Urban Agriculture
Backyard Chickens

Interested in keeping chickens and having fresh eggs from your own flock of hens?

Local Farmers Robert Kennedy and Jane Kennedy Angulo can show you how to create a successful backyard chicken environment that really works. Includes classroom lectures, demonstrations, and field trips to local small poultry keepers.

Find Out More on Page 53
Welcome You to Community Education
Continuing and Lifelong Learning Education

Community Education News

The College of Marin’s Community Education program continues to offer students of all ages exciting, affordable, and high-quality classes which can assist you in achieving your personal, educational, and professional goals. We provide the Marin community with a wide variety of opportunities for cultural enrichment and lifelong learning, wherever you are in life, and we continue to grow to serve you. You will find many new courses and programs of interest, including our developing Urban Agriculture program and the pilot certificate program in Artisan Cheesemaking. On a national level, there are only a handful of Artisan Cheesemaking programs of note and our new program will be garnering national attention because of its excellent quality and expert instructors.

Part of our growth includes the redevelopment and restructuring of our marincommunityed.org web site as we join the College of Marin site, marin.edu. This will present easier access and visibility for the Community Education program to the community at large, and will provide simpler registration processes, as these will parallel the current credit program registration process. Although we will be joining the main college web site, we will continue to support the marincommunityed.org site in the transition, providing a ‘redirect’ page, to help students make the transition smoothly. Additionally, we will be assisting students in the process, upon request. Please contact us at: 415 485 9305 for additional information or assistance. We are here to help you!

The Fall 2010 Community Education schedule reflects changes made at the state level, as our program responds to state funds moving away from supporting recreational and avocational courses. This state funding has previously supported the college’s Emeritus College (Older Adult) Noncredit program, funding which has been withdrawn; also, the State Chancellor’s Office did not approve the noncredit Older Adults course outlines in Spring. Because of these changes, the college is converting all of the EC classes previously offered as noncredit into Community Services (fee-based) classes. In Spring Quarter 2010, there were 22 sections of EC noncredit classes; in Fall Quarter 2010 the majority of these classes will be given a chance to succeed as Community Services (fee-based) classes. We will continue to support the essential educational needs of our Emeritus students by offering subsidized classes.
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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.

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Note: Most supply lists and itineraries 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. A notebook and pen are recommended for all classes. Regarding materials, when in doubt, bring whatever related materials you may already have. Students are expected to provide their own materials unless otherwise noted.

Get Ready to Paint: Beginners Really Welcome!

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

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

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
■ Sept. 11
■ Kentfield Campus, Fine Arts 153
■ Fee $65 (Includes $2 materials fee)
■ Course #85001 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 materials. 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
- Kentfield Campus, Fine Arts 226
- Fee $181 (Includes $21 models fee)

Fall 1
- Sept. 8-Oct. 13
- Course #85002

Fall 2
- Oct. 27-Dec. 1 (No class Nov. 24)
- Course #85003

One with Nature: En Plein Air Workshop

Work directly from Marin County’s natural beauty at various sites. 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. Sites may include China Camp, Phoenix Lake, Mount Burdell, West Marin.

Please see Note above regarding the itinerary and materials. 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
- 6 Saturdays, 9:10am-12pm
- Sept. 11-Oct. 16
- Meets in the field
- Fee $137
- Course #85004

Abstract Painting

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

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

Bring a notebook and pencil to the first class. Materials will be discussed in class. New students welcome.

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

Fall 1
- 6 Mondays, 6:10-10pm
- Sept. 13-Oct. 18
- Kentfield Campus, Fine Arts 226
- Fee $153
- Course #85135

Fall 2
- 7 Mondays, 6:10-10pm
- Oct. 25-Dec. 6
- Kentfield Campus, Fine Arts 226
- Fee $179
- Course #85136

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.

- 7 Saturdays, 9am-1pm
- Kentfield Campus, Fine Arts 226
- Fee $229 (Includes $53 models fee)

Fall 1
- Sept. 11-Oct. 23
- Course #85005

Fall 2
- Oct. 30-Dec. 18 (No class Nov. 27)
- Course #85006
The Soul of Portraiture:
Heads and Hands

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

All media except oil are welcome, and you are expected to bring your own supplies. All skill levels are welcome. The instructor will collect approximately $40 for model fees in class.

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

- 7 Wednesdays, 11:10am-2pm
- Sept. 8-Oct. 20
- Kentfield Campus, Fine Arts 201
- Fee $134
- Course #85007

The California Landscape in Acrylic

“Your method of teaching is getting through to us. It’s a whole new technique for me!” Lorettta

Learn to paint the natural beauty that surrounds us. Use various brush techniques and apply acrylic paint to produce finished art work on canvas. There will be demonstrations, guidance, and supportive critiques on an on-going basis. For the first project, you will choose your own landscape subject. Working from photographs, we will consider composition, color theory, and perspective, how to render water, trees ocean waves, grasses, mood, and the various subjects found in nature. One session will be a “paint along” with the instructor.

Please see Note regarding materials under the Art heading above. At the first session, bring any acrylic paints and brushes that you may have, and we will discuss any additional needs. Bring your own table top easel if you have one.

- Bernard Healey, MFA
- Kentfield Campus, Fine Arts 153

Fall 1
- 6 Mondays, 2:10-5pm
- Sept. 13-Oct. 18
- Fee $114
- Course #85193

Fall 2
- 7 Mondays, 2:10-5pm
- Oct. 25-Dec. 6
- Fee $134
- Course #85194

Mixed Media: Watercolor, Fluid Acrylic, and Collage Techniques

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

A suggested art supply list is available online.

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

- 6 Saturdays, 1:10-5pm
- Kentfield Campus, Fine Arts 151
- Fee $184 (Includes $1 materials fee)

Fall 1
- Sept. 11-Oct. 16
- Course #85137

Fall 2
- Nov. 6-Dec. 18 (No class Nov. 27)
- Course #85138

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.
The Flow of Watercolor: Strong Contrasts and Loose Brushwork

You have tried watercolor, yet feel that you are too controlling with the medium. Learn to loosen up and allow the paint to move with the water on the paper. Let each brushstroke convey the magical beauty of this medium as you learn to appreciate its transparent and opaque qualities. We will cover a variety of subjects, concentrating mostly on landscape, buildings, and still life. All levels are welcome!

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

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

- 7 Tuesdays, 2:10-5pm
- Sept. 7-Oct. 19
- Kentfield Campus, Fine Arts 151
- Fee $89
- Course #85195 EC

Nancy Johnson

- 7 Tuesdays, 2:10-5pm
- Sept. 11-Oct. 23
- Kentfield Campus, Fine Arts 151
- Fee $89
- Course #85196 EC

Fall 2

The Flow of Watercolor: Whimsical Landscapes

Marc Chagall painted a world in which all of his neighbors seemed to float in the air over his little town of Vitebsk, Russia. Through understanding the art of this Russian/French artist and a variety of whimsical art styles, we will delve into positive past memories, fond recent memories, and current reveries and dreams while painting the landscape. Learn innovative ways to include figures, animals, and symbols that hold meaning for you. All levels welcome.

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

- Julie Cohn
- 7 Tuesdays, 2:10-5pm
- Oct. 26-Dec. 7
- Kentfield Campus, Fine Arts 151
- Fee $89
- Course #85198 EC

Nancy Johnson

- 7 Saturdays, 10:10am-1pm
- Sept. 11-Oct. 23
- Kentfield Campus, Fine Arts 151
- Fee $89
- Course #85199 EC

Drawing with Chalk Pastels

From sketches to fully developed drawings, explore the full range of chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Subject matter will vary, and you will work with a selection of colored papers. Classes will include: basic information about materials, demonstrations, slides, and discussions about color and composition. Emphasis is on individual expressiveness.

First time students will have a full introduction to the chalks, surfaces, and techniques. Continuing students will continue with expanded projects emphasizing the expressive use of the medium.

Bring paper and a drawing board to the first class. Materials may cost from $30 to $100 and will be discussed in class. Enrollment limited.

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

- 7 Fridays, 1:10-4pm
- Sept. 11-Oct. 23
- Kentfield Campus, Fine Arts 201 re:
- Fee $133
- Course #85008
Jewelry and Metalsmithing

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

Class size is limited to 20; early enrollment advised. Students purchase supplies as needed.

A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 29 years.

For each course listed below:

- Kentfield Campus, Fine Arts 151
- Fee $133 (Includes $25 materials fee)

Fall 1

Beginners/Beginners Plus
- 7 Tuesdays, 7:10-10pm
- Sept. 7-Oct. 19
- Course #85009

Intermediate/Advanced
- 7 Wednesdays, 7:10-10pm
- Sept. 8-Oct. 20
- Course #85010

Fall 2

Beginners/Beginners Plus
- 7 Tuesdays, 7:10-10pm
- Oct. 26-Dec. 7
- Course #85011

Intermediate/Advanced
- 7 Wednesdays, 7:10-10pm
- Oct. 27-Dec. 8
- Course #85012

Glass Fusing

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

Marty Meade began teaching stained glass in 1978 and won the College of Marin’s Academic Senate award for Community Education Teacher of the Year in 2006.

For each course listed below:

- Kentfield Campus, Fine Arts 151
- Fee $235 (Includes $63 materials/special fee)

Fall 1

- 6 Mondays, 6:10-9pm
  Sept. 13-Oct. 18
  Course #85139

- 6 Thursdays, 2:10-5pm
  Sept. 16-Oct. 21
  Course #85140

Fall 2

- 6 Mondays, 6:10-9pm
  Oct. 25-Nov. 29
  Course #85141

- 6 Thursdays, 2:10-5pm
  Oct. 28-Dec. 16 (No class Nov. 11 & 25)
  Course #85142

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.

- 7 Tuesdays, 12:10-3pm
- Oct. 26-Dec. 7
- Kentfield Campus, Learning Resources Center 20
- Fee $194 (Includes $61 materials fee)
- Course #85013 EC
Art on the Go Bus Tours: Crocker Art Museum in Sacramento

The Crocker Art Museum’s new monumental expansion will triple its size. We will have a private tour of the new building featuring highlights of the Collection. We will also have time to view these special exhibitions:

- Master Drawings from the Collection
- The Vase and Beyond, Swidler Collection of Ceramics
- Color of Light, Paul Jenkins paintings
- Tomorrow’s Legacy, promised gifts for the next 125 years

The $8 admission fee is covered in the registration fees. Bring a lunch to eat on the bus. Limited to 20.

- Rhoda Becker
- Wednesday, 9:30am-2:30pm
- Nov. 3
- Corte Madera Town Center
- Meet on Madera Blvd.
- Across from Best Western Corte Madera Inn
- Fee $67 (Includes $42 special fee)
- Course #85015 EC

Architecture Tours in the Bay Area

We begin in Oakland with the Cathedral of Christ the Light which is one of the most dramatic contemporary buildings in the Bay Area. You’ll see a bronze replica of Michelangelo’s Pieta.

Another Oakland destination is the newly-opened Oakland Museum of California. Mark Cavagnero Associates was not only responsible for the Museum’s renovation, but is the Project Architect on a team designing COM’s New Academic Center.

A popular tour we will be repeating is to visit the Palace Hotel in San Francisco. A City Guide will show us this opulent building and let us view rooms not normally seen by the public. Lastly, in Marin we will rediscover the excitement of Frank Lloyd Wright’s genius at the Marin Civic Center.

Tours will be led by informal guides. We reserve the right to substitute destinations. A fee of approximately $20 will be collected at the orientation. Students provide their own transportation.

- Carolyn Talmadge
- Orientation: Thursday, Oct. 28, 1:10-4pm
- Kentfield Campus, Harlan Center 166
- 4 field trips: Thursdays, 1-4pm
- Nov. 4-Dec. 9 (No class Nov. 11 & 25)
- Fee $58
- Course #85016 EC

The Eternal City: The Art and Architecture of Rome

Join Art Historian Kerrin Meis on a virtual tour of the Eternal City from her origins in 753 BCE through the seventeenth century. Through colored slides and informed narrative we shall focus on patronage, discussing the great moments of the Caesars, early Christian imagery in the catacombs, the Rome of the Renaissance Popes, and finally, the Baroque masterpieces of the counter-Reformation. Highlights include the Pantheon, Hadrian’s Villa, triumphal arches, Santa Costanza, San Clemente, St. Peter’s, and the Vatican. We shall study masterpieces by Fra Angelico, Masolino, Botticelli, Raphael, Michelangelo, Carracci, Caravaggio, and the architects Borromini and Bernini.

- Kerrin Meis
- 7 Wednesdays, 11:10am-1pm
- Sept. 8-Oct. 20
- Kentfield Campus, Fine Arts 120
- Fee $64 (Includes $1 materials fee)
- Course #85201 EC

Also of interest ...

Culture and Beauty in the Court of Louis XIV

See page 35.

Islamic Art: A Reflection of Islam

Islamic art is perhaps the most accessible expression of a complex civilization that often seems enigmatic to outsiders. Its systematic peaceful space creates an immediate visual impact even in very complex designs. For an American audience a course in Islamic Art can represent the first step toward penetrating the history of a religion and a culture that are often in the news but little understood.

Through lecture accompanied by visuals, we will cover early, medieval, late, and contemporary Islamic art.

The Portable Village is near the PE complex, off of Parking Lot #12.

Mehri Dadgar, MFA (Studio Art), MA (Art), is an artist, filmmaker, instructor, and a native of Iran.

- 7 Tuesdays, 11:10am-1pm
- Sept. 7-Oct. 19
- Kentfield Campus, Portable Village 3
- Fee $64
- Course #85017 EC
Preventing Fraud in Small Businesses

Protect yourself from risk! According to the 2008 Report to the Nation on Occupational Fraud and Abuse by the Association of Certified Fraud Examiners, “The median [fraud] loss suffered by organizations with fewer than 100 employees was $200,000 per scheme. Small businesses continue to suffer disproportionate fraud losses.”

Business fraud has become so common that its occurrence is no longer remarkable...only its scale. While all organizations are subject to fraud risks, small businesses are more likely to be the victims of fraud than larger businesses, and the high cost of fraud loss can be devastating. In this workshop you'll learn the principles and practices of fraud prevention, the resources you need to identify fraudulent situations, and the best approach to use to detect and deter fraud in your business.

Gary Reynolds is a corporate security and law enforcement professional with 30 plus years of experience.

2 Saturdays, 9:30am-12:30pm
Oct. 30 & Nov. 6
Kentfield Campus, Fusselman Hall 110
Fee $53 (Includes $1 materials fee)
Course #85202

Essential IT Skills for the Desktop Support Technician

Computer support specialists help keep people working and systems running. When technical issues arise, they are responsible to troubleshoot the issues and get things working. They are constantly in demand, and the more systems installed, the more people will be needed to support them.

If you are considering pursuing a job as a desktop support professional, this class will provide foundational and practical instruction. You will have the opportunity to assess your skills and compare them to the requirements of today's industry standards. Find out what you need to know and/or do to pursue this line of work and what next steps to take, including certification and work experience.

Join veteran IT professional Kemuel Bellows as he shares his 12 years of industry experience. He has managed desktop support teams, helpdesk technicians, and technicians in remote network operation centers.

7 Mondays, 7:10-9pm
Oct. 25-Dec. 6
Kentfield Campus, Physical Education Center 91
Fee $84 (Includes $1 materials fee)
Course #85203

Also of interest ...

Basic Technical Writing Skills
See page 54.

Magic As A Lifestyle: An Introduction to Magic and Illusion
See page 25.

Voice Overs: The Big Picture
See page 25.

Get a Job Interview with a Great Resume and Cover Letter

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

In addition, you will learn tips for interviewing and negotiating salary and how to write thank you letters, a list of references, and recommendation and resignation letters. Bring any work you have (on disk or paper) or start from scratch to produce good-looking and eloquent words that sell you to employers. We will do some practice interviewing in class, and you will leave the class with 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
Sept. 7-21
Kentfield Campus, Learning Resources Center 39
Fee $77 (Includes $1 materials fee)
Course #85018
MARKETING

How to Sell Your Handmade Goods Online

Learn how to sell your handmade goods online with an investment of just a few dollars and without the need of your own personal Web master or any knowledge of HTML. Sell anything from jewelry to woodwork to handmade soap and more by opening your own online store through a wide variety of venues that give you a professional online presence. Learn which sites are also good venues to sell craft supplies and tools such as beads, paper, and fabric. Learn practical steps to promote and market your work, including social networking through sites like FaceBook and Twitter. We will cover best business practices that keep customers coming back and keep your feedback or reputation at the top. We will work straight through. Please bring a bag lunch.

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

- Saturday, 10am-4pm
- Oct. 2
- Kentfield Campus, Harlan Center 165
- Fee $53 (Includes $1 materials fee)
- Course #85204

Internet Marketing Strategies

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

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

The class will be conducted with large screen display.

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

COLECTIBLES AND APPRAISALS

What Is My Diamond Worth?
Secrets of the Diamond Trade

Learn to make an independent evaluation of the value of a diamond. We will cover a brief history of diamonds and their marketing. You will learn how to use certain tools such as the Rapaport Price List and GIA Lab Reports to judge the value of a diamond in varying venues. You will also learn how to use a jeweler’s loupe.

The materials fee covers a jeweler’s loupe and course text, Secrets of the Diamond Trade by Hank Friedman, Hivista Press. The text and loupe will be distributed in class and are covered by the materials fee.

Hank Friedman, alumnum 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
- Nov. 6
- Kentfield Campus, Olney Hall 105
- Fee $78 (Includes $30 materials fee)
- Course #85249

COMPUTERS

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

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

- 7 Thursdays, 6:10-8pm
- Sept. 9-Oct. 21
- Kentfield Campus, Learning Resources Center 53
- Fee $99
- Course #85206

www.marincommunityed.org
COMPUTERS

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.

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 58 before registering.

You are expected to have:

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

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

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

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

Beginning Computing for Older Adults ..................................................12
Computer Fundamentals I & II ..................................................13
Dreamweaver, Intro & Internm ..................................................18
Excel 2007, Intro & Internm ..................................................15
Flash, Intro, Intern, & Adv ..................................................18-19
Google Apps: Gmail, Calendar, Docs, and Sites...........................................17
Google Docs: Documents, Spread-sheets, Presentations, and Forms....17
Illustrator, Intro, Intern, & Adv.................17-20
InDesign, Intro, Intern, & Adv..........19-20
Internet Basics for Seniors.....................17
iPhone/iPod Touch Apps, Intro..........17
Letters, Flyers, and Invitations: Get Your Message Out with Microsoft Word 14
Macintosh, Intro & Intern .............14
Outlook 2007, Intro to .............................16
Photoshop, I & II ..........................16
PowerPoint 2007, Intro & Intern ......15-16
QuickBooks Pro 2010, Intro & Intern ...16
Squarespace.com: Fast, Easy Website Creation ..................................................18
Windows 7, Intro to .............................13
Word 2007, Intro & Intern .................14-15

Beginning Computing for Older Adults

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

- 7 Saturdays, 10:10am-12noon
- Sept. 11-Oct. 23
- Kentfield Campus, Science Center 144
- Fee $66 (Includes $2 materials fee)
- Course #85231 EC

Internet Basics for Seniors

In this class, you will learn new and interesting ways to immediately bring you closer to your children and grandchildren. By the end of the first session, you will know how to set up a free email account; send and receive emails; manage your mail; deal with spam (junk mail); send and receive photos; and learn email etiquette (NO CAPS!). In the second session, you will have fun researching your favorite topic using basic and Advanced Search techniques; learn tips for shopping safely online, explore Social Networking, including 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
- Sept. 28 & 30
- Indian Valley Campus, Ohlone 216
- Fee $56
- Course #85277 EC

Computer Fundamentals I

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

Instruction in this class is not textbook-based.

- Tom Millard
- Monday, 1:30-4:30pm
- Sept. 13
- Indian Valley Campus, Ohlone 216
- Fee $38
- Course #85278

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.

- Tom Millard
- 2 Mondays, 1-4pm
- Sept. 20 & 27
- Indian Valley Campus, Ohlone 216
- Fee $76
- Course #85279

Introduction to Windows 7

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

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


- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Sept. 8-22
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85280

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 12.
Introduction to the Macintosh

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


- Steve Salzman
- 3 Tuesdays, 7:10-10pm
- Sept. 7-21
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #85232

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, 7:10-10pm
- Sept. 28-Oct. 12
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #85233

Letters, Flyers, and Invitations: Get Your Message Out with Microsoft Word

Would you like to use your computer to write a letter to the editor or create a garage sale flyer? Use Microsoft Word to create customized professional documents. Class topics include (a) setting up letter templates formatted with margins, tabs, and spacing, (b) using keyboard shortcuts, and (c) adding an image to your documents. You will enjoy the class if you have basic computer experience through using email or searching the web. You will receive a workbook with supplemental information and exercises to support the class activities. You are encouraged to practice newly acquired skills throughout the week. NO typing proficiency is required, but you should have access to a computer to practice the exercises during the week.

Alice L. Dieli, MS Ed (Instructional Technology), has 25 years of experience teaching computer programming, applications, and hardware certification courses for adults.

- 7 Saturdays, 1:10-3pm
- Sept. 11-Oct. 23
- Kentfield Campus, Science Center 144
- Fee $86 (Includes $2 materials fee)
- Course #85238

Introduction to Word 2007

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

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


- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Sept. 29-Oct. 13
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85281

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 Word 2007

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

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


Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Oct. 27-Nov. 10
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85282

Introduction to Excel 2007

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

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


Levi Allen
- 3 Mondays, 6-9pm
- Sept. 13-27
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85283

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 12.
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 Tuesdays, Sept. 14 & 21
- Sept. 14, 1-4pm
- Sept. 21, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85252

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 preferences. 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.

Recommended text: Microsoft Outlook 2007 Step by Step.ISBN-10 0-7356-2300-7

- Jazmine Loiselle
- 2 Wednesdays, 9am-12noon
- Sept. 8 & 15
- Indian Valley Campus, Ohlone 216
- Fee $76
- Course #85253

Introduction to QuickBooks Pro 2010

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

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


For each course listed below:

- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $116 (Includes $2 materials fee)
- 2 Mondays & 1 Wednesday, 6-9pm
- Oct. 25, Oct. 27 & Nov. 1
- Course #85284
- 3 Tuesdays, 1-4pm
- Sept. 28-Oct. 12
- Course #85254
- 3 Tuesdays, 1-4pm
- Nov. 2-16
- Course #85255

Intermediate QuickBooks Pro 2010

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

This class builds upon skills that are learned in Intro. to QuickBooks Pro 2010. We highly recommend completing Introduction before taking Intermediate. And you can use the same textbook from Level I class in this class.

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

For each course listed below:

- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $116 (Includes $2 materials fee)
- 3 Tuesdays, 1-4pm
  Nov. 23-Dec. 7
  Course #85256

- 1 Monday & 2 Wednesdays, 6-9pm
  Starts on a Wednesday
  Nov. 3, Nov. 8 & Nov. 10
  Course #85285

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 file access) 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 Saturdays, 9am-12noon
- Oct. 9-23
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #85286

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

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 Tuesdays, 7:10-10pm
- Oct. 26-Nov. 30
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #85287

Also of interest ...

Essential IT Skills for the Desktop Support Technician

See page 10.

Introduction to iPhone/iPod Touch Apps

Transform your cell phone or iPod 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
- 2 Saturdays, 1-4pm
- Sept. 11 & 18
- Indian Valley Campus, Pomo 192
- Fee $76
- Course #85234
Squarespace.com: Fast, Easy Website Creation

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

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

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

- Steve Salzman
- 2 Saturdays, 1-4pm
- Oct. 2 & 9
- Indian Valley Campus, Pomo 192
- Fee $76
- Course #85235

Also of interest ...

How to Sell Your Handmade Goods Online

Internet Marketing Strategies

See page 11.

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
- Sept. 8-22
- Indian Valley Campus, Ohlone 216
- Fee $144 (Includes $30 materials fee)
- Course #85236

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 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 Intro. to Dreamweaver.


- Steve Salzman
- 3 Wednesdays, 7-10pm
- Sept. 29-Oct. 13
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #85237

Introduction to Flash

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

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

Build your Flash skills by adding to your basic animation and motion graphic techniques with sound properties. We will cover the integration of Illustrator and Photoshop layers to increase your production skills, masks and animation masks, effects and more advanced drawing, and animation techniques.

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

Recommended text: Johnson, Steve, and Perspection, Inc., Adobe Flash Professional CS5 On Demand. Que. 2010

Lynda Banks
3 Thursdays, 7:10-10pm
Sept. 9-23
Indian Valley Campus, Pomo 192
Fee $114
Course #85288

Advanced Flash

We will cover how to setup a Flash project, add interactivity to your projects using simple action scripting with buttons and the timeline as well as importing video.

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

Recommended text: Johnson, Steve, and Perspection, Inc., Adobe Flash Professional CS5 On Demand. Que. 2010

Lynda Banks
3 Thursdays, 7:10-10pm
Sept. 30-Oct. 14
Indian Valley Campus, Pomo 192
Fee $114
Course #85289

Introduction to InDesign

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

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


Lynda Banks
2 Fridays, Sept. 10 & 17
Sept. 10, 9am-4pm
Sept. 17, 9am-12noon
Indian Valley Campus, Pomo 192
Fee $114
Course #85291

Intermediate InDesign

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

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


Lynda Banks
2 Fridays, Sept. 17 & 24
Sept. 17, 1-4pm
Sept. 24, 9am-4pm
Indian Valley Campus, Pomo 192
Fee $114
Course #85292

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 12.
Advanced InDesign

We will cover how to create more interesting, complex and sophisticated documents utilizing greater depth of the tools, styles, and techniques. You will learn to manage color calibration and document prep, use advanced typography, prepare documents for the Internet, learn to use text tags and to automate some processes. You will also learn how to take advantage of InDesign’s integration with other Adobe programs.

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


Lynda Banks
2 Fridays, Oct. 1 & 8
Oct. 1, 9am-4pm
Oct. 8, 9am-12noon
Indian Valley Campus, Pomo 192
Fee $114
Course #85293

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, Oct. 29 & Nov. 5
Oct. 29, 9am-4pm
Nov. 5, 9am-12noon
Indian Valley Campus, Pomo 192
Fee $114
Course #85295

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, Oct. 15 & 22
Oct. 15, 9am-4pm
Oct. 22, 9am-12noon
Indian Valley Campus, Pomo 192
Fee $114
Course #85294

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, Nov. 5 & 12
Nov. 5, 1-4pm
Nov. 12, 9am-4pm
Indian Valley Campus, Pomo 192
Fee $114
Course #85296
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, Sept. 9 & 16
Sept. 9, 9am-4pm
Sept. 16, 9am-12noon
Indian Valley Campus, Ohlone 216
Fee $114
Course #85257

Photoshop II

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

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


Jazmine Loiselle
2 Thursdays, Sept. 16 & 23
Sept. 16, 1pm-4pm
Sept. 23, 9am-4pm
Indian Valley Campus, Ohlone 216
Fee $114
Course #85258

Also of interest ...

Photoshop Elements: The Digital Darkroom, Intro
See page 41.

CONTEMPORARY SCIENCES

Science for Everyone

The first class session will be used to review the basic concepts of science and to present histories of the universe, earth, life, man, and science. You will then be asked choose the topics which you wish to have covered during the rest of the course. Possible topics include the following: Energy, nuclear energy and radiation, nutrition, cooking, pollution, sustainability, drugs, materials science (plastics, metals, etc.), electricity and electronics, global warming, art preservation, plant toxicity. The class will be polled to discover the topics of most interest.

Kathy and Neil Munderloh have both lectured and taught at the college and university level for many years. Neil worked for Bayer Pharmaceuticals for 11 years.
7 Wednesdays, 1:10-3pm
Sept. 8-Oct. 20
Kentfield Campus, Harlan Center 173
Fee $64 (Includes $1 materials fee)
Course #85297 EC

Assembling California: A Journey

From the origin of the elements to their combinations in minerals, the rocks minerals form, rocks as messengers from the past, the origin of the planetary system, the early earth (4.6-45.0 bya), and the major changes it has undergone since, the journey to present day California is complex, fascinating and remarkable. For 95% of that enormous period of time, there was no California! This survey course explores the incremental growth of the state over the past 240 my. Repeated collisions of continental fragments, island arcs, micro-continents, and ocean crust have together grown California in a piecemeal fashion. And, as beautiful as the results are, the state is now in the process of slowly coming apart.

The last class session will be a field trip to Angel Island. Students meet onsite and are responsible for their own transportation.

Rolf Ursin-Smith, MS
6 Fridays, 1:10-3pm
Sept. 10-Oct. 15
Kentfield Campus, Harlan Center 165
Plus field trip, Oct. 22, 1-3pm
Fee $77 (Includes $5 materials fee)
Course #85203 EC

A registration form is at the center of this schedule.
Introduction to Shamanism

Come learn about and experience ancient methods for healing and obtaining information. You will experience shamanic journeying, a dream-like state induced by drumming or rattling used by shamans in indigenous cultures. Learn how physical and non-physical reality are experienced from a shamanic perspective, and learn about various methods used by shamans for spiritual healing.

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 Shamanism since 2006 and is trained in both Core and Inca Shamanism.

- Saturday, 12:30-5:30pm
- Sept. 18
- Kentfield Campus, Physical Education Center 60
- Fee $49
- Course #85304

CURRENT EVENTS

Current Issues before the United States Supreme Court

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

The Portable Village is near the PE Complex, off of Parking Lot #12.

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

- 7 Tuesdays, 11:10-1pm
- Oct. 26-Dec. 7
- Kentfield Campus, Portable Village 3
- Fee $66 (Includes $2 special fee)
- Course #85020 EC

Also of interest …

How to Read A Contract and Why You Want to
See page 34.

Legal Concepts for Everyday Life
See page 34.

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
- Oct. 5-26
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $55
- Course #85021
 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.

To register for both courses listed below (Beginning Argentine Tango and Argentine Tango: Practica) at a reduced fee:
- 6 Fridays, 7:10-10pm
- Kentfield Campus, Physical Education Center 60
- Fee $96

Fall 1
- Sept. 17-Oct. 22
- Course #85022

Fall 2
- Oct. 29-Dec. 10 (No class Nov. 26)
- Course #85023

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 #85022 (Fall 1) and #85023 (Fall 2). Appropriate shoes will be discussed in class.
- 6 Fridays, 7:10-8pm
- Kentfield Campus, Physical Education Center 60
- Fee $52

Fall 1
- Sept. 17-Oct. 22
- Course #85024

Fall 2
- Oct. 29-Dec. 10 (No class Nov. 26)
- Course #85025

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.
- 6 Fridays, 8:10-10pm
- Kentfield Campus, Physical Education Center 60
- Fee $72

Fall 1
- Sept. 17-Oct. 22
- Course #85026

Fall 2
- Oct. 29-Dec. 10 (No class Nov. 26)
- Course #85027

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

- 7 Tuesdays, 7:10-8:30pm
- Kentfield Campus, Physical Education Center 22
- Fee $75

Fall 1
- Sept. 7-Oct. 19
- Course #85207

Fall 2
- Oct. 26-Dec. 7
- Course #85208
Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.
- 7 Fridays, 6:10-7:30pm
- Kentfield Campus, Physical Education Center 22
- Fee $75

Fall 1
- Sept. 10-Oct. 22
- Course #85028

Fall 2
- Oct. 29-Dec. 17 (No class Nov. 26)
- Course #85029

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 ensure 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.

Fall 1
- 6 Mondays, 7:10-8:30pm
- Sept. 13-Oct. 18
- Kentfield Campus, Physical Education Center 22
- Fee $69
- Course #85030

Fall 2
- 7 Mondays, 7:10-8:30pm
- Oct. 25-Dec. 6
- Kentfield Campus, Physical Education Center 22
- Fee $75
- Course #85031

Also of interest ...

Capoeira Barauna: An Afro-Brazilian Martial Art
See page 48.

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.

For each course listed below:
- 7 Wednesdays, 8:10-9:30am
- Indian Valley Campus, Miwok 170
- Fee $58

Fall 1
- Sept. 8-Oct. 20
- Course #85032 EC

Fall 2
- Oct. 27-Dec. 8
- Course #85033 EC

DISABLED STUDENTS, THEIR FAMILY AND FRIENDS

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

Adapted Awareness Through Movement

Learn how The Feldenkrais Method™ can help you improve your functioning, balance, flexibility, coordination, posture, and sense of well-being. These lessons increase the capacity for easier and more effective movement in everyday activities. We will cover:
- Restoring functioning due to injuries, aging, or trauma
- Improving posture through learning a dynamic alignment
- How to relieve aches and pains
• Minimizing stress and tension
• Enhancing physical and emotional wellbeing

Each class will include time for discussion. Handouts will be distributed.

For each course listed below:

- Kay Pepitone  
- Kentfield Campus, Physical Education Center 22

**Fall 1**
- 7 Thursdays, 1:10-2pm
- Sept. 9-Oct. 21
- Fee $55
- Course #85239

**Fall 2**
- 6 Thursdays, 1:10-2pm
- Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- Fee $52
- Course #85240

**Adapted Aerobic Fitness**

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

For each course listed below:

- Diana Scranton, MA (Education)  
- Kentfield Campus, Physical Education Center 22

**Fall 1**
- 6 Mondays & 7 Wednesdays, 10:10-11am
- Class starts on a Wednesday
- Sept. 13-Oct. 20
- Fee $81
- Course #85209

**Fall 2**
- 7 Mondays & 7 Wednesdays, 10:10-11am
- Oct. 25-Dec. 8
- Fee $84
- Course #85210

**Stroke Support**

This class is an opportunity for those who have experienced a stroke to connect with others, share information, practice communication/thinking skills, and learn about resources for continued recovery and health. This interactive class is a place where you can find support from other stroke survivors as well receive new information about how to live effectively with your disability. Family members and friends are welcome. There will be guest speakers.

For each course listed below:

- Carol Cokinos  
- 7 Wednesdays, 1:10-2:30pm
- Kentfield Campus, Physical Education Center 22
- Fee $74

**Fall 1**
- Sept. 8-Oct. 20
- Course #85211

**Fall 2**
- Oct. 27-Dec. 8
- Course #85212

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**DRAMA/STAGE & SCREEN**

**Magic As A Lifestyle: An Introduction to Magic and Illusion**

This course will introduce you to magic not only as a hobby, but as a viable career path. Class covers the importance of the Magician’s Code of Ethics, focusing on magic’s time-honored tradition of recognizing magicians of the past and present and how to present yourself as a magician. Class will be taught through hands-on instruction and lectures by instructor as well as guest appearances by Bay Area magicians.

The materials fee covers a professional-grade magic kit that will be distributed in class and a CD-ROM reference library containing over $200 of books, lecture notes, and videos. Please bring a notebook for note-taking. We will take an hour lunch break each day.

Caine Hörr, The Amazing Caine, has been studying the art of magic and illusion since the age of 9. He has been professionally performing magic and illusion throughout Northern California since 2006.

- 2 Saturdays, 10am-4pm
- Sept. 11 & 18
- Kentfield Campus, Harlan Center 172
- Fee $112 (Includes $40 materials fee)
- Course #85259

**Voice Overs: The Big Picture**

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

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

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

- 2 Saturdays, 10am-5pm
- Oct. 2 & 9
- Kentfield Campus, Fusselman Hall 110
- Fee $99 (Includes $2 materials fee)
- Course #85034

**FILM APPRECIATION**

**Real People, Reel Lives**

The lives of real people are often of greater interest, take stranger turns, and are more contradictory than any fictional characters that writers create. Films for Fall I will present the stories of real people, some from modern times and others going back in history, as seen in scripted feature films and documentaries. Some films for this session are: *Praying with Lior* (2007), *Jackie and Hilary* (1998), *Chariots of Fire* (1981).

**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. 2009 COM Community Education Teacher of the Year.

- 7 Thursdays, 2:10-5pm
- Sept. 9-Oct. 21
- Kentfield Campus, Olney Hall 96
- Fee $89 (Includes $1 special fee)
- Course #85036 EC

**An Asian Film Festival**

Asia is a vast continent of many cultures, each distinct from each other and from our culture. Films in this session will examine work from China, Japan, Korea, India, and Viet Nam. Get a glimpse of how people in these various places deal with issues of family, commerce, religion, and politics and discuss how those issues are treated as compared to how they might be in the West. Some films for this session are: *Tokyo Sonata* (Japan 2008), *Hero* (China 2002), *Owl and the Sparrow* (Viet Nam 2007).

**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. 2009 COM Community Education Teacher of the Year.

- 6 Thursdays, 2:10-5pm
- Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- Kentfield Campus, Olney Hall 96
- Fee $77 (Includes $1 special fee)
- Course #85037 EC

**FINANCIAL PLANNING**

**Basics in Personal Financial Planning**

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

Hand outs are provided.

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

- 6 Mondays, 6:40-8:30pm
- Sept. 13-Oct. 18
- Kentfield Campus, Physical Education Center 91
- Fee $79 (Includes $1 materials fee)
- Course #85143

**FOODS & WINE**

**The Butter Class**

Who doesn’t love butter? This one-day class will intensively explore many aspects of this beloved, versatile ingredient: how it’s made; the different types, qualities, and properties of butter in cooking; the preparation of clarified butter and ghee and their uses; and butter’s cultural history and lore. You will taste freshly-churned butter alongside several kinds of commercially available butter. Throughout the day, the chef instructor will demonstrate dishes made with butter: omelets, buttermilk biscuits, classic French beurre blanc sauce, pan-fried fish, Indian vegetable fritters, pound cake, and more.

**Professional chef Tom Hudgens** is the author of *The Commonsense Kitchen: 500 Recipes Plus Lessons for a Handcrafted Life*, published this year by Chronicle Books in Fall 2010. He cooked at Chez Panisse in Berkeley, and taught Culinary Arts at Deep Springs College, a unique liberal-arts school in eastern California.

- Saturday, 10am-1pm
- Nov. 6
- Marin Youth Center (The MYC)
- 1115 3rd Street, San Rafael
- Fee $96 (Includes $50 materials/special fee)
- Course #85213

**New World Wines**

There are wonderful wines being produced in the New World wine countries of Australia, New Zealand, Chile, Argentina, and South Africa. Come join
us as we 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.

- 4 Mondays, 7-9pm
- Sept. 13-Oct. 4
- Osher Marin Jewish Community Center
- 200 N. San Pedro Rd. San Rafael
- Fee $108 (Includes $50 special fee)
- Course #85038

Pilot Program

Certificate Program Requirements

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

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

A Full Introduction to Artisan Cheese and Its Traditions

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

Each class will include a cheese tasting accompanied by wine or beer. All students must be at least 21 years old.

Daphne Zepos, instructor at the Cheese School of San Francisco, ranks among the most outspoken and dynamic cheese advocates in the United States. Daphne is a co-founder of the Cheese of Choice Coalition, an advocacy group dedicated to the preservation of raw milk and small production cheeses. She established Artisanal’s Affinage Internship Program and created and taught Artisanal’s Cheese Master Class program.

- 5 Mondays, 7-10-9pm
- Sept. 13-Oct. 11
- Indian Valley Campus, Pomo 154
- Fee $188 (Includes $75 materials fee)
- Course #85307

Milk Types and Quality

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

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

- Thursday, 8:10am-4pm
- Oct. 28
- Indian Valley Campus, Pomo 154
- Fee $199 (Includes $75 special/materials fee)
- Course #85308

More Finding Healing Within

Find guidance 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.

New materials will be presented each quarter. 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.

For each courses listed below:
- 7 Fridays, 10:10-12noon
- Kentfield Campus, Physical Education Center 92
- Fee $64 (Includes $1 materials fee)

Fall 1
- Sept. 10-Oct. 22
- Course #85039 EC

Fall 2
- Oct. 29-Dec. 17 (No class Nov. 26)
- Course #85040 EC

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 journal, a binder, and a blanket to each class. Dress so that you can get down on the floor comfortably.

Maya Durie, MEd, CMT, GCFP, has a bodywork practice in the Bay Area since 2001.
- 7 Thursdays, 6:40-8:30pm
- Sept. 9-Oct. 21
- Kentfield Campus, Physical Education Center 22
- Fee $84 (Includes $1 materials fee)
- Course #85041 EC

Breaking the Cycle of Stress: Skills for Health and Peak Performance
Incorporate powerful changes in attitude into your life, as well as simple meditation techniques that can greatly reduce stress. This training, used at NASA, has been clinically proven to reduce blood pressure, relax deep tensions within the body, and increase mental focus. Learn to:
- Dramatically reduce stress with five-minute meditations and powerful breathing techniques
- Work more effectively with difficult situations and people
- Relieve chronic pain, high blood pressure, and insomnia
- Release tension and chronic pain
- Increase your ability to concentrate and focus the mind
- Feel happier, more relaxed, and at peace with yourself

David and Karen Gamow are corporate trainers who specialize in stress reduction and meditation. They have trained 20,000 people in these methods; clients include NASA, Hyatt Hotels, Yahoo, the U.S. Army, and CBS.
- Saturday, 9:30am-1pm
- Nov. 13
- Kentfield Campus, Harlan Center 127
- Fee $45 (Includes $3 materials fee)
- Course #85042

Bones Fit: Osteoporosis Prevention and Bone Strengthening Workshop
This workshop introduces you to the key principles of bone strengthening and prevention of bone density loss. Learn the basics of spinal alignment, power posture, strength, and resistance exercises, weight-bearing as well as the role of nutrition. The goal is to provide you with tools that prevent further loss of bone density and strengthen bones.

Please bring water, a bath towel and a beach towel, yoga mat or blanket to class. Bring ankle or wrist weights, one to five pounds adjustable, to the second class. You must be able to get up and down from the floor independently. Individual attention as time allows.

Marion Kregeloh, PT, CFP is highly skilled in evaluating, treating, and educating students in bone health, osteoporosis prevention, back care, and individualized exercise programs.
- 2 Fridays, 12noon-2pm
- Oct. 8 & 15
- Kentfield Campus, Physical Education Center 22
- Fee $58
- Course #85214 EC

Also of interest ...
Breema, Quiet Mind, Open Heart, Vital Body
See page 44.
Yoga for Stress Release
See page 44.
The Art of Meditation

Join us in an exploration of a variety of meditation techniques with seasoned teachers from different traditions. Experience sitting and walking meditation, chanting and periods of deep silence in a group setting. Disciplines may include Zen at Green Gulch, Insight Meditation at Spirit Rock, a Kabbalah Meditation at Open Secret bookstore, Raja Yoga Meditation at the Anubhuti Meditation and Retreat Center in Novato, and a Labyrinth walk.

No previous experience necessary. We reserve the right to substitute destinations. A fee of approximately $10 per person will be collected at the orientation. Voluntary contributions to each center recommended. We will meet on site. Students provide their own transportation.

Carolyn Talmadge

Orientation: Thursday, Sept. 16, 1:40-3:30pm
Kentfield Campus, Harlan Center 161
4 field trips: Thursdays, 1:30-3:30pm
Sept. 23-Oct. 14
Fee $52
Course #85043 EC

HEALTH SCIENCES

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

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

Courses offered for CE Hours for Nurses:
Principles of Holistic Health is listed on this page.

Activity Coordinator State Certification Course

Have you ever thought about a career working with older adults and frail elders? This is your opportunity to get started. Become approved by California’s Department of Public Health and Social Services to become a qualified activity coordinator.

Activity Coordinators work in assisted living, adult day health, convalescent, day programs, and retirement communities. You will assess individual client leisure needs and design person-centered meaningful activity programs.

Some of the class topics covered are: theories on aging, resident rights, common medical disorders, leadership and group dynamics, diversity in programs, cognition and dementia, rehabilitation, behavioral interventions, safe exercise programs, documentation, regulations, and much more.

The course is taught by a Certified Recreational Therapist, Licensed Social Worker, and Licensed Occupational Therapist. This is one of the few training courses approved in Northern California.

No prerequisites.
Call 415.453.6130 for more information or email betsybest@comcast.net.

■ Betsy Best Martini, M.S. CTRS
■ Marianne Gontarz York, LCSW
■ Lauren Newman, OT/L
■ Tuesdays & Thursdays, 4:10-7pm
■ Sept. 7-Dec. 9
■ Kentfield Campus, Olney Hall 106
■ FREE
■ Course #85306

Principles of Holistic Health (7 CE Hours)

This class gives an overview of integrated and holistic principles that are shaping holistic health/medicine. Major topics include Larry Dossey’s Three Eras of Healing, an overview of alternative medicine practices, a brief history of healing, and the general paradigm shift that is taking place in modern medicine. Class will also include an experiential piece which will allow participants to examine their own health history.

Open to all, this course is designed for those interested in a career in holistic or integrated health (e.g., nurses seeking continuing education, health educators, consultants or alternative health practitioners) and may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724.

Please see Note regarding Continuing Education for Nurses under the Health Sciences heading. Participants are asked to wear comfortable clothing and bring a notebook or journal. A reading list will be distributed in class.

■ Susan McLoughlin, MA (Holistic Health Education)
■ 2 Saturdays, 1:10-4:30pm
■ Sept. 25 & Oct. 2
■ Kentfield Campus, Physical Education Center 60
■ Fee $49
■ Course #85144

A registration form is at the center of this schedule.
HISTORY

Eastern Europe and the Balkans Revisited

“Learn about ... a group of peoples who in spite of their tremendous individual cultural wealth, throughout the centuries, almost never enjoyed the benefits of complete freedom.” Mircea Eliade

Due to popular demand, the History of Eastern Europe is back! During this course we will discuss the ancestors of the Eastern Europeans: the Celts, the Thracians, the Dacians; the tremendous influence of the Byzantine Empire; the centuries of Austrian and Ottoman occupation; and especially the cultural impact of these diversified civilizations on each country. Each country will be presented individually from their beginnings to the present including Albania, Bulgaria, Romania, the former Yugoslavia and former Czechoslovakia, Hungary, and Poland.

Erika Harkins, MA (Literature), received her degrees at the University of Paris in France, and in Romania.

- 7 Wednesdays, 2:10-4pm
- Oct. 27-Dec. 8
- Kentfield Campus, Portable Village 4
- Fee $66 (Includes $2 materials fee)
- Course #85044 EC

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 January and September 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
- Oct. 2
- Kentfield Campus, Harlan Center 127
- Fee $47 (Include $1 materials fee)
- Course #85045

Landscaping with Ornamental Grasses

The class will be a lively and detailed review of more than 150 ornamental grasses, for garden designers of all levels of skill. Live specimens, photographs, and guided field trips will be used to familiarize you with the grasses that are most appropriate for use in wet or dry landscapes, for turf alternatives, for all-native landscapes, for bringing color into the garden, and for creating “special effects” with wind and light.

Field trips include to Matanzas Creek Winery gardens in Santa Rosa and to the UC Berkeley Botanical Gardens. Students meet onsite and provide their own transportation. Directions and maps will be given in class. Admission is free to both field trip locations; there may be parking fees which students must cover.


Bob Hornback owns a company specializing in consultation and design with ornamental grasses.
- 6 Thursdays, 7:10-9pm
- Sept. 23-Oct. 28
- Kentfield Campus, Science Center 133
- Field trip: Matanzas Creek Winery, Santa Rosa
- Saturday, 10am-12:30pm, Oct. 16
- Plus field trip: UC Berkeley Botanical Gardens
- Saturday, 10am-12:30pm, Oct. 30
- Fee $93
- Course #85215
Great Soil = 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.  
The class will end at an offcampus site near the college where the Biostacks will be available for pick up.

Charlotte Torgovitsky  
Saturday, 9:30am-1pm  
Sept. 25  
Kentfield Campus, Temporary Building 101

Fee $35  
Course #85216

The Medicinal and Edible Herb Garden

Did you know that we live in one of the bread baskets of the world for growing edible and medicinal herbs? You can save money and easily grow herbs for preventive medicine, cosmetic uses, cooking, and increasing your nutritional health. Join me for a fun evening where you learn about growing plants that are not only beautiful but can be used to make nutritious foods and to stock your home medicine cabinet and cooking pantry. Fall is the time to plant. Learn which medicinal plants will grow well in your yard!

Kami McBride has taught herbal medicine and women’s health since 1988. She has studied medicinal plants for almost 20 years and has taught Herbolgy at the University of California School of Nursing and Stanford Hospital.

Wednesday, 6:40-9pm  
Sept. 29  
Kentfield Campus, Harlan Center 170  
Fee $45  
Course #85047

INTENSIVE ENGLISH PROGRAM (IEP) INDIAN VALLEY CAMPUS, Novato

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

- SMALL CLASSES  •  FIELD TRIPS  •  LUNCH
- 8- or 16-week PROGRAM  •  ELECTIVES: TOEFL PREPARATION/MUSIC AND WORDS
- FRIENDLY STAFF WHO HELP WITH VISAS AND SCHEDULING NEEDS

Fall Semester 2010

August 17-December 3 (*16-week program required for F-1 students)  
$2500 (*F-1) (20 hours)  
$2325 Other full-time students  
$1925 (15 hours)  
$1425 (10 hours)  
$775 (5 hours)

Session A: August 17-October 8 (8 weeks)

Session B: October 12-December 3 (8 weeks)

$1175 for 8 weeks (20 hours)  
$975 (15 hours)  
$725 (10 hours)  
$375 (5 hours)

Courses meet 5 hours per week:
Writing with Grammar Practice  
Tuesday/Thursday 9:10-11:35
Speaking/Listening/Pronunciation  
Wednesday/Friday 9:10-11:35
Grammar for Oral and Written Communication  
Tuesday/Thursday 12:30-2:45
Reading and Vocabulary Development with Topics in American Culture  
Wednesday/Friday 12:30-2:45

For more information or to apply:  
Call 415.883.2211, ext. 8579  
Fax: 415.883.2632  
E-mail: intensive.english@marin.edu  
For schedule and downloadable F-1 application: www.marincommunityed.org  
F-1 International Students (new and transfer welcome) apply now for 16-week Fall 2010: August 17-December 3 and Spring 2011: January 25-May 20

Contact paulette.foster@marin.edu  
For questions about International Education at College of Marin, contact janice.austin@marin.edu
Note: The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press #4 to reach a staff person and ask to have the instructor call you. When the purchase of a textbook is recommended, that text will be used for the entire series. Cost of textbooks vary and are available at the College Bookstore, 415.485.9394.

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

Introduction to Farsi (Persian)
You will be introduced to Persian or Farsi language and will learn to speak and understand it with the aid of images and audio. The emphasis of this class is on learning daily conversations in Persian. Upon successful completion of this course, you will be able to read and speak simple sentences; engage in basic conversations involving greetings/introduction of self; and describe things in short phrases.

Classes will be held with the aid of an audio book: Conversationals Farsi (Persian) Totally Audio. Dr. Paul Pimsleur. Simon and Schuster, New York.
Mehri Dadgar, (MFA), is a native of Iran.

For each course listed below:
- 7 Saturdays, 10-11:30am
- Kentfield Campus, Olney Hall 109
- Fee $69 (Includes $1 materials fee)

Intro. to Farsi 1
- Sept. 11-Oct. 23
- Course #85049

Intro. to Farsi 2
- Oct. 30-Dec. 18 (No class Nov. 27)
- Course #85050

Conversational French: First Year, First & Second Quarters
These sequential courses are designed for those who have no or very little knowledge of French. We work with pronunciation, vocabulary enrichment, and short conversations. See Note at the beginning of the Languages section.
Anne Marie Lebas is a native of France who has taught in the Bay Area for over 20 years. She teaches with great enthusiasm and energy and creates a lively and comfortable learning environment for students at any level. A bientot!

For each course listed below:
- Kentfield Campus, Temporary Building 119

First Year, First Quarter
- 6 Mondays, 6:40-8:30pm
- Sept. 13-Oct. 18
- Fee $78/Course #85145

First Year, Second Quarter
- 7 Mondays, 6:40-8:30pm
- Oct. 25-Dec. 6
- Fee $84/Course #85146

Conversational French: Second Year, First & Second Quarters
These second year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. See Note at the beginning of the Languages section. Venez apprendre dans une ambiance joyeuse!

For each course listed below:
- Anne-Marie Lebas
- 7 Wednesdays, 6:40-8:30pm
- Kentfield Campus, Harlan Center 173
- Fee $84

Second Year, First Quarter
- Sept. 8-Oct. 20
- Course #85147

Second Year, Second Quarter
- Oct. 27-Dec. 8
- Course #85148

Italian in the Kitchen: Learning Italian through Recipes
Have fun learning or improving your Italian by sharing recipes and food with your classmates. On alternate weeks, we will discuss Italian food and preparation: menus, recipes, ingredients, as well as Italian traditions surrounding food. Every other week, you will share with your classmates a simple dish from a recipe
for four, which you will prepare at home following the cooking instructions. All in Italian, naturalmente!

No previous knowledge of Italian or cooking ability needed. Students will provide the ingredients of the food they share. All recipes distributed in class are planned for four. A reader will be available for download.

Caterina Labriola is a native Italian with a Laurea (Master) in Foreign Languages and Literature. She also teaches in the credit program at College of Marin and at Santa Rosa Junior College.

- 6 Wednesdays, 6:40-8:30pm
- Oct. 20-Nov. 24
- Kentfield Campus, Harlan Center 170
- Fee $78
- Course #85048

Conversational Italian: First Year, First & Second Quarters

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

First Year, First Quarter
Lido Cantarutti
- 7 Tuesdays, 7-10-9pm
- Sept. 7-Oct. 19
- Kentfield Campus, Learning Resources Center 53
- Fee $84
- Course #85149

Ilia Salomone-Smith
- 7 Tuesdays, 1-10-3pm
- Sept. 7-Oct. 19
- Kentfield Campus, Physical Education Center 91
- Fee $66 (Includes $2 materials fee)
- Course #85150 EC

First Year, Second Quarter
Lido Cantarutti
- 7 Tuesdays, 7-10-9pm
- Oct. 26-Dec. 7
- Kentfield Campus, Learning Resources Center 53
- Fee $84
- Course #85151

Ilia Salomone-Smith
- 7 Tuesdays, 1-10-3pm
- Oct. 26-Dec. 7
- Kentfield Campus, Physical Education Center 91
- Fee $66 (Includes $2 materials fee)
- Course #85152 EC

Conversational Italian: Second Year, First & Second Quarters

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

For each course listed below:
- Ilia Salomone-Smith
- 7 Tuesdays, 3-10-5pm
- Kentfield Campus, Physical Education Center 91
- Fee $66 (Includes $2 materials fee)

Second Year, First Quarter
- Sept. 7-Oct. 19
- Course #85153 EC

Second Year, Second Quarter
Ilia Salomone-Smith
- Oct. 26-Dec. 7
- Course #85154 EC

Conversational Spanish: First Year, First & Second Quarters

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

First Year, First Quarter
Nancy McInnes
- 7 Thursdays, 7-10-9pm
- Sept. 9-Oct. 21
- Kentfield Campus, Harlan Center 161
- Fee $84/Course #85155

Milt Hain
- 7 Tuesdays, 2-10-4pm
- Sept. 7-Oct. 19
- Kentfield Campus, Temporary Building 119
- Fee $64/Course #85156 EC

First Year, Second Quarter
Nancy McInnes
- 6 Thursdays, 7-10-9pm
- Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- Kentfield Campus, Harlan Center 161
- Fee $78/Course #85157

Milt Hain
- 7 Tuesdays, 2-10-4pm
- Oct. 26-Dec. 7
- Kentfield Campus, Temporary Building 119
- Fee $64/Course #85158 EC

A registration form is at the center of this schedule.
Conversational Spanish: Second Year, First & Second Quarters

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

For both courses listed below:
- Milt Hain
- Kentfield Campus, Temporary Building 119

Second Year, First Quarter
- 7 Fridays, 2:10-4pm
- Sept. 10-Oct. 22
- Fee $64/Course #85159 EC

Second Year, Second Quarter
- 7 Fridays, 2:10-4pm
- Oct. 29-Dec. 17 (No class Nov. 26)
- Fee $64/Course #85160 EC

LAW

How to Read A Contract and Why You Want to

Contracts are an important part of everyday life and yet many people find them overwhelming. These six sessions will demystify ‘legalese’ and provide an overview of typical contracts, including real estate purchase and sale agreements, mortgages, car loans, leases, and home improvement contracts. We will also cover how to read a credit card agreement.

Judith Hanks received an MBA from Golden Gate University, a JD from Hastings College of the Law, and a BA from Stanford University. She has been a Real Estate and Corporate Consultant.

- 5 Mondays, 3:10-5pm
- Sept. 20-Oct. 18
- Kentfield Campus, Harlan Center 161
- Fee $55 (Includes $3 materials fee)
- Course #85051

Legal Concepts for Everyday Life

Bring your personal experience and questions to this class which will include a visit to the law library and a small claims court session at the Marin Civic Center. You will receive a thorough introduction to the laws that you may encounter in your daily activities. Topics to be covered may include contracts (basic concepts, sales, creditor/debtor); tort/accident law; property (landlord/tenant, neighbor/neighbor, trespass); criminal law (procedural rights, DUI, domestic violence); insurance issues; legal research; and the use of small claims court. Hand-outs, online material, and online demonstration. Guest lecturers.

Two field trips include to the Marin County Law Library and to a Small Claims Court session. Meet on site; students are responsible for their own transportation.

Edward Rockman, JD, has practiced law in the Bay Area since 1977 emphasizing litigation of personal injury, insurance, construction defect, real estate, and business cases.

- 7 Thursdays, 7:10-9pm
- Sept. 9-Oct. 21
- Kentfield Campus, Learning Resources Center 39

- Includes field trip: Thurs., Oct. 7, 7-9pm
- Marin County Law Library
- 20 N. San Pedro Rd., San Rafael
- Plus field trip: Tues., Oct. 19, 5-6pm
- Marin County Courthouse
- Marin Civic Center, Terra Linda
- Fee $89 (Includes $2 materials fee)
- Course #85217

LITERATURE/HUMANITIES

Introduction to Sherlock Holmes

The course is an introduction to the work of Arthur Conan Doyle as he creates one of the most important and influential characters in the history of detective fiction, Sherlock Holmes. We will explore the Holmes stories and participate in class discussion about the structure of the stories, the character of Holmes, his methods of solving crimes, his attitude toward justice and the law, and the parameters of the moral world he inhabits.

In Fall 1, we will draw from Volume 1 of the course text and explore the early stories. In Fall 2, we will discuss primarily the later stories of Volume 2. The course will also briefly trace the place of Holmes in the history of detective fiction.

You do not have to take the Fall 1 course to register for Fall 2.


For each course listed below:
- William Wallace, EdD, MA (English)
- Kentfield Campus, Harlan Center 173

Fall 1
- 6 Mondays, 1:10-3pm
- Sept. 13-Oct. 18
- Fee $59 (Includes $1 materials fee)
- Course #85161 EC

Fall 2
- 7 Mondays, 1:10-3pm
- Oct. 25-Dec. 6
- Fee $64 (Includes $1 materials fee)
- Course #85162 EC
Culture and Beauty in the Court of Louis XIV

Louis XIV was foremost patron of Artistic Decorations, Music, and Literature throughout French history. In this class, we will closely examine the recent Versailles Exhibition (Fall 2009) in the light of the legacy and enriching cultural accomplishment of King Louis XIV. This is the first exhibit of its kind since the death of Sun King in 1715. In addition to the life of King Louis XIV, we will discuss the highlights of the exhibition, the amazing architecture of Versailles, and other famous palaces, their interior decoration, furniture, goblins, porcelain, music, dance, literature, and theatre. We will discover the King’s important role in French, Baroque, and Classical Literature and how he sponsored the writers Molière, Racine, and Corneille, as well as the musician/choreographer Lulli.

The Portable Village is near the PE complex, off of Parking Lot #12.

- **Erika Harkins**, MA (French Literature)
  - 7 Tuesdays, 2:10-4pm
  - Sept. 7-Oct. 19
- **Kentfield Campus**, Portable Village 4
  - Fee $66 (Includes $2 materials fee)
  - Course #85052 EC

French Literature: Racine’s Britannicus

“Racine’s magnificent, part political thriller, part gripping family drama takes place at the locus of an empire where private and public worlds collide ...” *Boston Globe*

Join us in learning about and discussing the superb play *Britannicus* by Jean Racine. Tensely plotted, the action takes place in the 1st Century, 54 AD, after the death of Roman Emperor Claudius and the ascent to power of Nero. The intrigue is based on Nero’s fear and hate of his adopted brother, Britannicus, and his mother, Agrippina. The Court is filled with factions, intrigues, and executions that lead inexorably to enthralling conclusions.

Britannicus today is regularly produced by the Comédie-Française in Paris. In addition, we will discuss the fascinating life of the Classicist author Jean Racine during the Reign of Louis XIV, the Sun King.

- **Erika Harkins**, MA (French Literature)
  - 7 Wednesdays, 2:10-4pm
  - Sept. 8-Oct. 20
- **Kentfield Campus**, Harlan Center 165
  - Fee $66 (Includes $2 materials fee)
  - Course #85053 EC

Literature and Law: Leo Tolstoy’s Anna Karenina

Leo Tolstoy in *Anna Karenina* seems to agree with Plato’s sly suggestion in the Republic that every individual is a combination of passion and reason with “an outer covering” which makes each appear as “a single creature, a human being.” Tolstoy’s two romantics, Anna Karenina and Konstantin Levin are examples of Plato’s hybrid. Each challenges an evolving society’s expectations, and each questions the wisdom of its laws. How should either proceed – how should anyone proceed – when the demands of passion and the dictates of conscience seem to commend personal choices a society’s laws forbid? Warning! This course reached its limited enrollment last Spring on the first day of registration.

**David Robertson**, A.B. (Stanford), J.D. (Yale), has taught political philosophy and literature at Yale College and the College of Marin.

- 7 Fridays, 10:10am-12:30pm
  - Sept. 10-Oct. 22
- **Kentfield Campus**, Harlan Center 171
  - Fee $76
  - Course #85163 EC

Writer’s View of the World: Hawthorne And Melville

The times were heady with talk of reform, civil disobedience, spiritual enlightenment, and back-to-the-earth communes. San Francisco in the 1960s? No — New England in the 1840s, a period heralding the major shift in thought and sensibility in American life that culminated in the emergence of two stunningly original national novelists: Nathaniel Hawthorne and Herman Melville.

We will examine the work of these two major voices alongside a look at the rich literary context of their day. We will focus first on Hawthorne’s haunting classic, *The Scarlet Letter*, then turn our attention to two memorable works of Melville: the enigmatic novella, *Bartleby the Scrivener*, and his masterpiece: *Moby Dick* — one part rousing sea story, one part psycho- logical study, one part natural science primer, one part philosophical treatise.

The Portable Village is near the PE complex, off of Parking Lot #12.

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

- 6 Thursdays, 1:10-3pm
  - Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- **Kentfield Campus**, Portable Village 4
  - Fee $58
  - Course #85054 EC
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: 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. These seven sessions provide instruction for beginning to intermediate mountain bikers. Mountain bike skills, including bike handling, maintenance, trail etiquette, and learning about local mountain bike trails, is the focus of the course.

We will meet at trailheads. You must provide your own bike. Please see Note above, including the information about Class Itineraries.

Christy Murphy, MA (Exercise Science)
■ 7 Tuesdays, 11am-1pm
■ Locations: See Itineraries Note above
■ Fee $107

Fall 1
■ Sept. 7-Oct. 19
■ Course #85055

Fall 2
■ Oct. 26-Dec. 7
■ Course #85056

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

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

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

Orientation: Tuesday, 9:10am-1pm
Sept. 7
Kentfield Campus, Learning Resources Center 53
■ Plus 4 field trips
■ Tuesdays, 8:30am-12:30pm
■ Sept. 14-Oct. 5
■ Fee $92
■ Course #85057 EC

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

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

For each course listed below:
■ Locations: See Itineraries Note above

Fall 1
■ 6 Mondays, 9:45am-1:45pm
Sept. 13-Oct. 18
Fee $98
Course #83164 EC

Fall 2
■ 7 Mondays, 9:45am-1:45pm
Oct. 25-Dec. 6
Fee $115
Course #83166 EC

■ 7 Tuesdays, 9:45am-1:45pm
Oct. 26-Dec. 7
Fee $115
Course #83167 EC

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

Please see Note under Marin Adventures heading. Please, dogs are not invited to this class. Please bring a bag lunch.
Naturalist Sharon Barnett is a thoughtful and enthusiastic trail guide. She leads programs for Marin Nature Adventures, Point Reyes Field Seminars, and Marin Art and Garden Center.

**Fall 1**
- 5 Saturdays, 10am-2pm
- Sept. 11-Oct. 23 (No class Sept. 25 & Oct. 9)
- Last class, 10am-4pm
- **Locations:** See Itineraries Note above
- Fee $92
- **Course #85058 EC**

**Fall 2**
- 6 Saturdays, 10am-2pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- Last class, 10am-4pm
- **Locations:** See Itineraries Note above
- Fee $104
- **Course #85059 EC**

**MUSIC**

The Best Musicals on Broadway: Bernstein, Robbins, Sondheim

Leonard Bernstein, Jerome Robbins, and Stephen Sondheim collaborated on some of the most popular and original shows ever seen on Broadway. Each worked separately to produce special works: Bernstein as composer and conductor; Robbins as dancer, director, and choreographer; Sondheim as lyricist and composer. This course will examine some of their works and the talents they brought to the theater. Using CDs and DVDs, we will enjoy and discuss excerpts of some of their best known and best loved works.

- Joanna G. Harris, PhD (Dramatic Arts)
- 7 Tuesdays, 1:40-3:30pm
- Sept. 7-Oct. 19
- **Kentfield Campus,** Physical Education Center 92
- Fee $64
- **Course #85035 EC**

Music of the World: Our Musical Planet

Take an audio (and sometimes visual) journey to the far corners of the world listening to the sounds of instruments and the music made on them from cultures as different as Bali and Brazil, India and New Orleans. We’ll listen for elements unique to these musical traditions and identify historical movements that link them together. Our survey will acquaint us with the mysteries of melody, harmony, and rhythm from the viewpoint of the cultures that create and express them. As we take our musical journey through Asia, Africa, Indonesia, India, and Latin and North America, we’ll listen for what is folk and classical, ancient and contemporary, sacred and popular.

Mindia Devi Klein is a professional musician and composer with a Masters’ Degree in World Music and Composition

- 6 Thursdays, 4:10-6pm
- Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- **Kentfield Campus,** Harlan Center 171
- Fee $59 (Includes $1 materials fee)
- **Course #85218 EC**

Russian Music: Rarely Performed Masterpieces

We continue our survey of rarely performed masterpieces in Russian music. In Fall 1, we will listen to and learn about Rimsky-Korsakov, *The Golden Cockerel*; Tchaikovsky, *Suite for Orchestra #3*; Rachmaninov, music for two pianos; Mussorgsky, *Khovantchina*; A. Scriabin, *Etudes and Preludes* for piano; Shostakovich, music from Ballets. In Fall 2, we will turn our attention to Glinka, dance music; string quartets of Borodin and Tchaikovsky; Glazunov, ballet music; Rachmaninov, *Piano Concerto #4*; and the ballet music of Khachaturian. New and returning students are always welcome.

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

**Fall 1**
- 7 Fridays, 12:10-2pm
- Sept. 10-Oct. 22
- **Kentfield Campus,** Fine Arts 72
- Fee $64
- **Course #85168 EC**

**Fall 2**
- 6 Fridays, 12:10-2pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus,** Fine Arts 72
- Fee $58
- **Course #85169 EC**

More Chorus Emeritus
Fall 1
- 7 Thursdays, 3:10-5pm
- Sept. 9-Oct. 21
- Fee $49
- Course #85298 EC

Fall 2
- 6 Thursdays, 3:10-5pm
- Oct. 28-Dec. 16 (No class Nov. 11 & 25)
- Fee $42
- Course #85299 EC

Marin Men’s Chorus
“The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year.” Michael
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $40 at the first class meeting for materials/accompanist fees.
Shawn Aluk, MA (Music Education), is an experienced choral director and music educator who strives to inspire his students to appreciate and enjoy music.
- 7 Tuesdays, 7:30-9:30pm
- St. Stephen’s Church
- 3 Bayview Ave., Belvedere
- Fee $39

Fall 1
- Sept. 7-Oct. 19
- Course #85060 EC

Fall 2
- Oct. 26-Dec. 7
- Course #85061 EC

Community Gamelan Ensemble: Music-Making for Everyone
Gamelan music is a community form of music played throughout Bali and Indonesia. Recognized for its unique, gorgeous sound and simple playing techniques, gamelan is becoming a popular form of music making in university and community music programs the world over. Gamelans consist of exquisitely hand-carved and painted metallophones, gongs, drums, and bamboo flutes. 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. Within minutes of playing together, you will experience beautiful rhythmic and meditative music that will fill you with deep and joyful satisfaction. Instruments are provided. Please bring a pillow, low bench or low chair to class. No previous music training is required.
Mindia Devi Klein, MA (World Music and Composition), is an award-winning musician, ethno-musicologist, educator, and composer.
- 7 Wednesdays, 7:10-9pm
- Oct. 27-Dec. 8
- Kentfield Campus, Olney Hall 96
- Fee $147
- Course #85170

Harmonica Workshops: Double Your Fun
No previous ability to read or play music is needed for either class. You will need a C major diatonic harmonica. Harmonicas will be available in class for $10. CD and handouts are included in the materials fee.
Questions? Call the instructor at 916.996.5222. Take both harmonica workshops at a reduced fee or sign up for only one as shown below.
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:
- Thursday, Nov. 4
- Kentfield Campus, Fusselman Hall 120
To register for both workshops at a reduced fee:
- Fee $75 (Includes $25 materials fee)
- Course #85172

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 #85173

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 #85174

Register early to secure your place in class, see pages 58-60.
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. If you are new to the course or are unsure of your placement, e-mail the instructor at marciabau@aol.com. Early registration recommended.

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

For each section listed above:

| Times as above |
| Kentfield Campus, Fine Arts 188 |
| Fall 1 |
| 7 Tuesdays & 7 Thursdays |
| Sept. 7-Oct. 21 |
| Fee $88 |
| Course #85062 |

| Fall 2 |
| 7 Tuesdays & 5 Thursdays |
| Oct. 26-Dec. 9 (No class Nov. 11 & 25) |
| Fee $76 |
| Course #85063 |

Instant Piano for Hopelessly Busy People

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

If you can find middle C and know the meaning of ‘Every Good Boy Does Fine,’ you already know enough to enroll in this workshop. If you need help, a free pamphlet is available on line at www.marincommunityed.org. Click on the course number and follow directions. If you do not have access to the Internet, call 415.485.9318 and leave your mailing address.

Robert Laughlin
Saturday, 9am-12:30pm
Oct. 16
Kentfield Campus, Fine Arts 177
Fee $65 (Includes $30 materials fee)
Course #85175

Piano by Ear: What Pro Musicians Won’t Tell You

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

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

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

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

Robert Laughlin
Saturday, 1:30-5pm
Oct. 16
Kentfield Campus, Fine Arts 177
Fee $65 (Includes $30 materials fee)
Course #85176

PARENTING

Do It Yourself College Counseling for Parents of High School Students

In this introductory course, you will receive the necessary tools to get started and keep you and your child ‘on track’ with the college application process. Learn about College Entrance Tests (SAT and ACT) and the appropriate time for your child to take them. Understand how colleges evaluate student transcripts and the best courses to take in high school. Discover what role extra-curricular activities play in the application process.

More Parenting
and receive tips for choosing the best activities for your child. Examples of how these factors relate to different colleges including the UC, Cal State, and selective private colleges will be provided. You will have plenty of opportunity to ask questions.

Rosemary Costello, MA (Education/Counseling) has advised over 1800 students on the college admission process and has a thorough understanding of what it takes to get into college today.

- Saturday, 10am-12noon
- Oct. 9
- Kentfield Campus, Harlan Center 127
- Fee $39 (Includes $1 materials fee)
- Course #85177

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Cala, Program Director

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

Introduction to Foster and Adoptive Parenting

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

PERSONAL DEVELOPMENT

7 Steps to Develop Your Lifestyle Plan: Create the Life You Want to Live!

Does your life no longer bring you joy or support good health? Are you bogged down, in transition, need income, and want flexibility? Are you despairing that you can never retire?

If so, it is time to ask yourself, “How do I want to live, and how can I support myself within that context?” Through experiential exercises and discussion, you will:

- Gain clarity on the type of lifestyle you want
- Examine the tradeoffs you are willing to make
- Begin to design the life you want to live
- Identify three things that you can do today to move forward.

Please bring a notebook and colored pens to class, and bring your partner too! We will take a 45-minute lunch break.

Dr. Suzanne Saxe-Roux is an executive coach, management consultant, and facilitator and has a Doctorate in Education, Organizational Leadership and a Master’s in Recreation and Leisure Studies.

- Saturdays, 9am-4pm
- Oct. 9
- Kentfield Campus, Physical Education Center 92
- Fee $54 (Includes $1 materials fee)
- Course #85260

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

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

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

Join us to gain a better understanding of ADHD and:

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

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

“However peaceful a person may wish to be, their capacity to think, talk, and act peacefully will be undermined if their body is not in a state of peace.” Paul Linden

Celebrate Peace Week (Sept. 11-21) by learning how to Embody Peace. Peace is not just the absence of conflict, it is an inner experience that can be learned and cultivated. Stress and conflict can trigger a distress reaction in the body that causes us to think and act in ways that perpetuate and often escalate conflict with others.

In this half day experiential class you will:
• Find out about the body’s common distress patterns
• Discover your own body’s responses to distress
• Learn effective centering techniques

Please bring a blanket to each class and dress comfortably for easy moving and lying on the floor.

Maya Durie, MEd, CMT, GCFP
Saturday, 1:10-5pm
Sept. 18
Kentfield Campus, Physical Education Center 22
Fee $47 (Includes $1 materials fee)
Course #85219

PHOTOGRAPHY

Basic Photography

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

Two Saturdays we will combine classroom and field sessions. On Sept. 25, a morning in the field will be followed by an afternoon class. On Oct. 2, an afternoon class will be followed by an evening field trip where you will learn and practice techniques for long exposures and night photography. Students meet on site and are responsible for their own transportation.

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

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

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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
Sept. 10
Indian Valley Campus, Ohlone 216
Fee $90
Course #85261

Fall 1
■ 6 Mondays, 7:10-9pm
■ Sept. 13-Oct. 18
■ Kentfield Campus, Science Center 133
■ Fee $79 (Includes $1 materials fee)
■ Course #85178

Fall 2
■ 7 Mondays, 7:10-9pm
■ Oct. 25-Dec. 6
■ Kentfield Campus, Science Center 133
■ Fee $85 (Includes $1 materials fee)
■ Course #85179

PHOTOGRAPHY
**PHYSICAL FITNESS**

**Note:** Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305, press #4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 59.

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

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

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

Naomi Schaeffer Draper is a certified Feldenkrais Practitioner™ Physical Therapist and former dance teacher who brings 25 years of movement related experience to her teaching.

Teresa Hanson is a certified Feldenkrais Practitioner™ whose teaching is influenced by years of meditation practice and the inner dynamics of awakening to the whole of one’s self.

For each course listed below:

- 7 Wednesdays, 6:10-7pm
- Kentfield Campus, Physical Education Center 22
- Fee $63

**Fall 1**
- Sept. 8-Oct. 20
- Course #85065

**Fall 2**
- Oct. 27-Dec. 15 (No class Nov. 24)
- Course #85066

**The Feldenkrais Method for the Active Adult**

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity.

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

This class is offered FREE thanks to an endowment from the estate of Randy Weil. Randy is fondly remembered for her over ten years of dedication to bringing ease and pleasure to the lives of older adult learners through Feldenkrais. Her wonderful gift goes far to continue to provide the classes she and her students so greatly valued.

For each course listed below:

- Teresa Hanson, GCFP
- Kentfield Campus, Physical Education Center 60
- FREE

**Fall 1**
- 7 Wednesdays, 3:40-5pm
- Sept. 8-Oct. 20
- Course #85112 EC

**Fall 2**
- 6 Wednesdays, 3:40-5pm
- Oct. 27-Dec. 8 (No class Nov. 24)
- Course #85113 EC

**A New Way to Exercise for Pain Relief and Physical Repair**

Come to a friendly exercise class that welcomes your pace and problems. The original exercises learned in class give pain relief and push limits for new strength and flexibility without irritating existing problems. The floor exercises use a fully supported pain relieving position of comfort. You will learn to set up your exercise position using the wedges and pillows in class. The exercise position gives even long-standing, complicated, and chronic problems the movements of pain relief and physical repair.

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

For each course listed below:
- Meg Margolis
- Mondays, Wednesdays, Fridays, 3:40-4:30pm
- Kentfield Campus, Fusselman Hall 120
- Fee $109

Fall 1
- 6 Mon., 7 Wed. & 7 Fri.
- Starts on a Wednesday
- Sept. 8-Oct. 22
- Course #85067 EC

Fall 2
- 7 Mon., 7 Wed. & 6 Fri.
- Oct. 25-Dec. 10 (No class Nov. 26)
- Course #85068 EC

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

- Diane Hain
- 7 Mondays, 11:10am-12noon
- Oct. 25-Dec. 6
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- FREE
- Course #85114 EC

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

For each course listed below:
- Erik Riswold
- Kentfield Campus, Physical Education Center 22
- Fee $58

Fall 1
- 6 Tuesdays & 6 Fridays, 9:10-10am
- Sept. 7-Oct. 15
- Course #85069 EC

Fall 2
- 7 Tuesdays & 5 Fridays, 9:10-10am
- Ends on a Tuesday
- Oct. 26-Dec. 7 (No class Nov. 26)
- Course #85070 EC

For each course listed below:
- Erik Riswold
- 7 Wednesdays, 10:10-11am
- Indian Valley Campus, Miwok 170
- Fee $38

Exercise for Fitness and Pleasure
Maintaining and improving general health and fitness are the goals of this class for the active adult. Join us in stretching, toning, strengthening, relaxation techniques, and rhythmic activities set to music.

For each course listed below:
- Erik Riswold
- Kentfield Campus, Physical Education Center 22
- Fee $58

Fall 1
- Sept. 8-Oct. 20
- Course #85071 EC

Fall 2
- Oct. 27-Dec. 8
- Course #85072 EC
Breema: Quiet Mind, Open Heart, Vital Body

Experience the dynamic, interactive practice of Breema, which was developed to create harmony between mind, feelings, and body and to promote balance in our relationship to ourselves, to others, and all life. You will learn a series of simple partner bodywork sequences, working with the whole body, that foster the body-mind connection that can support you in everything you do in your life. We will also practice Self-Breema exercises to do on your own body. Working with Breema’s Nine Principles in class supports finding our own body’s comfort, letting go of tension, balancing firmness and gentleness, and learning to give and receive simultaneously.

All levels of ability are welcome. You should be comfortable receiving touch and sitting, kneeling, and working on a padded floor. Floor mats are provided.

Denise Berezonsky, CMT, and Carrie Gray, MA, CMT, are certified Breema instructors.

For each course listed below:

- 6 Saturdays, 10:30-12noon
- Kentfield Campus, Physical Education Center 22
- Fee $69

Fall 1
- Sept. 11-Oct. 23 (No class Oct. 16)
- Course #85075

Fall 2
- Oct. 30-Dec. 11 (No class Nov. 27)
- Course #85076

Gentle Yoga

Based on the Sivananda Yoga Tradition, Gentle Yoga offers classical yoga postures, taught with positive affirmations that are based on the Yoga Sutras and include the 10 Universal Precepts of Life. For example, “May I always be attuned to the Peace that lies within.” This style of yoga is a call to open your heart while opening the inner channels of energy and focusing on the stillness of the peace that is always present within. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra, some simple peace chants, and a few moments of silence.

This class is suitable for beginners and has benefits for students of all levels of ability.

Please eat lightly prior to class. Bring a yoga mat, and wear comfortable clothing to class.

For each section listed below:

- Solana Tara
- Indian Valley Campus, Ohlone 106
- Fee $15

Fall 1
- 6 Tuesdays, 11:10am-12pm
- Sept. 7-Oct. 12
- Course #85115 EC

Fall 2
- 7 Tuesdays, 11:10am-12pm
- Oct. 26-Dec. 7
- Course #85116 EC

Yoga for Stress Release

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

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

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

Ananda Ma, RYT, has been teaching yoga since 1995. She uses her classes to focus on the capacity for yoga to help you access your own inner resources for self healing.

Fall 1
- 6 Mondays, 5:40-7pm
- Sept. 13-Oct. 18
- Kentfield Campus, Physical Education Center 22
- Fee $69
- Course #85220

Fall 2
- 7 Mondays, 5:40-7pm
- Oct. 25-Dec. 6
- Kentfield Campus, Physical Education Center 22
- Fee $75
- Course #85221
Yoga for Every Body, Yoga for Every Mind

Practice iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

Note: If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@yahoo.com or 415.388.1549.

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

For each course listed below:

- 7 Saturdays
- Kentfield Campus, Physical Education Center 60

Fall 1
- Sept. 11-Oct. 23
- Beginner
  - 10-11:30am
  - Fee $75
  - Course #85079

Intermediate
- 8-9:45am
- Fee $81
- Course #85080

Fall 2
- Oct. 30-Dec. 18 (No class Nov.27)
- Beginner
  - 10-11:30am
  - Fee $75
  - Course #85081

Intermediate
- 8-9:45am
- Fee $81
- Course #85082

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.

Fall 1
- 7 Tuesdays & 7 Thursdays, 5:40-7pm
- Sept. 7-Oct. 21
- Indian Valley Campus, Ohlone 106
- Fee $108
- Course #85077

Fall 2
- 7 Tuesdays & 6 Thursdays, 5:40-7pm
- Oct. 26-Dec. 16 (No class Nov. 11 & 25)
- Indian Valley Campus, Ohlone 106
- Fee $105
- Course #85078

Aikido

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

If you have questions, please contact the instructor at drplandrum@comcast.net.

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

Fall 1
- Paul Landrum, PhD
- 7 Tuesdays & 7 Thursdays, 7:10-8:30pm
- Sept. 7-Oct. 21
- Indian Valley Campus, Ohlone 106
- Fee $108
- Course #85222

Fall 2
- Paul Landrum, PhD
- 7 Tuesdays & 6 Thursdays, 7:10-8:30pm
- Oct. 26-Dec. 16 (No class Nov. 11 & 25)
- Indian Valley Campus, Ohlone 106
- Fee $105
- Course #85223
**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**

  **Fall 1**
  **Indian Valley Campus**, Miwok 170
  - 6 Mondays, 6:10-7pm
  - Sept. 13-Oct. 18
  - Fee $57
  - **Course #85180**

  **Synergy+ Pilates Studio**
  25 Tamalpais Ave. Suite A&B
  San Anselmo
  - 6 Mondays, 10-11am
  - Sept. 13-Oct. 18
  - Fee $57
  - **Course #85181**

  - 7 Tuesdays, 6:30-7:30pm
  - Sept. 7-Oct. 19
  - Fee $68
  - **Course #85182**

  **Fall 2**
  **Indian Valley Campus**, Miwok 170
  - 7 Mondays, 6:10-7pm
  - Oct. 25-Dec. 6
  - Fee $68
  - **Course #85183**

  **Synergy+ Pilates Studio**
  25 Tamalpais Ave. Suite A&B
  San Anselmo
  - 7 Mondays, 10-11am
  - Oct. 25-Dec. 6
  - Fee $68
  - **Course #85184**

  - 7 Tuesdays, 6:30-7:30pm
  - Oct. 26-Dec. 7
  - Fee $68
  - **Course #85185**

**Moving with Chi**

This course is based on principles of Tai Chi and Qigong. Using breath energy to cultivate soft dance-like Tai Chi movements, we will improve posture, breath, balance, memory, strength, and flexibility. You will be taught acupressure points for self-healing and short Tai Chi/Qigong forms. During both Fall 1 & 2, we will study and practice *The Five Elements*.

A floor warm-up will precede the standing exercises. Please dress comfortably in loose clothing. Bring blanket or mat.

For each course listed below:

- **Dove Harris Govrin**, MS, A.D.TR.
- **Indian Valley Campus**, Miwok 170

  **Fall 1**
  - 7 Thursdays, 1:10-2:30pm
  - Sept. 9-Oct. 21
  - Fee $64
  - **Course #85117 EC**

  **Fall 2**
  - 6 Thursdays, 1:10-2:30pm
  - Oct. 28-Dec. 16 (No class Nov. 11 & 25)
  - Fee $58
  - **Course #85118 EC**

**Wild Goose Qigong**

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

Please dress appropriately in loose, comfortable clothing.

For each course listed below:

- **Dove Harris Govrin**, MS, A.D.TR.
- **Fee $67**

  **Fall 1**
  **Kentfield Campus**, Physical Education Center 60
  - 7 Fridays, 10:10-12noon
  - Sept. 10-Oct. 22
  - **Course #85119 EC**

  **Indian Valley Campus**, Miwok 170
  - 7 Tuesdays, 1:10-3pm
  - Sept. 7-Oct. 19
  - **Course #85120 EC**

*Register early to secure your place in class, see pages 58-60.*
Fall 2
Kentfield Campus, Physical Education 60
- 7 Fridays, 10:10-12noon
- Oct. 29-Dec. 17 (No class Nov. 26)
- Course #85121 EC

Indian Valley Campus, Miwok 170
- 7 Tuesdays, 1:10-3pm
- Oct. 26-Dec. 7
- Course #85122 EC

Advanced Wild Goose Qigong

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

Please dress appropriately in loose, comfortable clothing.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- 7 Fridays, 12:40-2pm
- Kentfield Campus, Physical Education Center 60
- Fee $64

Fall 1
- Sept. 10-Oct. 22
- Course #85123 EC

Fall 2
- Oct. 30-Dec. 18
- Course #85124 EC

Wild Goose Qi Functions

This course for Intermediate and Advanced students focuses on Qi functions (vital energy as it flows thorough the body) and Meridian theory as they relate to the Wild Goose Qigong. You must have previous knowledge and memory of the 64 movements. It is recommended that you be concurrently enrolled in a Wild Goose Qigong class. The class will practice the entire form.

Please dress appropriately in loose, comfortable clothing.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- 7 Tuesdays, 3:40-4pm
- Indian Valley Campus, Miwok 170
- Fee $44

Fall 1
- Sept. 7-Oct. 19
- Course #85125 EC

Fall 2
- Oct. 26-Dec. 7
- Course #85126 EC

The Joy of Tai Chi

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

For each course listed below:
- Carolyn Talmadge

Fall 1
Beginning/Intermediate
- 6 Mondays, 3:40-5pm
- Sept. 13-Oct. 18
- Kentfield Campus, Physical Education Center 22
- Fee $49/Course #85083 EC

Beginning/Intermediate
- 7 Tuesdays, 10:45am-12:15pm
- Sept. 7-Oct. 19
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $15/Course #85084 EC

Intermediate
- 7 Wednesdays, 3:40-5pm
- Sept. 8-Oct. 20
- Kentfield Campus, Physical Education Center 22
- Fee $55/Course #85085 EC

Fall 2
Beginning/Intermediate
- 7 Mondays, 3:40-5pm
- Oct. 25-Dec. 6
- Kentfield Campus, Physical Education Center 22
- Fee $55/Course #85086 EC

Beginning/Intermediate
- 6 Tuesdays, 10:45am-12:15pm
- Oct. 26-Dec. 7 (No class Nov. 2)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $15/Course #85087 EC

Intermediate
- 7 Wednesdays, 3:40-5pm
- Oct. 27-Dec. 8
- Kentfield Campus, Physical Education Center 22
- Fee $55/Course #85088 EC
Advanced Tai Chi
An advanced class is being offered to practice in a group the natural flowing movements of this ancient exercise. Continue to fine tune your movements as well as emphasize the meditative aspects and strengthen your “chi.” This is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence, and well being. Some Qigong exercises are included. Strongly recommended: Beginning and Intermediate Tai Chi.

For each course listed below:
- Carolyn Talmadge
- Fridays, 2:10-3:30pm
- Kentfield Campus, Physical Education Center 60

Fall 1
- 7 Fridays, Sept. 10-Oct. 22
- Fee $55/Course #85089 EC

Fall 2
- 6 Fridays, Oct. 29-Dec. 10 (No class Nov. 26)
- Fee $49/Course #85090 EC

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

Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.

For each course listed below:
- Denise Aubin
- 7 Saturdays, 9:10-10am
- Fee $56 (Includes $1 materials fee)
- Kentfield Campus, Physical Education Center 22

Fall 1
- Sept. 11-Oct. 23
- Course #85091

Fall 2
- Oct. 30-Dec. 18 (No class Nov. 27)
- Course #85092

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.

Maestre Samuka is the director of a Capoeira group.

For each course listed below:
- 7 Wednesdays, 7:10-8:30pm
- Kentfield Campus, Physical Education Center 22
- Fee $78

Fall 1
- Sept, 8-Oct. 20
- Course #85093

Fall 2
- Oct. 27-Dec. 8
- Course #85094

Also of interest …

Traditional Samba
See page 24.

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

For each course listed below:
- Kensuke Sumii
- Kentfield Campus, Physical Education Center 22
Fall 1
- 7 Sundays, 10am-12noon
- Sept. 12-Oct. 24
- Fee $154 (Includes $70 special fee)
- Course #85224

Fall 2
- 6 Sundays, 10am-12noon
- Nov. 7-Dec. 12 (No class Nov. 28)
- Fee $138 (Includes $60 special fee)
- Course #85225

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.

Fall 1
- 6 Mondays & 7 Wednesdays, 6:40-8pm
- Sept. 8-Oct. 20
- Starts on a Wednesday
- Kentfield Campus, Physical Education Center 60
- Fee $117
- Course #85226

Fall 2
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 7-Oct. 21
- Course #85186

Have Fun and Be Fit Over 50

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

Fall 1
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 7-Oct. 21
- Course #85186

Fall 2
- 8 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 26-Dec. 16 (No class Nov. 11 & 25)
- Course #85187

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 to lose weight. Using boxing skills and drills, you will increase your muscular and cardio endurance and engage your core. Both the upper and lower body will be toned and strengthened. Exercises will be tailored to student’s level of fitness. One-on-one training and style development as time allows. This class will not include contact.

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

For each course listed below:
- Kentfield Campus, Physical Education Center 60
- Fee $124

Fall 1
- 6 Tuesdays & 7 Wednesdays, 6:40-8pm
- Sept. 7-Oct. 21
- Course #85186

Fall 2
- 8 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 26-Dec. 16 (No class Nov. 11 & 25)
- Course #85187

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- Sept. 7-Oct. 21
- Course #85186

Fall 2
- 8 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 26-Dec. 16 (No class Nov. 11 & 25)
- Course #85187
**Strength and Fitness Training**

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

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

**Beginner/Intermediate**  
For each course below:

- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified  
- **Kentfield Campus**, Physical Education Center  
- Wednesdays 7-9am, PE Center 22  
- Fridays, 7:40-9am, PE Center 20  
- Fee $89  

**Fall 1**  
- 7 Wednesdays & 7 Fridays  
- Sept. 8-Oct. 22  
- Course #85095 EC  

**Fall 2**  
- 8 Wednesdays & 6 Fridays  
- Oct. 27-Dec. 17 (No class Nov. 11 & 25)  
- Course #85096 EC  

**Advanced**  
For each course below:

- **Kim Jones**, MS (PE-Exercise Physiology), ACSM, SFA certified  
- **Kentfield Campus**, Physical Education Center 20  
- Fee $99  

**Introduction to Kettlebells**

You’ve seen it on *The Daily 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) is hard style Kettlebell Certified. She is also a certified instructor for both the Fitness Instructor Training program of Canada and Z-Health Performance Solutions.

For each course below:

- 7 Tuesdays, 6:40-8pm  
- **Kentfield Campus**, Physical Education Center 20  
- Fee $79  

**Fall 1**  
- Sept. 7-Oct. 19  
- Course #85099  

**Fall 2**  
- Oct. 25-Dec. 7  
- Course #85100  

**Effortless Tennis**

This evolutionary approach to the game eliminates the biggest impediment to peak performance-competition. Playing competitively before mastering

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- Register early to secure your place in class, see pages 58-60.  
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PHYSICAL FITNESS

the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout — physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

Skill levels must be appropriate for the class. If you have any questions regarding your placement, please call the instructor at 415.457.9476 or e-mail him at effortlesstennis@comcast.net.

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

For each course listed below:

- Kentfield Campus, Tennis Courts

  **Beginning**
  - 10 Tuesdays, 9:40-11am
  - Sept. 7-Nov. 16 (No class Oct. 12)
  - Fee $149 (Includes $6 materials fee)
  - Course #85101

  **Intermediate 1**
  - 10 Wednesdays, 9:40-11am
  - Sept. 8-Nov. 17 (No class Oct. 13)
  - Fee $149 (Includes $6 materials fee)
  - Course #85102

  **Intermediate 2**
  - 9 Thursdays, 9:10-11am
  - Sept. 9-Nov. 18 (No class Oct. 14 & Nov. 11)
  - Fee $178 (Includes $6 materials fee)
  - Course #85103

  **Aqua Exercise for Older Adults**
  The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance, and the whole cardiovascular system. Enjoy your body in movement, floating weightless while meeting others in a playful environment. You must be able to get in and out of the pool on your own. No assistance is available.

  **Kentfield Campus, Pool**
  - Jillian Ruppenstein
  - Fee $15

  **Fall 1**
  - 6 Mondays & 7 Wednesdays, 9:40-11am
    - Sept. 8-Oct. 20
    - Starts on a Wednesday
  - Course #85300 EC
  - 7 Tuesdays & 7 Thursdays, 9:40-11am
    - Sept. 7-Oct. 21
  - Course #85301 EC

  **Fall 2**
  - 7 Mondays & 7 Wednesdays, 9:40-11am
    - Oct. 25-Dec.8
  - Course #85302 EC
  - 7 Tuesdays & 5 Thursdays, 9:40-11am
    - Oct. 26-Dec. 9 (No class Nov. 11 & 25)
  - Course #85303 EC

  **Indian Valley Campus, Pool**
  - Russell Robles
  - Fee $15

  **Fall 1**
  - 6 Mondays & 7 Wednesdays,
    - 9:10-10:30am
    - Sept. 8-Oct. 20
    - Starts on a Wednesday
  - Course #85243 EC
  - 7 Tuesdays & 7 Thursdays, 9:10-10:30am
    - Sept. 7-Oct. 21
  - Course #85244 EC

  **Fall 2**
  - 7 Mondays & 7 Wednesdays,
    - 9:10-10:30am
    - Oct. 25-Dec.8
  - Course #85245 EC
  - 7 Tuesdays & 5 Thursdays, 9:10-10:30am
    - Oct. 26-Dec. 9 (No class Nov. 11 & 25)
  - Course #85246 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:
- Betsy Babson
- Tina Marie Rossi
- Kentfield Campus, Pool

Fall 1
6:40-7:45am
- 6 Mondays & 7 Wednesdays
  Starts on a Wednesday
  Sept. 13-Oct. 18
  Fee $105
  Course #85104
- 7 Tuesdays & 7 Thursdays
  Sept. 7-Oct. 21
  Fee $108
  Course #85105

7:10-8:15pm
- 6 Mondays & 7 Wednesdays
  Starts on a Wednesday
  Sept. 13-Oct. 18
  Fee $105
  Course #85106
- 7 Tuesdays & 7 Thursdays
  Sept. 7-Oct. 21
  Fee $108
  Course #85107

Fall 2
6:40-7:45am
- 7 Mondays & 7 Wednesdays
  Oct. 25-Dec. 8
  Fee $108
  Course #85108
- 7 Tuesdays & 5 Thursdays
  Oct. 26-Dec. 9 (No class Nov. 11 & 25)
  Fee $96
  Course #85109

7:10-8:15pm
- 7 Mondays & 7 Wednesdays
  Oct. 25-Dec. 8
  Fee $108
  Course #85110
- 7 Tuesdays & 5 Thursdays
  Oct. 26-Dec. 9 (No class Nov. 11 & 25)
  Fee $96
  Course #85111

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, Sept. 11-Oct. 9
- Sept. 11 & 18, 9-11am
- Kentfield Campus, Physical Education Center 91
- Plus field trips: Ocean Beaches
  - Sept. 25-Oct. 9, 9am-12:30pm
  - Fee $158
  - Course #85228

URBAN AGRICULTURE

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

This two-session class will include an illustrated lecture and a guided tour of the Burbank Experiment Farm in Sebastopol. Directions and a map will be given in class.
A registration form is at the center of this schedule.


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

Thursday, 6:40-9:30pm
Kentfield Campus, Temporary Building 119
Plus field trip: Burbank Experiment Farm, Sebastopol
Saturday, 9:30am-12noon, Sept. 11
Fee $52
Course #85229

Victory Gardens for 2010: Fall and Winter
Learn some history about Victory Gardens and how best gardening practices have evolved. We’ll discuss current cost-effective, eco-friendly, organic gardening principles for 2010. Fall is the time for soil preparation and composting, also for planting cover crops which build the soil for spring and summer planting over the winter dormant period. We will also cover fall pruning and pest management techniques. Learn the basics of planting bare root fruit trees and cane crops like raspberries. A field trip to the Indian Valley Campus Farm (or other farm) will allow us to check out orchards, compost piles, seed starting, fall vegetables, and cover crops in action.

Linda Novy is a former landscape contractor, Bay Friendly Gardener, Sustainable Landscape Professional, and former co-owner of Mellinor Farms.
Norma Novy is a Master Gardener and former co-owner of Mellinor Farms, an organic plant nursery that sold at the Marin County Farmer’s Market.

4 Saturdays, 10am-12noon
Sept. 25-Oct. 23 (No class Oct. 16)
Kentfield Campus, Temporary Building 119
Fee $61 (Includes $3 materials fee)
Course #85242

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

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

This six session class includes four days in the classroom and two field trips: one to observe local backyard chicken environments and the second to a small scale farm. Students meet on site and are responsible for their own transportation.

Recommended text: Raising Chickens. Gail Damerow. Story. 2010

Robert Kennedy
Jane Kennedy Angulo
4 Saturdays, 10am-12noon
Sept. 11-Oct. 2
Kentfield Campus, Physical Education Center 92
Field trip: Marin Backyard Chicken sites
Saturday, 9am-1pm, Oct. 16
Field trip: Split Rail Family Farm
Saturday, 9am-1pm, Oct. 9
Fee $92 (Includes $2 materials fee)
Course #85230

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

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

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

4 Thursdays, 6:10-7:30pm
Sept. 9-30
Kentfield Campus, Temporary Building 101
Fee $52
Course #85190

A registration form is at the center of this schedule.
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.

Fall 1
- 3 Mondays, 6:40-9:30pm
- Kentfield Campus, Temporary Building 104
- Fee $77 (Includes $1 materials fee)
- Course #85127

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.

For each course listed below:
- The Redwoods
- 40 Camino Alto, Mill Valley

Fall 1
- 6 Mondays, 5:30-8:30pm
- Fee $58
- Course #85128 EC

Fall 2
- 7 Mondays, 5:30-8:30pm
- Oct. 25-Dec. 6
- Fee $64
- Course #85129 EC

Creative Writing Workshop: The Writing Groove

“The two hardest things about writing are starting and not stopping.” Stewart O’Nan

Dive into this invigorating creative writing workshop and explore the genre of your choice. Use weekly writing ‘seeds,’ deadlines, and a creative venue to share your stories, poems, chapters or plays. Join an inspired community of writers like yourself who enjoy the process of discovery and the earnest pursuit of craft.

Guy Biederman, MA, has taught, written, published, and immersed himself in the creative writing life since returning from the Peace Corps in 1982. He is the author of two books of stories and poems, has produced five plays, and is a frequent guest speaker and literary contest judge.

Writers’ Workshop

What makes a good writer? What makes someone want to read what you wrote? Learn how to engage your audience and make your writing stand out. This class is open to people writing in all genres. Experience reading your work aloud and receiving feedback from the instructor and fellow classmates in a constructive, positive way. Students have the option of participating in a public performance of their work at the end of the Spring Quarter. Come join this weekly workshop, one of the longest, continuously running classes in College of Marin Emeritus College. Open to experienced and new writers.

If you need directions about how to get to the classroom, please email the instructor at sdundes@pacbell.net.

Suresa Dundes, MFA (Theatre), MA (Education), has worked as a Literary Manager, director, and designer in films, video, and theatre. Experienced in teach-
ing Acting, Voice, Film Appreciation, and Art Direction, she writes fiction, screenplays, and creative nonfiction. 2009 COM Community Education Teacher of the Year.

- 7 Saturdays, 10am-1pm
- Kentfield Campus, Portable Villate 3
- Fee $76

Fall 1
- Sept. 11-Oct. 23
- Course #85132 EC

Fall 2
- Oct. 30-Dec. 18 (No class Nov. 27)
- Course #85133 EC

How to Write Flash Fiction — And Why You Want to

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

Please bring a notebook and pen to class.

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

- 7 Wednesdays, 1:10-3pm
- Kentfield Campus, Harlan Center 127
- Fee $74 (Includes $1 materials fee)

Fall 1
- Sept. 8-Oct. 20
- Course #85191 EC

Fall 2
- Oct. 27-Dec. 8
- Course #85192 EC

Tales Told from Memory

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

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

- 7 Mondays, 1:10-3pm
- Oct. 25-Dec. 6
- Kentfield Campus, Harlan Center 127
- Fee $64
- Course #85134 EC

The Poetic Pilgrimage: Writing Poetry as Spiritual Practice

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. We long to “turn wandering into pilgrimage,” to live life’s journey with heart and meaning. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. We will use poems from many traditions to explore such topics as: Silence and Sound, Metaphor Magic, Rhythm (& Blues!), and the Art of Being Surprised by Our Own Poems. Following some of the timeless elements of pilgrimage, we will transform our longing into Departure and Journey, and Return with the Boon of writing and reading our poems to our heart’s content.

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

- 4 Tuesdays, 2:10-4pm
- Sept. 21-Oct. 12
- Kentfield Campus, Harlan Center 129
- Fee $43 (Includes $2 materials fee)
- Course #85262 EC

Fall 2
- 6 Tuesdays, 2:10-4pm
- Nov. 9-Dec. 14
- Kentfield Campus, Harlan Center 129
- Fee $61 (Includes $3 materials fee)
- Course #85263 EC
EMERITUS COLLEGE

EMERITUS COLLEGE

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

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Register early to secure your place in class, see pages 58-60.
Join the Fun!
Emeritus Students Activities Card Application

Name: _________________________ ____________________________
LAST FIRST MIDDLE INITIAL

Address: __________________________ ____________________________
NUMBER STREET CITY STATE ZIP

Phone Number __________________________ Please check appropriate squares:

E-mail __________________________

Signed __________________________
New Renew

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

EMERITUS STUDENTS COLLEGE OF MARIN

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 social events, as well as other student body activities sponsored by ESCOM. The Student Activities Card fee supports programs, activities, and efforts of the Student Association, including subsidies for low-enrolled classes.

EMERITUS CENTER

Kentfield 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.

CULTURAL ACTIVITIES

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

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. Funds are limited, and only partial grants will be awarded. You must a minimum of 55 years of age, or better, and submit a statement of financial need. Grant funds may be applied to registration fees only; students must pay materials fees at the time of registration. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652 and making your request along with your mailing address. Completed applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Monday, August 23.

ESCOM CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433

www.marincommunityed.org
Architectural Model Building:
B. Hanciulesco, 415.927.2183

Bocce Ball:
J. Kouns, 415.332.5929
Book Banter: Len Pullan 415.381.6952;
Karen Hemmeter 415.883.9120

Bridge:
L. Mason, 415.456.2508
T. Metzger, 415.479.8290

Classic Cinema:
R. Mead, 415.388.8919

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

Sounds of Music:
R. King, 415.898.5845

Spanish:
D. Robinson, 415.388.6167

Writers Workshop:
A. O’Brien, 415.453.3168

REGISTRATION INFORMATION

Registration Begins Monday, August 2, 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, 835 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 name(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.

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

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.

58 • Register early to secure your place in class, see pages 58-60. •
REGISTRATION INFORMATION

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, March 23.

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.

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.
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: 415.485.9455

Fall 2010 Parking Notice
While our campus is under construction, parking lots 3, 4, 9, and Circle Dr. 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.

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 and park in lot #7.

A registration form is at the center of this schedule.
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

Fall 2009 Parking Information

While our campus is under construction, Parking Lots 1, 2, 3 and 4 are closed while the projects are completed. We appreciate your patience.

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.

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

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).

POMO (PM)

1. Auto Collision Repair Lab
   (ACRT & AUTO courses moved to Bldg 24 during Construction)
2. Auto Technology Lab
   (ACRT & AUTO courses moved to Bldg 24 during Construction)
3. General Classrooms/Labs/Offices/Medical Assisting Lab/Food Vending
   (Rooms 150-154, 250-263)
4. Machine & Metals Tech
   (Rooms 160-175)
5. SIM Center (Rooms 180-189)
6. General Classrooms/Labs/Offices
   (Rooms 100-119, 200-218)
7. Multi Media Lab & Offices
   (Rooms 190-199)

ADMINISTRATIVE SERVICES (AS)

8. Student Services
9. Fiscal Services, Collage Operations, Health Center
10. Emeritus Meeting Room/Swinnerton Office
11. Information Systems Center
12. EMT / General Classroom
   Child Care Center (C3)

MIWOK (MW)

13. Offices/Court Reporting Labs
   (Rooms 120-122, 226)
14. Computer Lab (Room 144)
15. Studio Theatre (Rooms 170, 181)
16. Classrooms/Offices/Env. Landscape/Center for Sustainable Horticulture
   (Rooms 101-117, 202-217)

BUILDING #17

17. Career Study Center/Internet Cafe/
   Math, English, Computer Labs

OHLONE (OL)

18. Computer Labs (Rooms 120-135)
19. General Classrooms/Labs/Offices
   Computer Lab Comm Ed/Intensive English Program
   (Rooms 141-164, 202-223)
20. Food Vending/PE/OSPS PE/Classrooms/Board Meetings
   (Rooms 101 - 106)
22. Campus Police/Corporation Yard

TRANSPORTATION COMPLEX

24. B: Auto Collision & Repair
   A: Auto Technology Lab

ORGANIC FARM, SHADE / GREENHOUSE

REST ROOMS:

Buildings S, A, 9, 11, 13, 15, 17, 19, 20
Celebrating 30 Years of Success!

College of Marin’s Intensive English Program (IEP)

Located at the beautiful Indian Valley Campus in Novato

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

Why Choose Our Intensive English Program?

- Small class sizes offer personal attention and more practice time
- Superior quality program taught by highly-qualified, experienced instructors
- Focus on grammar, reading, writing, speaking, pronunciation, and listening, plus interesting American culture and traditional events
- TOEFL preparation
- Day and evening sessions
- Beautiful San Francisco Bay Area setting with fun group field trips
- Friendly staff who help with immigration, visas, housing, school and personal needs

For more information, please see page 31 of this schedule. Sara Oser, IEP Coordinator, may be contacted at: +1 415 457 8811 ext. 8579 or at: intensive.english@marin.edu.
Urban Agriculture
Backyard Chickens

Interested in keeping chickens and having fresh eggs from your own flock of hens?

Local Farmers Robert Kennedy and Jane Kennedy Angulo can show you how to create a successful backyard chicken environment that really works. Includes classroom lectures, demonstrations, and field trips to local small poultry keepers.

Find Out More on Page 53