betty Goerke, author of Chief Marin: Leader, Rebel, and Legend, will speak on a Short History of Native People at Point Reyes; California basketry expert Ralph Shanks will present Basketry of Central California; and Gene Buvelot addresses The Coast Miwok: Where Are They Today?

Following the talks, you will enjoy a delicious Native American box lunch (covered by the materials fee), created by Chef John Farais of Indigenous Edibles.
The menu includes:
- Broiled Salmon with Blackberry Ketchup
- Citrus Seaweed Salad tossed with Field Greens/Agave Nectar Vinaigrette
- Acorn Brownie
- Mint Tea with Maple Syrup

After lunch, you are invited to drive to Bear Valley Visitors Center (about 3 miles) to view traditional California Native American dancing followed by informal, guided tours of Kule Loklo. There will be demonstrations of native skills (beadmaking, basketry, stone tool production) and a crafts fair.

There is no entry fee to the festival. Students provide their own transportation.
- Saturday, 10am-12:30pm
- July 17
- Dance Palace
- 503 B Street, Point Reyes Station
- Fee $24 (Includes $18 special fee)
- Course #65131

**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
- July 6-27
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $55
- Course #65009

**Argentine Tango Workshops**
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! All levels of ability are welcome.

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

**For each course listed below:**
- 6 Fridays
- June 18-July 23
- Kentfield Campus, Physical Education Center 60

To register for both courses listed below at a reduced fee:
- Fee $96
- Course #65010

**Beginning Argentine Tango**
This course is an introduction to the social form of Argentine Tango as danced in Buenos Aires. No previous experience necessary! You will learn a code of movement that will get you started with this improvised dance. Embrace, posture, connection with your partner, and basic navigation on the dance floor will be emphasized. It is highly recommended that this class be taken in conjunction with Argentine Tango: Practica which is held directly following this class. To register for both this class and the next at a discount, use #65010 (described above).

Appropriate shoes will be discussed in class.
- 7:10-8pm
- Fee $52
- Course #65011

**Argentine Tango: Practica**
This course is open to all levels. The first 20 minutes of this class will be devoted to the exploration of Argentine Tango culture through the presentation of films, music, lectures, and discussions. Practice what you have learned in Level 1 during the remaining supervised Practica portion of this class. A ‘challenge figure’ will be presented to the more experienced students each week.

Drop ins are welcome at Practica, starting at 8:30 p.m. for $7. Please see the instructor at the beginning of class.

Recommended: Registration in Beginning Argentine Tango or previous experience in Argentine Tango.
- 8:10-10pm
- Fee $72
- Course #65012

* A registration form is at the center of this schedule.*
Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.
- 6 Fridays, 6:10-7:30pm
- June 18-July 23
- Kentfield Campus, Physical Education Center 22
- Fee $69
- Course #65014

Traditional Samba

Samba is a traditional Afro-Brazilian art form which blends music, dance, and exercise to promote wellness. Accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiros (tambourines), you will learn and practice the basic steps of a traditional samba circle dance. Register early to assure your place in class.

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.
- 5 Mondays, 7:10-8:30pm
- June 14-July 19 (No class July 5)
- Kentfield Campus, Physical Education Center 22
- Fee $58
- Course #65015

Also of interest ...

Capoeira Barauna: An Afro-Brazilian Martial Art
See page 31.

Samba for Health

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

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.
- 6 Wednesdays, 8:10-9:30am
- June 16-July 21
- Indian Valley Campus, Miwok 170
- Fee $49
- Course #65020 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 an audio tape and a bag lunch to both classes.

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
- July 10 & 17
- Kentfield Campus, Temporary Building 119
- Fee $99 (Includes $2 materials fee)
- Course #65016
HEALTH & WELLNESS

FILM APPRECIATION

Just for Grins: An International Film Festival of Comedy

Summer is the perfect time to sit back, relax, and have a good laugh. What better way to do that than to look at comedies from around the world and think about what it is we find funny and how that changes from one culture to another. Good comedy is a delicate juggling act, keeping intellectual, physical, and socio/political themes all zinging through the air. Three of the films for Summer are: Good Bye Lenin! (Germany 2003), Cosi (Australia 1995), Waking Ned Devine (Ireland 1998).

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

■ 6 Thursdays, 2:10-5pm
■ June 17-July 22
■ Kentfield Campus, Harlan Center 170
■ Fee $77 (Includes $1 special fee)
■ Course #65017 EC

FOODS & WINE

Creative Seasonal Cooking: The Abundance of Summer

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

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

Convenient parking is available at the pay parking garage across the street.


■ 6 Saturdays, 10am-12:30pm
■ June 19-July 24
■ Marin Youth Center (The MYC)
■ 1115 3rd Street, San Rafael
■ Fee $167 (Includes $71 materials/special fee)
■ Course #65052

Wines of California and the Northwest

Learn about the wine and wine grape growing regions in California, Washington, and Oregon. We will explore the principle growing regions, taste representative wines, and discuss their uniqueness to each area.

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

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

■ 6 Wednesdays, 7-9pm
■ June 16-July 21
■ Osher Marin Jewish Community Center
■ 200 N. San Pedro Rd. San Rafael
■ Fee $148 (Includes $70 special fee)
■ Course #65018

HEALTH & WELLNESS

Finding Healing Within

Guided imagery is a transformative tool that can greatly enhance your ability to heal from emotional, mental, and physical wounding. In this introductory course, you will learn how to use your imagination to create an inner healing environment and access spiritual resources for the purpose of fostering stress reduction, inner peace, spiritual connection, emotional healing, and greater well-being. Topics include: The Power of the Imagination to Heal; Creating Inner Safety, and The “Spiritual Internet.”

No prior experience with guided imagery is needed. Class will consist of lecture, discussion, journaling, and guided imagery meditations. Please bring a notebook for journaling to class.

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

■ 4 Fridays, 10:10-12noon
■ June 25-July 16
■ Kentfield Campus, Physical Education Center 92
■ Fee $59 (Includes $1 materials fee)
■ Course #65090 EC

www.marincommunityed.org
The Gifts of Menopause: How to Get a Good Night’s Sleep

Menopause is a time for assessment and reevaluation. In this class, you will learn powerful tools that help you to sleep soundly and thrive, including a body-centered meditation practice to calm the mind and relax the body. Class covers how to:

• Cultivate an ‘Inner Pharmacy of Feel-Good Biochemicals’ for heightened well-being
• Develop a playful relationship with your mind
• Make choices during the day that promote sound sleep at night
• Identify and choose supportive activities over draining activities

Join this class and take the opportunity to greatly improve your ability to sleep while also meeting other women going through similar experiences.

Please bring a binder and a blanket to lie on to each class.

Maya Durie, MEd, CMT, GCFP, has a bodywork practice in the Bay Area since 2001.

6 Thursdays, 6:40-8:30pm
June 17-July 22
Kentfield Campus, Harlan Center 169
Fee $79 (Includes $1 materials fee)
Course #65064 EC

A Day of Joy

Western psychology has been dominated by processes that probe pain and trauma. But in the myth, song, and poetry of all cultures, we find the beat of a different drummer: moments of peace, love, and silence, which also change us—perhaps even more radically. In this one-day workshop, we will explore the human capacity for joy as it has appeared in story, song, and poetry throughout history. And through meditation, story-telling, and artistic expression, we will invite more bliss into our lives.

Please bring a bag lunch; we will meet through the lunch hour.

Prartho Sereno, MA, author of Everyday Miracles: An A to Z Guide to the Simple Wonders of Life, worked as a counselor for 15 years in correctional facilities, colleges, and psychiatric clinics. She was a meditation/yoga instructor at Cornell University for five years and has taught as a Poet in the Schools in Marin for the past 10 years.

Saturday, 9:30am-2:30pm
June 26
Kentfield Campus, Harlan Center 170
Fee $32
Course #65019 EC

Also of interest ...
Samba for Health
See page 18.

DENTAL ASSISTING

To register for the following class, please e-mail Grace Hom at grace.hom@marin.edu, or call 415.485.9327 and request the flyer and registration form. Be sure to leave your mailing address. Please follow the instructions on the flyer to submit your registration. Enrollment is limited; register early.

Pit And Fissure Sealants

This course is approved by the Department of Consumer Affairs, Dental Board Division. Participants who successfully complete course requirements and pass evaluations will earn their Certificate in Pit and Fissure Sealants for the State of California.

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

Prerequisite: RDA License or RDA Applicant, current CPR, Coronal Polish Certificate. Class is limited to 12. Fee includes syllabus and all supplies. Lab coats or uniforms and gloves are required for all classes. There are no Continuing Education Hours given for this course.
A registration form is at the center of this schedule.

HIGH SCHOOL

Writing Personal Essays for Your College Applications That Will Get You Noticed

College Admissions officers read thousands of essays each year, so how do you make them take notice of yours? It’s not by using every vocabulary word you learned for the SAT Exam, but by presenting an essay that showcases your own unique story, told in your own voice. This course will help you create a dynamic essay that can adapt to the specific needs of different applications, as well as hone your skills in editing and developing writing topics.

Suresa Dundes (MA Education, MFA Theatre) has been teaching writing to college and high school students for many years. She is a partner in a private college counseling service, where she specializes in working with students developing college entrance essays. She writes fiction, screenplays, and creative nonfiction.

- 3 Thursdays, 10-11:30am
- July 1-15
- Kentfield Campus, Olney Hall 103
- Fee $48 (Includes $1 materials fee)
- Course #65021

HOMES AND GARDENS

Energy Saving Techniques for Your Home and Your Pocketbook

This course is designed for homeowners who are interested in reducing their home energy use and evaluating new green energy technologies. By evaluating your current structure and building “envelope” along with appliances, windows, insulation, and your current energy consumption, you will be in a position to take action and implement changes needed to reduce your energy use. We will also look into several green energy options now available. Bring your December and July PG&E bill to class.

How to take advantage of PG&E rebates and incentives will be covered.

Scott Smith is a Crawlspace Moisture Control Specialist and CMC Certified Energy Inspector.

- Saturday, 9:10-1pm
- July 17
- Kentfield Campus, Harlan Center 170
- Fee $47 (Include $1 materials fee)
- Course #65091

Also of interest ...

Painting with Fabric: The Art of Traditional Hooked Rugs
See page 6.

Oh Deer! Coping with Bambi in the Garden

Gardeners in the Bay Area frequently experience the ravages of deer. These wily creatures can do extensive damage in rural and suburban gardens by consuming both edible crops and ornamental plantings. This one-session workshop will provide all the information you’ll need to garden successfully in deer country.

Class includes lecture and a Q&A session. Please bring a notebook and pen for note-taking.

Bob Hornback is a horticulture instructor and an avid plantsman, who copes with deer on a daily basis in his woodland garden near Occidental, in Sonoma County.

- Saturday, 9:10-12noon
- June 19
- Kentfield Campus, Harlan Center 169
- Fee $43
- Course #65092
Great Soils = Great Gardens: Home Composting Made Easy

Learn about different soil types and how to improve the fertility of any soil type with various organic and sustainable methods. Discussions will include the environmental impact of gardening; the basic science behind the decomposition process; and how to harness this process to recycle yard trimmings and kitchen waste. The emphasis will be on practical applications with a field trip to a private garden for hands-on instruction in worm composting, sheet mulching, and building a hot compost pile. Each student is eligible to purchase a Smith and Hawken’s Biostack compost bin for the subsidized price of $25. Subsidy provided by the Marin County Hazardous and Solid Waste Management Joint Powers Authority. Checks only, please, made out to the Dept of Public Works. Limit one bin per Marin County household. Biostacks will be available for pick up at a site near the college on the day of the class.

For each course below:
- Charlotte Torgovitsky
- Saturday, 10am-1pm
- Kentfield Campus, Temporary Building 101
- Fee $35
- June 26/Course #65053
- July 10/Course #65054

INTENSIVE ENGLISH PROGRAM (ESL)
INDIAN VALLEY CAMPUS, NOVATO

FOR LEVEL 2 AND 3 STUDENTS

The Intensive English Program is an international community of English language learners located at the beautiful, naturally-landscaped Indian Valley Campus. Small classes, excellent instructors, and fun, but rigorous coursework are key to our more than 30 years of success in Marin County. We welcome Marin residents, au pairs, F-1 international students residing in the U.S., and other students learning English as their second language. Join us for an in-depth, exhilarating experience.

• SMALL CLASSES • 6 WEEKS • TOEFL PREPARATION
• LEVEL 2 & 3 COURSES FOR INTERMEDIATE AND ADVANCED STUDENTS

Summer 2010: June 14-July 22 (No class July 5)
Courses meet for 6 weeks
The following courses are designed for Level 2 & 3 students and are not intended for Beginning students.
A Certificate of Attendance is issued at our Graduation Ceremony on July 23, 2010.

Writing with Grammar Practice
Level 2
Monday/Wednesday, 7:10-9pm
Fee $185/Course #65043

Writing with Grammar Practice
Level 3
Monday/Wednesday, 10:10-12noon
Fee $185/Course #65044

Speaking/Listening/Pronunciation
Level 2
Tuesday/Thursday, 7:10-9pm
Fee $202/Course #65045

Speaking/Listening/Pronunciation
Level 3
Tuesday/Thursday, 10:10-12noon
Fee $202/Course #65046

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

Fall 2010: August 17—December 3
Courses meet for 16 weeks
Apply now! F-1 International Students (new and transfer) welcome!
For schedule and downloadable F-1 application: www.marincommunityed.org
Contact paulette.foster@marin.edu
LITERATURE

Shakespeare in Literature and Film

This course focuses on close critical reading and response to Shakespeare’s major plays. We consider three plays of love, sex, death, gender, and power — Macbeth, a powerful and disturbing tragedy, Richard II, a history that considers the relation between psychology and politics, and A Midsummer Night’s Dream, a witty and playful festive comedy. Viewing performances on film as well as reading from the texts, we will explore Shakespeare’s complex interplay of voices and his subtle, sophisticated use of language.

- Margo Nashner Fields, MA, MFT
- 6 Fridays, 10:10am-12:30pm
- June 18-July 23
- Kentfield Campus, Physical Fitness Center 91
- Fee $68 (Includes $1 materials fee)
- Course #65065 EC

Poetry of the Spirit and Consciousness

The course will focus on spiritual poetry of the last 1,000 years to bring out the mystical connection between various traditions. Each week we will read aloud five to six poems from poets such as Rumi, Hafiz, Kabir, Mirabai, St. John of the Cross, St. Teresa of Avila, St. Catherine, and Rilke. Through discussion and brief meditation periods, we will enrich our knowledge and understanding of spiritual poetry, mysticism, and the nature of consciousness.

Recommended text: Mala of the Heart (Pub. New world Library 01-01-2010), edited by Ravi Nathwani and Kate Vogt

Ravi Nathwani was born into a business family in East Africa and raised in India in the Vaishnav Hindu tradition. He has become a modern-day messenger of a variety of Vedic studies through his lectures and workshops.

- 4 Thursdays, 2:10-4pm
- June 17-July 8
- Kentfield Campus, Harlan Center 127
- Fee $42 (Includes $1 materials fee)
- Course #65055 EC

MARIN ADVENTURES

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

Itineraries: With the exception of Bird-Watching in Marin, itineraries for the classes listed below are available on www.marincommunityed.org. Go to the Marin Adventures section and double-click on the appropriate course number. If you do not have internet access, call 415.485.9305 and press 4 when you hear the automated voice. Please leave a detailed request, including the class you are registered for and your name and mailing address.

Mountain Biking in Marin

We live in a beautiful location with lots of open spaces and mountain bike trails to explore and enjoy. Instruction in mountain bike skills is provided for beginning to intermediate mountain bikers, including bike handling, maintenance, trail etiquette, and learning local mountain bike trails.

We will meet at trailheads. You must provide your own bike. Please see both Note and Itineraries above.

- Christy Murphy, MA (Exercise Science)
- 5 Tuesdays, 4:10-6pm
- June 15-July 13
- Locations: See Itineraries Note above
- Fee $76
- Course #65056

www.marincommunityed.org
Bird-Watching in Marin:
A Field Exploration

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

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

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
- June 15
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- June 22-July 13
- Fee $92
- Course #65057 EC

Easy Summer Evening Hikes

Enjoy Marin’s gorgeous summer evenings and stunning sunsets in good company. Hikes will be around four miles. 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 1,000 feet of elevation gain.

Please see both Note and Itineraries above. Please, dogs are not invited to this class.

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

- 3 Wednesdays, 6-9pm
- July 7-21
- Locations: See Itineraries Note above
- Fee $69
- Course #65066

Hiking for Experienced Hikers

For those of you who hike with Sharon in her Beginning Hiking class during the rest of the year and want to stretch your legs further and farther. This strenuous hike will afford spectacular views and, as always, we will discuss what we see along the way. Participants must be in good physical condition and capable of hiking, without undue fatigue, 8-10 miles at a 20-minute mile pace on uneven terrain with about 2,000 feet of elevation gain.

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

- Sharon Barnett
- Saturday, 10am-4pm
- July 10
- Locations: See Itineraries Note above
- Fee $33
- Course #65067 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 two meetings are in the classroom, the second meeting will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last three sessions will meet on a sheltered beach, possibly Stinson and/or Pacifica. Students provide their own transportation.

Bring your own wet suit and board, or rent them ($30-$45). Rental information will be provided in class. Bring your lunch, drinking water, and sunscreen. Be prepared for sun.

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

- 5 Saturdays, June 26-July 24
- June 26 & July 3, 9-11am
- Kentfield Campus, Physical Education Center 91
- July 10-24, 9am-12:30pm
- Ocean beaches
- Fee $158
- Course #65069
MUSIC

Jimi Hendrix: His Life and Music

Back by popular demand! Trace Hendrix’s musical roots through rare videos and audio with rock archivist Steven Roby. For the past 30 years, Roby has uncovered lost gems like Hendrix jamming with Little Richard and actress Jayne Mansfield. Learn the real story behind “Purple Haze” and why Hendrix was banned from the BBC. Read court transcripts from the 1969 Toronto drug bust and examine his F.B.I. files. Discover Hendrix’s unreleased autobiographical sci-fi rock opera, and hear of projects with jazz legends Miles Davis, Roland Kirk, and Gil Evans. Debate the controversy over Hendrix’s death in 1970. Guest speakers will be announced.

Recommended text: Black Gold: The Lost Archives of Jimi Hendrix (Billboard, 2002) is available at the College Bookstore.

Steven Roby is a recognized music archivist with over 30 years experience and has worked for the family of Jimi Hendrix. His new biography, Becoming Jimi Hendrix (Da Capo Press), will be available in September.

- 6 Wednesdays, 7:10-9pm
- June 16-July 21
- Kentfield Campus, Learning Resources Center 53
- Fee $78
- Course #65022

Chamber Music Workshop

MUSIC

Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. You will be assigned music from different periods and styles, and for different instrumental combinations. Music will be provided. Students will perform in an informal recital on Saturday afternoon and be able to form their own groups Saturday evening.

We will take a lunch hour both days and, on Saturday, a dinner hour as well. There is an additional optional fee for meals, coffee, snacks, instrument security, etc.

You are expected to be at an advanced or advanced intermediate level on your instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition. Once you have the instructor’s permission to enroll, you may register for the class.

- Joanna Pinckney
- Saturday, 8:45am-11pm
- Sunday, 8:45am-5pm
- June 5 & 6
- Kentfield Campus, Fine Arts 72
- Fee $25

Community Gamelan Ensemble: Music-Making for Everyone

If you have been to Bali, and other parts of Indonesia, undoubtedly you have heard a gamelan orchestra perform. These days one hears gamelan all over the world, most major cities and universities have an orchestra. It is a unique sound, percussive and other-worldly, which can fill you with joy and satisfaction. We will play authentic gamelan instruments, provided by the instructor. Gamelans are groups of gorgeously hand-carved and painted metalophones, gongs and drums of various sizes and octaves. Most instruments are played by striking a key with mallet in one hand while muting a previous key with the other. Hands continually ‘cross-over’ with beneficial effects for the brain/body.

Absolutely no previous music training of any kind is required to join the fun!

Mindia Klein, MA (World Music and Composition), is an award-winning musician, ethno-musicologist, educator, and composer.

- 6 Wednesdays, 7:10-9pm
- June 16-July 21
- Kentfield Campus, Olney Hall 96
- Fee $126
- Course #65113

A registration form is at the center of this schedule.
Piano Classes for Beginners to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment. You will have your own upright piano in the classroom.

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

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

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

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

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

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. Please email the instructor at marciabau@aol.com, stating the level for which you have registered, or if you are unsure of your placement.

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

For each section listed above:
- Times as above
- 6 Tuesdays & 6 Thursdays
- June 15-July 22
- Kentfield Campus, Fine Arts 188
- Fee $69
- Course #65058

Harmonica Workshops: Double Your Fun

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

Questions? Call the instructor at 707.987.0165. Take both harmonica workshops at a reduced fee or sign up for only one as shown below.

Dave Broida is a teacher and performer with over 20 years of experience who loves to share music, especially with those who don’t consider themselves musical.

For each course listed below:
- Tuesday, June 22
- Kentfield Campus, Temporary Building 101

To register for both workshops at a reduced fee:
- Fee $75 (Includes $25 materials fee)
- Course #65059

Healthy Harmonica: Tunes and Rhythms

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

- 6:10-7:45pm
- Fee $39 (Includes $13 materials fee)
- Course #65060

Very Beginning Blues Harmonica

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

- 8-10pm
- Fee $44 (Includes $14 materials fee)
- Course #65061
PERSONAL DEVELOPMENT/LIFE SKILLS

PARENTING

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

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

PERSONAL DEVELOPMENT/LIFE SKILLS

On Your Own: Where Teens and Young Adults Learn Life Skills that Lead to Success
Are you living on your own, or hoping to? This class will give you practical, everyday information that will enable you to survive and thrive. You will gain hands-on experience through discussion, exercises, and role-playing, and the opportunity to raise your issues and concerns with an open-minded, experienced, and caring adult. The class will cover:

- Managing Your Finances: budgeting, balancing a checking account, credit cards, and savings
- Living on Your Own: finding affordable housing, filling out applications, and choosing and living with roommates
- Finding and Keeping a Job: job applications, interviewing, and becoming a great employee

Vidette Poe has been a foster parent and mentor to teenagers for the past five years. She is the past President of the Marin Foster Parent Association and is currently a foster mother of a 17-year-old girl.
- 6 Tuesdays, 5:40-7pm
- June 15-July 20
- Kentfield Campus, Harlan Center 161
- Fee $74 (Includes $5 materials fee)
- Course #65117

Thriving with Adult ADHD: Managing the Challenges and Maximizing the Gifts
Are you, or a loved one, restless and easily distracted, or do you have difficulty sustaining attention and concentration? Are you energetic, creative – an ‘out-of-the-box’ thinker? Do you have difficulties with time management, organization, and planning? You may have Attention Deficit/Hyperactivity Disorder (ADHD).

People who learn to maximize the gifts that often accompany ADHD excel personally and professionally – think Albert Einstein, Winston Churchill, Eleanor Roosevelt, Justin Timberlake.

Join us to gain a better understanding of ADHD and:
- Identify how ADHD manifests in different areas of one’s life
- Learn to Work with ADHD instead of against it
- Develop an 8-step management plan for ADHD
- Embrace a new perspective that creates a more joyous life.

Cristine Pollock, MS (Special Education), ADHD Coach, works with adults to help them overcome challenges to achieve personal, professional, and academic goals.
- 5 Mondays, 7:10-9pm
- June 14-July 19 (No class July 5)
- Kentfield Campus, Harlan Center 169
- Fee $73 (Includes $1 materials fee)
- Course #65024

www.marincommunityed.org
PHILOSOPHY

What is Islam?

Religion lies at the root of every culture, decisively influencing art, literature, legislation, economics, and more. Without knowing the religious background and traditions of a people, it is very difficult, if not impossible, to understand their history, literature, art, and even their current politics. Religion shapes a worldview—a way of looking at things and a way of interpreting reality. The purpose of this course is to familiarize you with the foundations of Islam, being Muslim, and sources of many misconceptions about Islam through PowerPoint presentation and through reading and discussing excerpts from the Quran and the Bible.

Mehri Dadgar, MFA, an artist and filmmaker, endured five years as a political prisoner in her native Iran.

- 6 Thursdays, 11:10-1pm
- June 17-July 22
- Kentfield Campus, Harlan Center 169
- Fee $61 (Includes $3 materials fee)
- Course #65070 EC

Introduction to Shamanism

Shamanism is a practical method for obtaining information and restoring health used by all indigenous cultures. Learn and experience methods used in shamanism and how both the physical and non-physical reality is viewed from a shamanic perspective. You will experience shamanic journeying, a dream-like state induced by monotonous drumming. We will discuss the shamanic view of reality, including non-ordinary reality.

Please bring a yoga mat or blanket and something to put over the eyes, i.e., an eye pillow or scarf, to class.


Greg Harper, PhD, has been teaching the Shamanic experience since 2006 and is trained in both Core and Inca Shamanism.

- Saturday, 12:30-5:30pm
- June 19
- Kentfield Campus, Physical Education Center 60
- Fee $49
- Course #65093

PHOTOGRAPHY

Introduction to Photoshop Elements: The Digital Darkroom

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

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

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

- Jazmine Loiselle
- Friday, 9am-4pm
- June 18
- Indian Valley Campus, Ohlone 216
- Fee $90
- Course #65114

Intermediate Photoshop Elements: The Digital Darkroom

This course will continue to focus on photo editing techniques. We will review the basics, introduce simple selections and layers, and cover how to edit separate areas of a photo. Also covered will be customized lighting, color adjustments, duotones, and adding color to grayscale images. Time permitting, 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. A USB port plug in storage device, i.e., flash drive or thumb drive, is recommended if you would like to save your work.

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

The focus of this course is to build layer and selection skills necessary in composing collages, montages, and digital scrapbooking. We will perform more advanced level enhancements and provide step-by-step exercises to develop skills in selection and layer techniques, creative composition, and layout tips, borders, patterns, and type effects, and an overview of how to create a digital photo album. This class builds upon skills learned in Interm. Photoshop Elements.

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

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

Do It Yourself Pain Relief: A New Way to Exercise

The original exercises learned in this class allow you to have fun while pushing limits and working muscles hard without straining existing problems. We make sounds; jiggle, shake, and tremble. Leg exercises develop flexibility up and down the spine while hamstrings lengthen and hips and thighs tone. Breathing exercises flatten the belly and detox lymph nodes. Come to a friendly class that welcomes your pace and problems.

Yoga for Stress Release

In these changing times we are prone to developing stress, which affects us in profound ways. This yoga class will restore the whole body towards dynamic stillness and increased stamina. You will experience:

- Deeper, more refreshing sleep
- Healthier joints to better strengthen and support the connective tissue
- Healthier cardiovascular function increasing the amount of oxygen in the blood
- Balanced mind/brain
- Feeling refreshed, replenished, and rejuvenated

Bring a yoga mat and blanket. Blocks and straps provided.

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 39.
Yoga and Meditation

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

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

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

- 6 Tuesdays & 6 Thursdays, 5:40-7pm
- June 15-July 22
- Indian Valley Campus, Oholone 106
- Fee $96
- Course #65072

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.

Bring a sticky mat to the first class.

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
- 6 Saturdays
- June 19-July 24

Beginner

- 10-11:30am
- Fee $69
- Course #65026

Intermediate

- 8-9:45am
- Fee $75
- Course #65027

Introduction to Pilates

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

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

For each course listed below:

- MinJae Laws
  - 5 Mondays, 9:10-10am
  - June 14-July 19 (No class July 5)
  - Kentfield Campus, Physical Education Center 22
  - Fee $48
  - Course #65073

- 5 Mondays, 6:10-7pm
  - June 14-July 19 (No class July 5)
  - Indian Valley Campus, Miwok 170
  - Fee $48
  - Course #65074

Qigong and Women’s Health

Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

A wonderful way to start the day, Qigong can help you feel relaxed, happy, and invigorated. We will practice outdoors under the open sky.

- Denise Aubin
  - 5 Saturdays, 9:10-10am
  - June 19-July 17
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. This summer we will go through the 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.

For each course below:
- Dove Harris Govrin, MS, Certified Qigong Instructor
- Fee $35

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.

For each course below:
- Carolyn Talmadge
- Fee $30
- Course #65031 EC

Advanced Tai Chi
Intermediate and advanced practitioners will be able to fine-tune their skills and increase their confidence in their ability to practice on their own, or in a group setting. Continue to enjoy the natural flowing movements of this ancient exercise while you strengthen your physical vitality, quiet your mind, and enhance your sense of well being. Some Qigong exercises are included. Strongly recommended: Beginning Tai Chi.

Capoeira Barauna: An Afro-Brazilian Martial Art
Capoeira combines singing and drumming with fight-dancing, using codified sequences of fighting patterns made up of offensive and defensive martial art blocks and kicks with elements of break dancing and acrobatics. Once these basic moves are learned, we will dance, sing, and drum in roda, the circle where two people perform this fighting dance. We will sing Capoeira songs in the original Portuguese, and we will practice basic rhythms with percussion instruments and play Portuguese instruments.

Each meeting of this fun, cultural activity for people of any age begins with a challenging aerobic workout and ends with a cool down. This class is for healthy, active people. Register early to assure your place in class.

Also of interest ...
Traditional Samba
See page 18.
PHYSICAL FITNESS

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. Class ends on a Monday.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 16 years. Hursey is certified by the American Teachers Association of Martial Arts and the American Aerobics and Fitness Association, as a group exercise instructor.

- 5 Mondays & 6 Wednesdays, 6:40-8pm
- June 14-July 21 (No class July 5)
- Kentfield Campus, Physical Education Center 60
- Fee $99
- Course #65075

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 Greene, Executive Director of Marin Boxing Club, created the “One Kid at a Time” boxing program.

- 6 Tuesdays & 6 Thursdays, 6:40-7pm
- June 14-July 20
- Kentfield Campus, Physical Education Center 22
- Fee $76
- Course #65132

Have Fun and Be Fit Over 50

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

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

- Ellen Goldman, MA (Education), NCSF-CPT
- Heather Hartley, CPR & ACE-Certified
- 5 Mondays & 6 Thursdays, 11:40am-12:45pm
- June 14-July 22 (No class July 5)
- Indian Valley Campus, Ohlone 106
- Fee $64
- Course #65077 EC

Strength and Fitness Training

Get fit and have fun with safe, individualized strength training and stretching! You can also improve your cardiovascular fitness, posture, balance, and body composition. Wear comfortable clothing and close-toed shoes. This class is appropriate for adults of any age. You

- 6 Tuesdays, 5:40-7pm
- June 15-July 20
- Kentfield Campus, Physical Education Center 22
- Fee $76
- Course #65132

Introduction to Kettlebells

You’ve seen it on The Early Show, now try it for yourself! Kettlebells is a cutting edge exercise system that will help you improve your health, alleviate your pain, and maximize your athletic performance. This introduction to Kettlebells will include safety, proper warm up, and specific techniques with proper body alignment. You will be fitted with the appropriate Kettlebell for use in class.

Kettlebells are appropriate for most people. If you have a heart condition or high blood pressure, you should not do this training. You will be asked to complete a health form at the first class meeting.

Karine Cauchon, BA (Exercise Science/Kinesiology) became a movement coach/personal trainer as a result of her passion for movement and the innate potential of the human body’s remarkable design. She is a certified instructor for both the Fitness Instructor Training program of Canada and Z-Health Performance Solutions.

- 6 Tuesdays, 5:40-7pm
- June 15-July 20
- Kentfield Campus, Physical Education Center 22
- Fee $76
- Course #65132
must be able to get up and down from the floor independently. The “Beginner/Intermediate” class does not require previous weight training experience. We strongly recommend that you take that class at least two times before signing up for the Advanced class. Classes meet twice a week.

**Beginner/Intermediate**
- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- June 16-July 23
- **Kentfield Campus**, Physical Education Center
- 6 Wednesdays 7:30-9am, PE Center 22
- 6 Fridays, 8:10-9:30am, PE Center 20
- Fee $76
- **Course #65034 EC**

**Advanced**
- **Kim Jones**, MS (PE-Exercise Physiology), ACSM, SFA Certified
- 6 Tuesdays & 6 Thursdays, 7-8:45 a.m.
- June 15-July 22
- **Kentfield Campus**, Physical Education Center 20
- Fee $89
- **Course #65035 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).

For all courses listed below:
- **Kentfield Campus**, Pool
- Fee $108
- **6:40-7:45am**

**Jillian Ruppenstein**
- 5 Mondays & 6 Wednesdays
  June 14-July 19 (No class July 5)
  **Course #65036**
- 6 Tuesdays & 6 Thursdays
  June 15-July 20
  **Course #65037**
- **7:10-8:15pm**

**Tina Marie Rossi**
- 5 Mondays & 6 Wednesdays
  June 14-July 19 (No class July 5)
  **Course #65038**
- 7 Tuesdays & 7 Thursdays
  June 15-July 20
  **Course #65039**

Also of interest …

**Surfing 101**
See page 24.

**Aqua Exercise**
This tranquil class provides gentle, healthful exercises in a relaxing medium: the water. Exercising in water releases all pressure from the skeletal system and, at the same time, it loosens painful joints and muscles. Improve your flexibility, strength, endurance, and 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.

For each course listed below:
- **Russell Robles**
  - 4 Mondays & 4 Wednesdays, 9:10-10:45am
    June 2-30 (No class June 16)
    **Indian Valley Campus**, Pool
    Fee $64
    **Course #65078 EC**
  - 5 Tuesdays & 5 Thursdays, 10:10-11:30am
    June 1-July 1
    **Kentfield Campus**, Pool
    Fee $56
    **Course #65079 EC**
  - 5 Mondays & 6 Wednesdays, 9:10-10:45am
    Aug. 2-Sept. 1
    **Indian Valley Campus**, Pool
    Fee $76
    **Course #65080 EC**
  - 5 Tuesdays & 5 Thursdays, 9:10-10:45am
    Aug. 3-Sept. 2
    **Kentfield Campus**, Pool
    Fee $76
    **Course #65081 EC**

- A registration form is at the center of this schedule.
The World Cup 2010

For all you soccer fans out there, this class is for you! Join us in the Men’s Team room to view some of the highlights of the week’s games and discuss the teams, players, strategies, strengths, weaknesses, and groupings, to name a few, based on what we saw. Through lecture and class discussions, you will gain a better understanding of the 32 countries participating in the 2010 World Cup and the impact this tournament has on the world every four years. We will also review history of the tournament and famous players and see some historical footage.

Ben Studholme has headed the COM Men’s soccer team for four years and has been teaching the game to all levels in the community for over 15 years.

- 6 Saturdays, 10:10am-12noon
- June 19-July 24
- Kentfield Campus, Physical Education Center 61
- Fee $78
- Course #65126

Elite Soccer Fitness: Footwork

This course is designed to teach high school and college players the necessary off season fitness and skill to compete at the next level. You will be asked to perform a variety of intense fitness and footwork exercises aimed at improving your overall ability. Each session will be designed to teach you how to increase stamina for longer periods of high intensity performance. You will work as individuals and in group setting. The goal is to see improvement in decision making on and off the ball, improvement in confidence on and off the ball, and most importantly, the ability to work harder for a longer duration. This course is designed for players who are looking to compete in fall competition at the high school and collegiate levels.

For each course below:

- Ben Studholme
- 6 Tuesdays, 6 Wednesdays, 6 Thursdays
- June 5-July 22
- Kentfield Campus, Soccer Field
- Fee $199
- 9am-12noon/Course #65127
- 5-8pm/Course #65128

Soccer Tactics: Systems of Play

This course is designed to teach players about the systems of play used in soccer at the collegiate and professional levels. We will look at the 4-4-2, 4-3-3, 3-4-3, and 5-3-2 and, then, diagnose and dissect each system of play, weekly. We will focus on the strengths and weaknesses of each system, one by one. You will gain an understanding of the role of each player in a given system. Once we discuss and analyze the system, the class will be asked to demonstrate knowledge of the system in the classroom and on the field. Experience the value of understanding the principles of play in each system. You can expect the information to have a direct influence on your ability to play soccer, breakdown the game as well!

- Ben Studholme
- 5 Mondays & 6 Wednesdays, 12noon-3pm
- June 14-July 21 (No class July 5)
- Kentfield Campus, Physical Education Center 61
- Fee $198
- Course #65129

Game Time Elite Players: Basketball Skills Camp

This class is designed to teach high school athletes of all skill levels the basics of basketball, including passing, dribbling, shooting, and rebounding. The course will also introduce individual play and the art of team offense and defenses. Discussions will also cover rules, proper etiquette, terminology, and the components of fitness. Each practice is designed to teach players the basic fundamentals and team concepts of the game of Basketball. Players will go through individual, as well as team drills. Each day, you will be instructed during ‘Stations’ where you will work on individual basic fundamentals, while being supervised by a knowledgeable coach. All players will participate in two to three games daily.

David Granucci is a former professional basketball player and currently the head assistant coach for the men’s basketball team at College of Marin.

- 6 Saturdays, 10:10am-12noon
- June 19-July 24
- Kentfield Campus, Physical Education Center 20
- Fee $78
- Course #65040
How to Write Any Book the Easy Way

Your book can be a great credential or a life's dream. Publishing a book involves two parts: writing and getting published. This course will cover both. It will show you three ways to write a book, five ways to get paid in advance, and why writers block can't stop you. It will cover self-publishing vs. existing publishers, agents, and what to expect from the business of publishing. Come with a specific topic and we will brainstorm your outline or title. There are many handouts that will "put you to work."

Roderick Crandall, PhD, has written two books, ghost-written several, and edited 20 others. Past president of the Bay Area Independent Publishers Association, he has consulted on all aspects of publishing, including starting five publishing companies.

- Saturday, 1:10-5pm
- July 10
- Kentfield Campus, Harlan Center 161
- Fee $60 (Includes $10 materials fee)
- Course #65041

Basic Technical Writing Skills

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

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

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

- 3 Thursdays, 6:40-9:30pm
- June 17-July 8 (No class June 24)
- Kentfield Campus, Harlan Center 170
- Fee $77 (Includes $10 materials fee)
- Course #65095

Elements of Creative Writing

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

Somerset Maugham might have been right, but that's no reason to be discouraged. For 24 years, this course has offered excellent, encouraging critiques of every genre for every level of writer. Some students have gone on to publish their work and win awards. Each class begins with a piece by a notable author and a brief discussion. This is an ongoing workshop; new students are welcome.

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

- 5 Mondays, 5:30-8:30pm
- June 14-July 19 (No class July 5)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $57
- Course #65062 EC

The Poetic Pilgrimage:
Writing Poetry as Spiritual Practice

As we rush through our days, the urge to root ourselves in something deep and sustaining intensifies. The writing of poetry not only serves this urge, but has many similarities to traditional spiritual paths: focus on presence, development of compassion and detachment, sincere truth-telling, surrender to something beyond ourselves. In this class we will use poems and sutras from various traditions to lead us into such topics as: The Inner Ear, Luminosity, Rhythm (& Blues), and The Art of Being Surprised by Our Own Poems. And we will read and write poems to our hearts’ content.

Prartho Sereno's publications include Call from Paris, which won the 2007 Washington Prize in The Word Works' national poetry competition. She is also author/illustrator of the poetry collection, Causing a Stir: The Secret Lives and Loves of Kitchen Utensils, bronze medalist in the 2008 national Independent Publisher's Awards.

- Monday-Thursday, 10:10am-1pm
- June 14-17
- Kentfield Campus, Physical Education Center 91
- Fee $59 (Includes $1 materials fee)
- Course #65042 EC
EMERITUS COLLEGE

EMERITUS COLLEGE

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

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Join the Fun!
Emeritus Students Activities Card Application

Name: _____________________________ LAST ONE LINE ONLY

FIRST ONE LINE ONLY

MIDDLE INITIAL

Address: ____________________________

NUMBER ONE LINE ONLY

STREET ONE LINE ONLY

CITY ONE LINE ONLY

STATE ONE LINE ONLY

ZIP ONE LINE ONLY

Phone Number ________________________ Please check appropriate squares:

E-mail ______________________________

q FEMALE

q MALE

q 55 OR OVER

q UNDER 55

Signed _____________________________

New _________ Renew _________

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

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

ESCOM CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.7433
Bocce Ball: J. Kouns, 415.332.5929
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
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
Opera and Beyond: G. Deane, 415.456.2853
Rumi Poetry: E. Curtis, 415.453.1433
Scrabble: M. Knox, 415.459.1427
Spanish: D. Robinson, 415.388.6167
Writers Workshop: A. O’Briant, 415.453.3168

CULTURAL ACTIVITIES

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

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. An application may be obtained in person at the Emeritus Center on the Kentfield Campus, or by phoning 415.485.9652 and making your request along with your mailing address. Applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Tuesday, June 1.

ESCOM CENTER

escom@marin.edu
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. 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.

EMERITUS STUDENTS COLLEGE OF MARIN
REGISTRATION INFORMATION

REGISTRATION INFORMATION

Registration Begins Monday, May 17, at 8 a.m.

Register through the Internet

Go to www.marincommunityed.org. Registration requests received through the website will be processed within five (5) business days.

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, 833 College Ave., Kentfield, CA 94904.

Register by Fax: 415.460.0773

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

To Register for Classes Taught Online

For classes taught online, after registering with the college by any procedure listed on this page, e-mail cheryl.carlson@marin.edu and include your name and course title(s) and number(s) so that we may forward your information to the instructor. If you have any questions about online classes, please call 415.485.9305 and press 4.

Confirmation of Enrollment

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

Payment of Fees

You may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to pay by check, please send a separate check (or money order) made payable to College of Marin for each class requested. Be advised that the college charges $15 for all returned checks. Fees are not transferable between quarters.

Registration Forms

A registration form is at the center of this schedule. Additional forms may be Xeroxed or downloaded from www.marincommunityed.org and are also available at the Office of Admissions and Records on either campus.

For All Methods of Registration

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

Early Registration Recommended

Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, June 8.

To Register after Class Begins

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

Wait List Procedures

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

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GENERAL INFORMATION

Changes May Occur Without Notice

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

Faculty Evaluation Questionnaire

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

Students Under 18

Students who are minors may register for Community Education classes. The student must submit a completed Community Education Registration form and a Parent Permission Card.

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

Attendance at First Class Meeting

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

Refund Policy

Classes canceled by College of Marin will be refunded in full. All refunds are disbursed in the form of a check mailed to the address you have on file with the college. Refunds take approximately four 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 415.456.5086. Requests may also be mailed to: College of Marin, Refunds/Community Education, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least three (3) days prior to the start date of the class. Refunds take approximately four weeks to process.

DIRECTORY

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<td>Emeritus College</td>
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<td>Disabled Students Program</td>
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DO YOU HAVE A SKILL OR TALENT TO SHARE?
ARE YOU AN EXPERT ON SOME FASCINATING SUBJECT?

Consider joining our dedicated, quality faculty. Our instructors are experts who meet and often surpass the needs of Marin’s lifelong learners.

E-mail community.ed@marin.edu and request a course proposal form.
Kentfield Campus Map and Directory

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904

Police Phone Numbers
Emergency: 911 or, from a Campus extension, 9-911.
Urgent: 415.485.9696
Kentfield Police Business:
415.485.9655

Summer 2010 Parking Notice
While our campus is under construction, parking lots 3, 4 and 9 are closed. Lots 12 and 15 typically have spaces available, and lot 13 remains a "free" lot. We appreciate your patience during our construction.

Parking
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District.

All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots. Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

For changes due to construction, please refer to the information above.

AC Administrative Center
BC Business and Management Center
[DL] Scheduled for Demolition
[DH] Scheduled for Demolition
FA Fine Arts Center
PH Fusselman Hall
HC Harlan Center
ESL Program/College Skills Office
Humansities
Health Sciences
HS Health Services
LC Learning Resources Center
Library
Bookstore
Disabled Students
M1 Maintenance Office
MSCO Portable Village (PV)*

DIRECTIONS FROM HIGHWAY 101

Kentfield Campus
835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to second campus parking lot entrance on your right. For Harlan Center, stay on Drake Blvd., crossing the College Ave. intersection and turn right on Maple Ave. to parking lot. For Fine Arts, Fusselman Hall and Dickson Hall, stay on Drake Blvd. and take first left (left-hand turn lane) at Laurel Ave. and follow it to the end. Laurel will lead you into a student parking lot.

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

*Buildings contain classrooms.
Handicapped Entrance
Handicapped Pickup/Drop Off
Directories
Indicates accessible route

www.marincommunityed.org
PARKING

Indian Valley Campus Map and Directory

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

Emergency: 911 or 9-911 from Campus extension
Urgent: 415.485.9696
IVC Police Business Phone: 415.883.3179

SUMMER 2010 Parking Notice
Due to construction, Parking Lots 1, 2, 3 and 4 are closed.

SUMMER 2010 Construction Notice
The Golden Gate Transit bus stop has been temporarily moved to Lot 6. The access road & vehicle bridge and the two pedestrian bridges closest to the campus entrance gate are also temporarily closed. We appreciate your patience during our construction schedule.

Motorcycle and handicap parking available
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District.
All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispenser.
Parking permits are required at all times, except Saturdays, Sundays, and school holidays.

POMO (PM)
1. Auto Collision Repair Lab
2. Auto Technology Lab
3. General Classrooms/Labs/Offices/Medical Assisting Lab/Food Vending
4. Machine & Metals Tech
5. SIM Center
6. General Classrooms/Labs/Offices
7. Multi Media Lab & Offices

ADMINISTRATIVE SERVICES (AS)
8. Student Services
9. Fiscal Services, College Operations, Health Center
10. Emeritus Meeting Room/Modernization Office
11. Information Systems Center
12. EMT/General Classroom
13. Offices/Court Reporting Labs

MIWOK (MW)
14. General Classrooms/Labs/Offices
15. Computer Lab (Room 144)
16. Conference Center/Lecture/Board Meetings
17. Dance Room
18. Room 101-107, 202-218

CENTER FOR SUSTAINABLE HORTICULTURE
19. General Classrooms/Labs/Offices
20. Intensive English Program

ORGANIC FARM
21. IVC Greenhouse

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

PARKING

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

42 Register early to secure your place in class, see pages 38-39.
SUMMER SWIM 2010

COLLEGE OF MARIN
KENTFIELD CAMPUS POOL

June 14 - August 8
Closed July 4 & 5

Monday - Friday, 1:00 - 5:00 p.m.
Saturday & Sunday, 12 noon - 5:00 p.m.

Admission prices are:
Adult $5
Students/Children $3
Seniors (60 and older) $3
Disabled $3

COLLEGE OF MARIN
Creative Seasonal Cooking: The Abundance of Summer
Professional Chef, Culinary Instructor, and Cookbook Author Tom Hudgens will demonstrate preparation of summer’s bounty in delicious seasonal dishes, with family-style meals served at each class conclusion.

Find Out More on Page 19

Surfing 101
Have you always wanted to try surfing? Lifelong surfer Jon Gudmundsson will share surfing fundamentals and basic water safety with students, both in the classroom and at the beach. Gudmundsson is a certified Life Guard.

Find Out More on Page 24