FEATURED INSTRUCTOR
Terry McGovern
Instructor of Voice Overs: The Big Picture. Page 24
Moderator for Hooked on Marin Speaker Series
Seats are Limited!
Sign Up Early! Page 2

Community Ed Preview Day
Kentfield Campus: August 4
Indian Valley Campus: August 11

Emeritus College
Page 62
Welcome to College of Marin Community Education, Lifelong Learning and International Education

Announcing the New

HOOKED ON MARIN SPEAKER SERIES

College of Marin and Emeritus Students College of Marin, in collaboration with the San Anselmo, Corte Madera, and Larkspur Recreation Departments, and the Tamalpais Union High School District, have combined forces to provide a series of three moderator-led events featuring a panel of people who have been or are involved in local, Marin-based topics.

NEW 2012 SPEAKER SERIES

Organic Food Movement
7pm, Thursday, Sept. 20
Olney Hall, College of Marin
Your admission includes a free guided tour of the Organic Farm and Garden at Indian Valley Campus.

Mountain Bike Revolution
7pm, Wednesday, Oct. 24
Drake Little Theater, Tamalpais Union School District

Rock 'n' Roll Music History
7pm, Wednesday, Nov. 28
Corte Madera Community Center

General admission: $15 each
Tickets are available starting Aug. 1.

For more information and to order tickets, please visit www.HookedonMarin.com.

Co-sponsors:
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ON THE COVER: Terry McGovern is one of the San Francisco Bay Area’s most versatile performers. He started his movie career working with George Lucas, including Star Wars. He also appeared in American Graffiti, Mrs. Doubtfire, and Nine Months. Terry teaches commercial and character voice, as well as scene and monologue acting, at his own Marin Actors’ Workshop and at College of Marin. Terry is moderator for the new Hooked on Marin speaker series (page 2), and instructor of Voice Overs: The Big Picture (page 24).
Weekend Workshops

Invest in yourself and do something just for you on the weekend!

Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date shown below is the start date for the class. See page listed for more information.

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Art

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

GET READY TO PAINT: BEGINNERS REALLY WELCOME!
This class is an orientation designed for the enthusiastic, but apprehensive novice painter who wishes to start in acrylics. Even ‘beginners welcome’ painting classes can be intimidating when you don’t know the difference between a ‘bright’ and ‘filbert’ or the basics of color mixing.
Come learn the scoop about brushes, supports, additives, how to prep a canvas and mix paints, and you’ll be ready to jump into your first landscape or still life class with confidence. Through presentation and hands-on activities you will ‘get ready to paint’ in a supportive and relaxed setting. Wear comfortable painting clothes and bring your lunch.
Because this is only a one-day workshop, you must bring supplies to class. Depending on what you have at home, cost will vary, approx. $20-$40. Contact the instructor at m@maryvalente.com for the supply list as well as local and online art supply stores.

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

Saturday, 10am–3pm
Kentfield Campus, Fine Arts Center 301
Fee $65 (Includes $2 materials fee)
CRN# 85014 EC

NEW ARTISTICALLY YOURS
When you think of Picasso, Diebenkorn, or Brown, it’s not their traditional work that comes to mind but rather those paintings created once they found their unique style. While there are many skills and techniques to learn when you begin to paint (composition, value, line etc) it is also important (and fun!) to look for inner inspiration, to tap into your creativity and find your own voice.
In this four-hour workshop, we’ll work start with warm-up exercises and then set you on your personal journey. You’ll have a chance to explore and experiment in a relaxed, supportive environment. You will complete an original work without the aid of set up subject or photographs.
All levels welcome. Acrylic paint and/or hard pastel crayons. Also a good follow-up course for students who have taken Get Ready to Paint.
Because this is only a one-day workshop, you must bring supplies to class. Depending on what you have at home, cost will vary, approx. $20-$40. Contact the instructor at m@maryvalente.com for the supply list as well as local and online art supply stores.

Mary Valente
Saturday, 9:30am–1pm
Oct. 20
Kentfield Campus, Fine Arts Center 301
Fee $44 (Includes $2 materials fee)
CRN# 85099

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY

Kentfield Campus
Saturday, Aug 4, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Aug 11, 10:30am–12noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!
Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
ABSTRACT PAINTING

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

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

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

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

Kentfield Campus, Fine Arts Center 301
Fall 1
6 Mondays, 6:10–10pm
Sept. 10-Oct 15
CRN# 85015

FALL 2
Nov. 3-Dec. 15 (No class Nov. 24)
Extended class on Dec. 15, 9am-5:30pm
CRN# 85101

NEW ACRYLIC PAINTING IN PLEIN AIR

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

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

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

6 Tuesdays, 10:10am–1pm
Sept. 11-Oct. 16
Kentfield Campus, Fine Arts Center 301
Fee $116 (Includes $1 materials fee)
CRN# 85017

FIGURE PAINTING

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

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

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

6 Saturdays, 9am–1pm
Kentfield Campus, Fine Arts Center 301
Fee $231 (Includes $53 models fee)

FALL 1
Sept. 8-Oct. 13
Extended class on Oct. 13, 9am-5:30pm
CRN# 85100

FALL 2
Oct. 29-Dec. 10 (No class Nov. 12)
CRN# 85016

DRAWING WITH CHALK PASTELS

From sketches and dark and light studies to fully developed drawings/paintings, 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 sanded papers. Classes will include: basic information about materials, demonstrations, 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 pencil and paper and any pastels you have, and a good photo to work from. Materials will be discussed in the first class.
Barbara Lawrence began her art training early with her farther, a devoted artist and loving teacher. That influence helped create Barbara’s motto: Art is not essential for life, it is life. She’s been teaching and exhibiting in Marin for many years.

6 Fridays, 1:10–4pm
Nov. 2-Dec. 14 (No class Nov. 23)
Kentfield Campus, Fine Arts 214
Fee $116
CRN# 85248

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

See Note regarding materials under Art heading above. Bring whatever watercolor supplies you may have to the first class.
Marty Meade won the College of Marin’s Academic Senate award for Outstanding Community Education Teacher of the Year in 2006.

FALL 1
Marty Meade
6 Fridays, 10:10am–1pm
Sept. 7-Oct. 12
San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (includes $16 special fee)
CRN# 85018 EC

Nancy Johnson
7 Saturdays, 10:10am–1pm
Sept. 8-Oct. 13
Kentfield Campus, Fine Arts Center 215
Fee $89
CRN# 85019 EC

FALL 2
Marty Meade
6 Fridays, 10:10am–1pm
Nov. 2-Dec. 14 (No class Nov. 23)
San Geronimo Valley Community Center
6350 Sir Francis Drake Blvd.
San Geronimo
Fee $98 (includes $16 special fee)
CRN# 85020 EC

Nancy Johnson
6 Saturdays, 10:10am–1pm
Nov. 3-Dec. 15 (No class Nov. 24)
Kentfield Campus, Fine Arts Center 215
Fee $81
CRN# 85021 EC

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

All levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.
Julie Cohn has been an exhibiting painter and teacher for over 25 years.

5 Thursdays, 10:10am–1pm
Sept. 27-Oct. 25
Kentfield Campus, Fine Arts Center 301
Fee $79 (includes $7 materials fee)
CRN# 85022 EC

THE FLOW OF WATERCOLOR: BEYOND BEGINNING PORTRAITURE
You have painted some watercolor portraits and you are now ready to paint more of the figure and the background. Learn how to incorporate interior and exterior backgrounds and the model’s hands and clothing into your paintings. Develop techniques for painting fabric folds and patterns. The more you understand about composition in portraiture, the more discerning you will be about what to emphasize or soften in your portraits. Some watercolor portraiture experience is recommended.

We will have one model for two of the seven classes. All levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

Julie Cohn
6 Thursdays, 10:10am–1pm
Nov. 1-Dec. 13 (No class Nov. 22)
Kentfield Campus, Fine Arts Center 301
Fee $99 (includes $16 materials/model fee)
CRN# 85023 EC
**DRAWING IN COLOR AND MIXED MEDIA DRAWING**

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

This class will help you build a strong portfolio. It is also an excellent class for those who have never painted or drawn before!

Individual instruction will be given as time allows. Bring any drawing art supplies you may already have to the first class. Materials will be discussed in class.

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

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

**FALL 1**
7 Mondays, 5:10-8:30pm
Sept. 10-Oct. 22
Indian Valley Campus, Bldg 13, Rm 122
Fee $163 (Includes $7 materials fee)
CRN# 85102

**FALL 2**
6 Mondays, 5:10-8:30pm
Oct. 29-Dec. 10 (No class Nov. 12)
Indian Valley Campus, Bldg 13, Rm 122
Fee $142 (Includes $7 materials fee)
CRN# 85103

**FROM COLLAGE TO PAINTING**

Discover the exciting possibilities of collage, a technique where different materials are assembled together to create a new work of art. Whether you’re a beginner or an experienced artist, this class will guide you through the technical and creative aspects of using collage. Learn about the variety of materials that can be used, like printed papers, fabric, metal leaf, photos, and found objects. Experiment with using different surfaces and discover how to combine it with painting media, such as acrylic and even oil. We’ll review work by collage’s major proponents, from Modernists like Braque, Picasso, Lichtenstein, and Romare Bearden to contemporaries like Eddie Colla and Swoon.

Please also bring a variety of collage materials that interest you to the first class. A list of materials will be provided in class. Materials may cost $35-$40.

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

7 Tuesdays, 7:10-9:30pm
Kentfield Campus, Fine Arts Center 301
Fee $113

**FALL 1**
Sept. 4-Oct. 16
CRN# 85104

**FALL 2**
Oct. 30-Dec. 11
CRN# 85105

**ALSO OF INTEREST...**

**T-SHIRT DESIGN**

See page 58.
WATER MEDIA PAINTING: EXPRESSIVE WATERCOLOR AND FLUID ACRYLIC TECHNIQUES

“I’m happy I took your class. It has stayed with me in a wonderful way. I want to keep painting just to see what happens. A gift if ever there was one!” Page
Renew your art spirit with wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color, brushwork, compositional energy, atmospheric and textural effects, edge tinting, visual awareness, and the use of inks and mediums. Innovative teaching methods will build self-confidence and skill whether your work moves in realistic or abstract directions. Focus on transparency, spontaneity, improvisation, iconography and visual balance. Continuing students welcome.

Please bring watercolor supplies to first class or email the instructor at carol@arttreks.com for information.

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

6 Wednesdays, 6:10–9:30pm
Sept. 5–Oct. 10
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 85106

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

“Thank you for your great energy, your poetry, your Qi Gong, your creativity and your kind- ness!” Deirdre
Bring a playful spirit and imagery close to your heart to class. With watercolor and fluid acrylic paintings as the foundation of our work, we will explore image transfer, collage, and mixed media techniques that increase our expressive range. Demonstrations and discussion will include color, brushwork, backgrounds, over-painting, assemblage, layering and textual effects, compositional energy, visual balance, and the use of inks, mediums, photos, and graphic images. Innovative teaching methods will build self-confidence and skill. Focus on enhanced creativity, iconography, and nurture of the inner artist.

Please bring watercolor supplies and a selection of up to ten images to first class or email the instructor at carol@arttreks.com for information.

Carol Duchamp, MA
6 Wednesdays, 6:10–9:30pm
Oct. 31–Dec. 5 (No class Nov. 7)
Kentfield Campus, Fine Arts Center 301
Fee $189
CRN# 85107

JEWELRY AND METALSMITHING

The beginners/beginners plus class will focus on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor.
The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student’s personal design ideas. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques.
Class size is limited to 20; early enrollment advised. See Note regarding materials under Art heading above.
A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 31 years.

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

FALL 1
Beginners/Beginners Plus
7 Tuesdays
Sept. 4–Oct. 16
CRN# 85108
Intermediate/Advanced
7 Wednesdays
Sept. 5–Oct. 17
CRN# 85109

FALL 2
Beginners/Beginners Plus
7 Tuesdays
Oct. 30–Dec. 11
CRN# 85110
Intermediate/Advanced
7 Wednesdays
Oct. 31–Dec. 12
CRN# 85111
NEW STREET ART: PAST AND PRESENT
Some of the most innovative art work being made today will not be found in galleries and cannot be bought or sold, it is out there for you to discover, free. Widely referred to as Street Art it can be loosely defined as unsanctioned art in public spaces.

In this class we will look at the development of street art from its earliest origins, cave paintings and classical Rome, to current proponents like Swoon, Banksy, Shepard Fairey, and Miss Bugs. Discover some of the world-class artists right on your doorstep. Learn about large scale series such as Women are Heroes by JR in Rio, Kenya, and Shanghai and find out what else is happening and where. We’ll look at how it’s done too, with videos and demonstrations.

The course will include slide shows of recent work from here and abroad and discussion of street art’s place in community, politics, and art history.

Stephanie Jucker, MFA
6 Wednesdays, 7:10-9pm
Sept. 5-Oct. 10
Kentfield Campus, Harlan Center 165
Fee $84 (Includes $1 materials fee)
CRN# 85112

NEW ART IN THE AGE OF ENLIGHTENMENT: ROCOCO TO ROMANTICISM
The 18th Century was the age of reason: Voltaire, Diderot, and the philosophers Locke and Rousseau. Locke maintains that the soul has ideas only after sensation. We’ll begin with the fetes galante of Watteau and the sensual paintings of Boucher contrasted with humble genre scenes by Chardin. We’ll revel in glorious fresco cycles by Tiepolo and learn how Rosalba Carriera developed the pastel portrait. In England we’ll examine Hogarth’s Progresses and the portraits of Gainsborough. Jacques-Louis David will provide our focus on History painting introduced in Rome by Angelika Kauffmann and Benjamin West. The rise of Palladian architecture in England and America will be followed by our final subject: Romanticism, when artists, responding to prevailing literary themes, moved from the heroic and rhetorical to subjective and often tragic subjects.

Kerrin Meis, MA (Art History)
7 Fridays, 2:10am–4pm
Sept. 7-Oct. 19
Kentfield Campus, Olney Hall 105
Fee $69 (Includes $1 materials fee)
CRN# 85024 EC

NEW MODERNISM – MATISSE TO MAGRITTE: WHAT IS THE ROLE OF ART IN SOCIETY?
Modernism has its roots in the 19th Century when artists began to move toward abstraction albeit in very different ways. They were increasingly less reliant on nature and more interested in art for art’s sake. We shall see how art divorced itself from its societal moorings and withdrew, ostensibly to save its creative essence, from the real world. There were, however, artists who bucked the trend toward abstraction: the Surrealists, whose notion of reality fell entirely outside the traditional views of the real, and artists of the Neue Sachlichkeit, who addressed the problems of Weimar society. Arnold Schoenberg declared that nothing done for a purpose could be art while Picasso claimed that art was not to hang on a wall, but a weapon with which to attack an enemy.

Kerrin Meis, MA (Art History)
6 Fridays, 2:10am–4pm
Nov. 2-Dec. 14 (No class Nov. 23)
Kentfield Campus, Olney Hall 105
Fee $64 (Includes $1 materials fee)
CRN# 85025 EC
**Business**

**Marketing**

**INTERNET MARKETING STRATEGIES**

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

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

The class will be conducted with large screen display.

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

7 Thursdays, 6:10–8pm
Sept. 6–Oct. 18
Kentfield Campus
Learning Resources Center 53
Fee $89
CRN# 85113

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**Careers**

**CAREERS IN CONSTRUCTION**

Learn the basics about crafts, tools, terms, safety and building green. By the end of the course, you will understand the construction process and the different careers and avenues available for these highly skilled and well paid jobs.

Information on the many apprentice programs offered in construction will be offered along with testing and interview skills. You could potentially earn credits that will assist getting into these programs. Topics covered:

- The building process
- Construction tools, terms
- Math
- Green building
- Apprenticeship
- Communication and testing
- Plan reading and sketching
- Ethics in the workplace

A Certificate of Completion will be awarded to those who successfully complete the course.

Lecture and hands-on demonstrations will be presented of specific trade applications and practices by staff from the North Bay Apprenticeship Coordinator’s Association. For more information about this class, please call 415.328-0386.

9 Tuesdays & 9 Thursdays, 7:10–9pm
Sept. 4–Nov. 1
Indian Valley Campus, Bldg 16, Rm 114
Fee $25
CRN# 85026
Small Business

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

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

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

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

Saturday, 9am–1pm
Sept. 15
Kentfield Campus, Portable Village 5A
Fee $78 (Includes $30 materials fee)
CRN# 85222

Professional Development

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

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

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

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

Saturday, 10am–4pm
Nov. 3
Kentfield Campus, Harlan Center 172
Fee $89 (Includes $2 materials fee)
CRN# 85114

ALSO OF INTEREST ...

THE ‘ACCIDENTAL’ EX-PAT: LIVING IN FOREIGN LANDS
See page 59.
Computers

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

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

COMPUTER LABS

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

For information about registering, parking, and other important information, please turn to page 64-67.

TEXTBOOKS FOR COMPUTER CLASSES

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

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

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

IMPORTANT INFORMATION

You are expected to have:

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

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

Hands-On Computer Classes

2007 Excel Expert!........................................16
Computer Fundamentals ................................13
Computer Not Working? Diagnose and
Solve Common Computer Problems..........14
Dreamweaver CS5.5, Intro & Intern..............18
Excel 2007, Intro & Intern..........................15
Illustrator CS5.5, Intro & Intern ...............19
InDesign CS5.5, Intro & Intern .............18-19
iPhone/iPod Touch/iPad Apps, Intro........17
Macintosh, Intro & Intern.......................14
Photoshop CS5.5 I & II..............................19-20
PowerPoint 2007, Intro & Intern..............16
QuickBooks Pro 2011, Intro & Intern ..16-17
Social Media 101......................................17
Squarespace.com: Fast, Easy Website
Creation...............................................18
Windows 7, Intro to.................................14
Word 2007, Intro & Intern .......................15

COMPUTER FUNDAMENTALS

This is an introduction to the PC for the first-time computer users and is designed to reduce feelings of intimidation. We will teach you how to turn on the computer and the first steps to Touch Typing; how to hold, move, and click the mouse; computer hardware identification; open a window; launch a Windows program; start an Internet browser to access several websites; and how to turn the computer off. We will also cover computer system basics, tips on buying a computer, computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way you will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

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

Levi Allen
2 Mondays, 9am-12noon
Sept. 10 & 17
Indian Valley Campus, Bldg 7, Rm 192
Fee $92 (Includes $11 materials/special fee)
CRN# 85115
COMPUTERS

NEW COMPUTER NOT WORKING? DIAGNOSE AND SOLVE COMMON COMPUTER PROBLEMS

Bring your Personal Computer (PC) problems to class and be rewarded with answers to those questions. You will also benefit from answers to problems from the other students. Some typical problems are:

- How do I restart my computer when it freezes?
- What do I do the keep my PC safe from spyware? What is going on when I click on a program and nothing happens? What is wrong when I turn on the power and nothing shows on the screen?

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

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

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

Steve Salzman
3 Tuesdays, 7-10pm
Sept. 4-18
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85223

INTERMEDIATE MACINTOSH

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

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


Steve Salzman
3 Tuesdays, 7-10pm
Sept. 25-Oct. 9
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85224

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.


Tom Millard
3 Mondays, 1:30–4:30pm
Sept. 10-24
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85256

INTRODUCTION TO THE MACINTOSH

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

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

INTRODUCTION TO WORD 2007
If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text. This course uses the Windows Operating System.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Sept. 5–19
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85257

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.
Tom Millard
3 Wednesdays, 1:30–4:30pm
Sept. 26–Oct. 10
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85258

Please see information regarding Textbooks for Computer Classes on page 13.

INTRODUCTION TO EXCEL 2007
A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course you will learn the basics of creating, modifying, printing, and formatting worksheets, working with basic formulas and functions, and enhancing worksheets using styles and auto formats. This course uses the Windows Operating System.
Your personal laptop computer with appropriate software is permitted in this class. If you have a laptop with said software, please bring it to class. Your cooperation in this way may permit a students on the wait list to join the class. Wait-listed students with laptop and appropriate software will be seated if a seat is available.
Levi Allen
3 Mondays, 6–9pm
Sept. 10–24
Indian Valley Campus, Bldg 7, Rm 192
Fee $129 (Includes $10 special fee)
CRN# 85117

INTERMEDIATE EXCEL 2007
In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.
This class builds upon skills that are learned in Intro. to Excel 2007.
Susan Henning
2 Saturdays, 9am-12noon
Sept. 29 & Oct. 6
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85118
**2007 EXCEL EXPERT!**

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

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


Susan Henning  
Saturday, 9am-4pm  
Oct. 13  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $91 (Includes $10 special fee)  
CRN# 85119

**INTRODUCTION TO POWERPOINT 2007**

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


Susan Henning  
2 Saturdays, Oct. 20 & 27  
Oct. 20: 9am-4pm  
Oct. 27: 9am-12noon  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $138 (Includes $19 special fee)  
CRN# 85120

**INTERMEDIATE POWERPOINT 2007**

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

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


Susan Henning  
2 Saturdays, Oct. 27 & Nov. 3  
Oct. 27: 1-4pm  
Nov. 3: 9am-4pm  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $138 (Includes $19 special fee)  
CRN# 85121

**INTRODUCTION TO QUICKBOOKS PRO 2011**

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

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

Pamela Lyons  
Indian Valley Campus, Bldg 7, Rm 192  
Fee $149  
(Include $21 materials/special fee)  
3 Tuesdays, 1–4pm  
Sept. 4-18  
CRN# 85122  
2 Saturdays, Sept. 8 & 15  
Sept. 8, 9am–4pm  
Sept. 15, 9am–12noon  
CRN# 85123
INTERMEDIATE QUICKBOOKS PRO 2011

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

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

Please see information regarding textbook in course listing above.

Pamela Lyons
Indian Valley Campus, Bldg 7, Rm 192
Fee $149
(Includes $21 materials/special fee)
3 Tuesdays, 1–4pm
Sept. 25-Oct. 9
CRN# 85124
2 Saturdays, Sept. 15-22
Sept. 15, 1–4pm
Sept. 22, 9am–4pm
CRN# 85125

SOCIAL MEDIA 101

Do you want to catch up with old friends or long-lost family? Wish you knew what a tweet was? This course will give you an overview of the most popular social networking sites, including Facebook, Twitter, YouTube, LinkedIn, and Blogging. Learn how to build your personal profile, upload family photos, and connect with colleagues and friends.

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

Be sure to bring your passwords to sites you already belong to. Handouts will be provided in class.

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

2 Wednesdays, 6-9pm
Sept. 5 & 12
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee)
CRN# 85126

INTRODUCTION TO IPHONE/IPOD TOUCH/ IPAD APPS

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

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


Steve Salzman
3 Saturdays, 1–4pm
Sept. 8-22
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85225
SQUARESPACE.COM: FAST, EASY WEBSITE CREATION
Design and construct your own website using Squarespace, a fully hosted, completely managed environment for creating and maintaining a website, blog or portfolio. Squarespace allows point and click control over every design element and its flexible platform can power all kinds of sites of all sizes, perfect for personal or small business websites. Squarespace is completely web browser based and works with all popular web browsers, including Internet Explorer, Firefox, and Safari. We will cover:

- Site setup and page style template selection
- Customization of style templates
- Creating page content and links
  Page modules include photo, forms, blog discussions, file transfers, and Google maps, and more. Site management and web traffic reports are extensive and included. Squarespace has a free iPhone App for posting content and managing your site.

Steve Salzman
3 Saturdays, 1–4pm
Sept. 29-Oct. 13
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee) CRN# 85226

INTERMEDIATE DREAMWEAVER CS5.5
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.

This class builds upon skills that are learned in Intro. to Dreamweaver.
Recommended text: Teach Yourself VISUALLY Dreamweaver CS5 (Teach Yourself VISUALLY [Tech]). Visual; 1st edition (July 26, 2010)

Steve Salzman
3 Wednesdays, 7–10pm
Sept. 5-19
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee) CRN# 85228

INTRODUCTION TO INDESIGN CS5.5
Learn the professional layout and design tool used by most graphic designers, magazine, book, and newspaper publishers, and ad agencies around the world. InDesign is tightly integrated with Adobe’s Photoshop, Illustrator, and Dreamweaver applications. Learn to set up master pages, create style sheets, import photos and graphics, and employ effects such as drop shadows and blending modes, gradient tones, and drawing — all in one program. By the end of the course, you will have created either a small brochure or newsletter.

Lynda Banks
3 Thursdays, 6:30–9:30pm
Sept. 6-20
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee) CRN# 85229

Please see information regarding Textbooks for Computer Classes on page 13.
INTERMEDIATE INDESIGN CS5.5
You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, create tables for both data and visuals, add animation and interactivity, and how to export your document to a PDF with customized presets and package files for the printer or as interactive files.

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

Lynda Banks
3 Thursdays, 6:30–9:30pm
Sept. 27-Oct. 11
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85230

INTRODUCTION TO ILLUSTRATOR CS5.5
In this course you will learn essential skills such as: basic approaches to creating graphics and art for print and the internet, typography, the toolbox, graphic tools, Bezier curves, layers, effects such as distortions and drop shadows, color treatments, brushes, patterns, and type-on-a-path. Learn the appearances panel and how to manage multiple art boards.


Lynda Banks
2 Fridays, Sept. 7 & 14
Sept. 7, 9am-4pm
Sept. 14, 9am-12noon
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85231

INTERMEDIATE ILLUSTRATOR CS5.5
We will cover symbols and the use of symbol tools, customizing brushes and patterns, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, gradient mesh, 3-D, perspective, and other tools and techniques to create spectacular art.

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

Lynda Banks
2 Fridays, Sept. 14 & 21
Sept. 14, 1-4pm
Sept. 21, 9am-4pm
Indian Valley Campus, Bldg 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 85232

PHOTOSHOP CS5.5 I
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color, and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF, and JPG files. Color bit-depth, resolution, file formats, and file compression issues will also be explained. Learn about the basics of editing digital photography and fine art for print and the web.


Jazmine Loiselle
2 Thursdays, Sept. 6 & 13
Sept. 6, 9am–4pm
Sept. 13, 9am–12noon
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee)
CRN# 85233

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
PHOTOSHOP CS5.5 II
Discover techniques of unlimited image editing using selections, layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers and simple tricks that allow you to take advantage of paths as selection strategies.
   This course builds upon skills that are learned in Photoshop I.
Jazmine Loiselle
2 Thursdays, Sept. 13 & 20
Sept. 13, 1–4pm
Sept. 20, 9am–4pm
Indian Valley Campus, Bldg 7, Rm 192
Fee $138 (Includes $19 special fee) CRN# 85234

ALSO OF INTEREST ...

PHOTOSHOP ELEMENTS:
THE DIGITAL DARKROOM
See page 48.

Cultural and Ethnic Studies

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

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

The program started with a big kickoff at the Kule Loklo Big Time Festival on July 21. The program’s first Certificate of Completion Award Ceremony is planned for Big Time on July 20, 2013. With the exception of the required class, Overview of California Indian Culture and History, which will be offered twice, each class will be offered once during the academic year 2012-2013. Classes will be listed in the Community Education class schedules which come out four times a year on the same dates as the registration dates listed below. The class schedule as it is confirmed will also appear on the MAPOM website (www.MAPOM.org).

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

Core Class (required)
• Overview of California Indian Culture and History

Electives may include but are not limited to the following (any four)
• California Basketweaving with Lucy and Julia Parker
• California Indian Baskets
• Indigenous Cultural Practices
• Introduction to Paleo Technology
• Introductory Flintknapping
• Petroglyphs and Introduction to Coast Miwok Cultural History
• Present State of Tribal Affairs
• Weaving a Pomo Style Coiled Willow and Sedge Basket

REGISTRATION
Register with College of Marin. Go to www.marin.edu/CommunityEducation or see page 64 in this schedule for complete information. There is a registration form at the center of this schedule which can be mailed or faxed. Classes will fill; early registration is advised.

Registration start dates for future quarters follow: Winter Quarter 2013 — Jan. 2; Spring Quarter 2013 — Feb. 19; and Summer Quarter 2013 — May 13. These are the same dates that the Community Ed schedule for each quarter becomes available. Put them on your calendar!
NEW BASKETWEAVING WITH JULIA AND LUCY PARKER
In this class, with nationally renowned basket weavers Julia and Lucy Parker, participants will focus on creating their own traditional California basket from materials gathered with reverence and thanksgiving. Lucy and Julia will not only offer training in the art and craft of making a basket, but on the more informal level, share their understanding of the wisdom and practices gathered from generations of California Indian cultural experience. We are, indeed, privileged to include them in our program.
Materials for the class will be provided. Please bring drinking water and a lunch.
Julia Parker has been demonstrating traditional basketweaving for forty years and her baskets appear in museums all over the world. She believes that, by teaching students to weave, she’s not only offering them a sacred skill but also connecting them in a magical way to our history and environment. Julia’s daughter, Lucy Parker, has learned from the master and is a capable teacher in her own right.
Saturday & Sunday, 9am-4pm
Sept. 15 & 16
Point Reyes National Seashore
Kule Loklo, Bear Valley
Fee $249 (Includes $40 materials fee)
CRN# 85249

NEW INTRODUCTORY FLINTKNAPPING
Arrow, spear and drill points and knife blades of obsidian (volcanic glass) and chert have been made in California for thousands of years. In this introductory class you will learn about styles of points and blades, and how they were made and used. You will also see numerous examples of stone tools and the different kinds of stone used to produce the points.
Your own flintknapping kit will be provided and used to make obsidian points. Participants must be sixteen years or older. Please bring drinking water and a lunch.
Ken Peek has been flintknapping for over twenty years and is a lifelong student of California history, geology, archeology, and primitive skills. He has presented numerous flintknapping workshops and demonstrations for the East Bay Regional Parks District in Henry Cowell State Park, at Kule Loklo in the Point Reyes National Seashore, and in public schools.
Saturday & Sunday, 9am-4pm
Nov. 17 & 18
Point Reyes National Seashore
Kule Loklo, Bear Valley
Fee $159 (Includes $40 materials fee)
CRN# 85251

NEW WEAVING A POMO-STYLE COILED WILLOW AND SEDGE BASKET
The class offers a well-rounded knowledge of the basket-making experience with a presentation of the complete process and beliefs surrounding it. Participants will have the opportunity to create their own basket. As we work we’ll learn about California weaving traditions, plant cultivation, harvesting, processing and the variety of styles. We’ll discuss the ethics of nature stewardship, the principles of regenerative land management, and the spiritual practices of Native people.
Students are asked to bring clippers, a sharp knife, and a large bowl.
Edward Willie has been learning from other California Indian basket makers for over two decades and now teaches adult classes in the art. Over the years he feels he’s learned the most from the students of the highly respected Mabel Mckay, as well as members of the California Indian Basketweavers Association.
Saturday & Sunday, 9am-4pm
Oct. 20
Point Reyes National Seashore
Kule Loklo, Bear Valley
Fee $89
CRN# 85250
**NEW INDIGENOUS CULTURAL PRACTICES**

This class will offer a broad overview of California Indian lifeways through the presentation of hands-on artifacts, storytelling, games, tools, foods, social organization, environmental ethos, spiritual practices, and worldview with a focus on Kule Loklo, the recreated Miwok Village. Park personnel and teachers will find this class particularly useful. The option to join in a Native-led Roundhouse Solstice Ceremony that evening will be available and is highly recommended as an opportunity to experience traditional ritual practices.

Recommended text: Sylvia Thalman’s *The Coast Miwok Indians of the Point Reyes Area* (ISBN: 0911235043) published by the Point Reyes National Seashore Association

**John Littleton** holds master degrees in both Education and Cultural Anthropology and is now retired after some forty years of teaching. In the classroom he focused considerable attention on an appreciation of California Indian cultures and the importance of environmental education.

**Saturday, 9am-4pm**
Dec. 22
Point Reyes National Seashore
Kule Loklo, Bear Valley
Fee $89
CRN# 85252

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**NEW DANCE**

**NEW LINE DANCING AROUND THE WORLD**

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

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

7 Tuesdays, 7:10–8:30pm
Indian Valley Campus, Bldg 15, Rm 170
Fee $79

**FALL 1**
Sept. 4-Oct. 23 (No class Sept. 25)
CRN# 85131

**FALL 2**
Oct. 30-Dec. 11
CRN# 85132

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**NEW INTERNATIONAL FOLK DANCE**

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

**Carol Friedman**
7 Wednesdays, 2:10–3:30pm
Kentfield Campus
Physical Education Center 22
Fee $59

**FALL 1**
Sept. 5-Oct. 24 (No class Sept. 26)
CRN# 85133 EC

**FALL 2**
Oct. 31-Dec. 12
CRN# 85134 EC
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. The class runs from 6:30 to 7:15 p.m. and is followed by optional, guided practice. 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, 6:30–7:15pm
(Optional guided practice: 7:15–8:15pm)
Sept. 4-25
Almonte Clubhouse
105 Wisteria, Mill Valley
Fee $55
CRN# 85027

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

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

4 Fridays, 7–8pm
(Optional, guided Practica: 8-10pm)
Sept. 7-28
Knights of Columbus Hall
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 85028

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

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

7 Thursdays, 7:10–8:30pm
Fee $79
Kentfield Campus
Physical Education Center 22
FALL 1
Sept. 6–Oct. 18
CRN# 85127
FALL 2
Nov. 1–Dec. 20 (No class Nov. 22)
CRN# 85128

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

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

7 Mondays, 7:10–8:30pm
Kentfield Campus
Physical Education Center 22
Fee $79
FALL 1
Sept. 10–Oct. 22
CRN# 85129
FALL 2
Oct. 29–Dec. 17 (No class Nov. 12)
CRN# 85130
NEW YOGA DANCE FUSION
Join us for a nourishing and delightful exploration of body, mind, and soul!
Focusing on the movement practices of yoga and release technique dance, classes are body-friendly and somatics-centered, emphasizing true wellness, core support, balance, and holistic body awareness and integration. You will have time to unwind and align and ground the body allowing creating a sense of ease and connectedness in your movement. In each class, we will sequence together movements learned in the warm-up, so as to create an organic and easy to follow dance combination.
Students from mixed backgrounds, levels and experiences in yoga, dance, and movement are welcome.
Lily Oglesby has studied, danced and taught latin, ballet, modern, jazz, and West African dance for over 25 years.

FALL 1
7 Thursdays, 9:40-11am
Sept. 6-Oct. 18
Kentfield Campus
Physical Education Center 60
Fee $79
CRN# 85235

FALL 2
6 Thursdays, 9:40-11am
Nov. 1-Dec. 13 (No class Nov. 22)
Kentfield Campus
Physical Education Center 60
Fee $74
CRN# 85236

Drama/Stage and Screen

VOICE OVERS: THE BIG PICTURE
This is a chance to have time on the mic with a critique from Terry McGovern, as well as learn everything you’ve ever wanted to know about the business and marketing side of being a successful voice over actor. This experiential and informational workshop includes a guest speaker from the industry who will be available to answer questions.
Scripts provided! There will be a one-hour lunch break.
Terry McGovern, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for.” from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business.

2 Saturdays, 10am–5pm
Oct. 6 & 13
Kentfield Campus, Portable Village 3
Fee $99 (Includes $2 materials fee)
CRN# 85135

Film Appreciation

FILM APPRECIATION: DEFINING OUR GENDER ROLES
Fall 2012 will explores stories centering on our continuously evolving sense of what it means to be a man or a woman. What roles does society impose on us because of our gender? What happens when people rebel against these roles or simply confound expectations? Are we the people our parents, communities, advertisers, or movies thought we should be?

Fall 1: Dames, Saints, and Working Girls. Three of the films for this session will be: His Girl Friday (USA 1940), Working Girl (USA 1988), and Orlando (U.K. 1992).

Fall 2: Heroes, Heels, and Good Guys. Three of the films for this session will be: The Misfits (USA 1961), The Right Stuff (USA 1983), and No Way Out (USA 1987).

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

BASICS IN PERSONAL FINANCIAL PLANNING

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

- Budgeting and taxes, cash flow, insurance basics
- Setting future goals and strategies to meet them
- Investing basics: how to choose an investment, retirement planning
- The best way to buy a house or car
- When to use credit and when not to
- The role of money in your life

Hand outs are provided.

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

6 Mondays, 6:40–8:30pm
Sept. 10–Oct. 15
Kentfield Campus, Harlan Center 161
Fee $84 (Includes $1 materials fee)
CRN# 85029

WISE UP: FINANCIAL EDUCATION FOR WOMEN

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

- Money for Life
- Money Math
- Credit in A Money World
- Savings Basics
- Insurance and Risk Management
- Becoming An Investor
- Achieving Financial Security
- The Wi$e Up Program came about as a result of focus group discussions held by the Women’s Bureau of the U.S. Department of Labor with women from across the United States.

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

8 Thursdays, 7:10–8pm
Oct. 25–Dec. 20 (No class Nov. 22)
Kentfield Campus, Science Center 133
Fee $99 (Includes $8 materials fee)
CRN# 85138
Foods/Wine/Artisan Cheesemaking

NEW PRESERVING FALL’S HARVEST
This series of three hands-on classes will teach you how to make the best of fall’s bounty. In September, we’ll preserve tomatoes three ways — as a sauce, oven-dried, and for the freezer. The next month, we’ll turn backyard apples into apple sauce and apple butter, mixing them with other fall fruits for interest. Finally, in November, we’ll get ready for the holidays by making delicious apple-cranberry chutney. You’ll take home not only the preserves we make in class, but a knowledge of fruit preparation and canning methods that you can use over and over again. All ingredients and canning supplies will be provided. You can expect to do light prep work and some cooking; we’ll contact you before classes begin to ensure you are prepared for a fun afternoon in the kitchen!

Merrilee Olson is a respected chef, award-winning jam maker and food product development specialist. Her skills range from crafting artisanal preserves to managing large-scale food production. As the Program Director for CAM FoodWorks, Merrilee brings her years of experience in food production together with a desire to help people fulfill their food dreams.

Shae Irving’s preserves have won numerous Best of Show ribbons at the Marin County Fair. She blogs and shares her recipes at www.hitchhikingtoheaven.com.

Saturday, 11:10am-2pm
CAM FoodWorks Central Kitchen
4308 Redwood Highway, Suite 100
Terra Linda

Tomatoes Three Ways
Sept. 22
Fee $75 (Includes $7 materials fee)
CRN# 85253

Fruit Butters
Oct. 13
Fee $75 (Includes $6 materials fee)
CRN# 85254

Holiday Preserves
Nov. 10
Fee $75 (Includes $10 materials fee)
CRN# 85255

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

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

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

NEW HANDS-ON CAMEMBERT
Make and age your own delicious Camembert from Clover’s organic whole milk, which will taste every bit as good as the French variety. Oooh là là!

Sacha Laurin
Wednesday, 6:10–9pm
Sept. 12
Indian Valley Campus, Bldg 3, Rm 154
Fee $83 (Includes $4 materials fee)
CRN# 85237
### NEW! HANDS-ON FETA
Feta is a delicious, versatile, fresh cheese that can be made from sheep, goat or cow's milk. In this three-hour class, you will learn to make your own cow's milk feta, and marinate it with your choice of herbs, peppers, garlic, olives, and sundried tomatoes. Homemade feta is immediately enjoyable the next day, and it keeps in olive oil for months. Feta makes almost anything tastier. Crumble it over salad or pasta. Fold it into scrambled eggs or put it in an omelet. On a pizza? Yes! Sprinkled on grilled vegetables? Absolutely! In a milkshake? No. Just testing you. Join us for this fun and rewarding class!

**Sacha Laurin**  
Wednesday, 6:10–9pm  
Sept. 19  
Indian Valley Campus, Bldg 3, Rm 154  
Fee $83 (Includes $4 materials fee)  
CRN# 85238

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

**Sacha Laurin**  
Wednesday, 6:10–9pm  
Oct. 3  
Indian Valley Campus, Bldg 3, Rm 154  
Fee $84 (Includes $5 materials fee)  
CRN# 85239

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

**Sacha Laurin**  
Wednesday, 6:10–9pm  
Oct. 10  
Indian Valley Campus, Bldg 3, Rm 154  
Fee $83 (Includes $4 materials fee)  
CRN# 85240

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

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

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

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

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

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A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
A FULL INTRODUCTION TO ARTISAN CHEESE AND ITS TRADITIONS

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

Judy Creighton, longtime cheese educator and consultant who has owned two San Francisco cheese shops, served as a judge at American Cheese Society and California State Fair competitions. Currently she is on the board of the California Artisan Cheese Guild, guest lecturer at School of Restaurant Hospitality, City College of San Francisco, and regular instructor at the Cheese School of San Francisco. She is the cheesemonger at Lavender Ridge Vineyard Cheese Market, Murphys CA where she presents cheese and wine pairing classes for the Calaveras Winegrape Alliance and local wineries.

4 Mondays, 6:10–9pm
Oct. 29-Nov. 26 (No class Nov. 12)
Indian Valley Campus, Bldg 3, Rm 154
Fee $253 (Includes $83 materials fee)
CRN# 85259

BASIC STARTER CULTURES FOR CHEESE AND FERMENTED MILKS

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

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

Thursday, 8am–4pm
Oct. 11
Indian Valley Campus, Bldg 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 85260

MILK TYPES AND QUALITY

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

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

A guest cheesemaker will be on hand to discuss the unique flavor and quality attributes of their farmstead milk and cheeses.

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

Friday, 8am–4pm
Nov. 2
Indian Valley Campus, Bldg 3, Rm 154
Fee $199 (Includes $46 materials fee)
CRN# 85261

CHEESE CHEMISTRY

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

David Potter
Friday, 8am–4pm
Oct. 12
Indian Valley Campus, Bldg 3, Rm 154
Fee $199
(Includes $44 special/materials fee)
CRN# 85262
**PRINCIPLES AND PRACTICES OF CHEESEMAKING**

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

A catered lunch will be provided both days. A half day tour of Cowgirl Creamery in Petaluma is included during the last afternoon of class.

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

**Krysta Kasternakis** has worked for Cowgirl Creamery in Point Reyes for the past six years, first as a Cheesemonger, working the front lines educating the public about artisan cheeses, and currently as the Lead Cheesemaker in the creamery.

**Thursday & Friday, Oct. 18 & 19**

Oct. 18: 8am–4pm

Oct. 19: 8am-1:30pm

Indian Valley Campus, Bldg 3, Rm 154

Cowgirl Creamery

419 1st St., Petaluma

Fee $372

(Includes $99 special/materials fee)

CRN# 85268

**HYGIENE AND FOOD SAFETY IN CHEESEMAKING**

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


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

**Friday, 8:30am–12:30pm**

Nov. 16

Indian Valley Campus, Bldg 3, Rm 154

Fee $99

CRN# 85263

**Enjoyment of Wine Series**

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

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


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

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

**NEW WINE TASTING FUNDAMENTALS**

Have you ever wanted to know more about the aromas and tastes in your wine glass? This class will cover: the basics of the process of winemaking, wine tasting, explore different types of wines, talk about ‘wine talk’ and what it all really means, and some basics of food and wine pairings.

**David Sandri**

2 Thursdays, 6:40–9pm

Sept. 6 & 13

Indian Valley Campus, Bldg 3, Rm 152

Fee $47 (Includes $13 materials fee)

CRN# 85241
NEW EXPLORING WHITE WINES
From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes.

David Sandri
2 Thursdays, 6:40-9pm
Sept. 27 & Oct. 4
Indian Valley Campus, Bldg 3, Rm 152
Fee $49 (Includes $15 materials fee)
CRN# 85242

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

David Sandri
2 Thursdays, 6:40-9pm
Oct. 18 & 25
Indian Valley Campus, Bldg 3, Rm 152
Fee $49 (Includes $15 materials fee)
CRN# 85243

NEW THE WINES OF LUXURY: EXPLORING CHAMPAGNE AND PORT
When most people think of wines for special occasions, two words come up – Champagne and Port. This class will explore these unique wines of the world, both from their traditional homes, to expressions of sparkling and fortified wines around the world.

David Sandri
2 Thursdays, 6:40-9pm
Nov. 8 & 15
Indian Valley Campus, Bldg 3, Rm 152
Fee $52 (Includes $18 materials fee)
CRN# 85244

NEW THE WINES OF LUXURY: EXPLORING CHAMPAGNE AND PORT
When most people think of wines for special occasions, two words come up – Champagne and Port. This class will explore these unique wines of the world, both from their traditional homes, to expressions of sparkling and fortified wines around the world.

David Sandri
2 Thursdays, 6:40-9pm
Nov. 8 & 15
Indian Valley Campus, Bldg 3, Rm 152
Fee $52 (Includes $18 materials fee)
CRN# 85244

Health Sciences

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.

Required text: Long Term Care and syllabus (ISBN: 1882883896), by Elizabeth Best Martini, Mary Anne Weeks, and Priscilla Worth, are available in the Kentfield Campus Bookstore.

Betsy Best Martini, M.S. CTRS
Marianne Gontarz York, LCSW
Lauren Ellis, OT/L
14 Mondays & 15 Wednesdays, 4:10–7pm
Sept. 5–Dec. 19 (No class Nov. 12 & 21)
Starts on a Wednesday
Plus Saturday, Nov. 3, 9am-3pm
Kentfield Campus, Olney Hall 104
Fee $299
CRN# 85139
Dental Assisting

**RADIOLOGY COURSE**

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

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

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

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

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

3 Saturdays, 8am-5pm
2 Fridays, 5-9pm
Starts and ends on a Saturday
Indian Valley Campus, Bldg 27, Rm 224
Fee $507 (Includes $175 materials fee)

**CORONAL POLISH (12 CE HOURS)**

This course is approved by the Dental Board of California to prepare the student in the technique of Coronal Polish as required for RDA licensure. Participants will serve as practice patients for fellow classmates. The participant will need to provide one outside patient for the final evaluation by a dentist or hygienist on Saturday afternoon. Please bring a lab coat or uniform, gloves, and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive your certificate. 12 Continuing Education hours are given upon successful completion of the course.

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

Grace Hom, CDA, RDAEF, MA
Sept. 15-29
CRN# 85266

Marlene Wilgis, CDA, RDA
Nov. 3-17
CRN# 85269

**NEW INFECTION CONTROL FOR THE DENTAL TEAM**

This course meets the Dental Board Requirements for Dental Assistant Employees who must complete and Approved Infection Control Class within one year of employment as well as for RDA applicants within five years prior to application. Participants will learn about microorganisms and pathogenic organisms. Participants will be able to identify methods of disease transmission and how to prevent cross-contamination in a dental setting. Participants will learn the difference between sterilization and disinfection as well as how to process contaminated dental instruments and operate various types of sterilizers. Hazard Communication Management will also be discussed.

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

Marlene Wilgis, CDA, RDA
Saturday, 8:30am-5pm
Indian Valley Campus, Bldg 27, Rm 224
Fee $112 (Includes $30 materials fee)

FALL 1
Sept. 8
CRN# 85270

FALL 2
Dec. 1
CRN# 85271
History

NEW THE HISTORY OF CAPTIVATING PARIS
Paris has been a thriving metropolis and a center of intellectual and artistic achievement for centuries. The city’s roots reach back to the 3rd Century B.C., and influences as diverse as Celtic, Roman, Scandinavian, and English are woven into the city’s rich heritage. The area around L’Ile de la Cité was named Lutetia. Join us for seven entertaining weeks of traveling through time, learning and discussing the history of this fascinating city, its foundation, the different royal dynasties such as the Capetians, the Valois, and the Bourbons who considered Paris their residence; their intrigues, wars, cultural evolutions; Napoleonic powers; and we shall end our time travel all the way into modern days Paris. Bon voyage et a bientot!

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

7 Mondays, 2:10–4pm
Sept. 10-Oct. 22
Kentfield Campus
Business Skills Center 105
Fee $69 (Includes $1 materials fee)
CRN# 85030 EC

ALSO OF INTEREST ...

LITERARY LIFE IN FRANCE: THE ENLIGHTENED

LITERATURE AND LIBRETTOS IN OPERA: COMPOSERS VS. LIBRETTISTS
See page 38.

Home and Garden

NEW 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 an informative 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.

Learn which medicinal plants will grow well in your yard, fall is the time to plant!

Kami McBride has taught herbal medicine since 1988. She is the author of The Herbal Kitchen and has taught Herbology at UCSF School of Nursing and Stanford Hospital.

Thursday, 6:40-9pm
Oct. 11
Indian Valley Campus, Bldg 3, Rm 152
Fee $45
CRN# 85031

SUCCESSFULLY LANDSCAPING YOUR MARIN HOME
Join us for a dynamic and interactive design course, going beyond the textbook to walk you through the process of creating your own landscape master plan. One random student will have their garden chosen to demonstrate design principles on our field trip! Using live-image searches, video, and drawings will allow you to simultaneously learn kinesthetically, visually, and mentally. Bring a list of questions and goals as well as photos of your garden. Homework will be suggested so that by the end of the class your design can be complete.

Students are responsible for their transportation. Limited to 20 students.

Class text: Successfully Landscaping Your Marin Home by Dane Rose. Will be distributed in class.

Dane Rose has been a landscape professional since 1991. He authored Successfully Landscaping Your Marin Home, a comprehensive and invaluable guide for homeowners who would like to design and install their landscape.
I N T E N S I V E E N G L I S H P R O G R A M ( I E P )

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

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

FALL SEMESTER 2012
SESSION C: August 21-December 7 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours) (CRN 85001)
$2325 Other full-time students (CRN 85002)
$1925 (15 hours) (CRN 85003)
$1425 (10 hours) (CRN 85004)
$775 (5 hours) (CRN 85005)

Session A: August 21-October 12 (8 weeks)
$1175 for 8 weeks (20 hours) (CRN Session A/B 85006/85010)
$975 (15 hours) (CRN 85007/85011)
$725 (10 hours) (CRN 85008/85012)
$375 (5 hours) (CRN 85009/85013)
Courses meet 5 hours per week:

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

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

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

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

For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensive.english@marin.edu
For schedule and downloadable F-1 application, go to www.marin.edu/iep.
Register online at www.marin.edu/CommunityEducation.

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

For questions about International Education at College of Marin, contact Jason Lau at jason.lau@marin.edu.

www.marin.edu/CommunityEducation 33

4 Saturdays, Sept. 29-Oct. 20
Sept. 29, Oct. 6 & 20, 1:40–4pm
Kentfield Campus, Harlan Center 170
Plus field trip: Local Garden
Saturday, Oct. 13, 1:30–5pm
Fee $149 (includes $20 materials fee)
CRN# 85032

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

Learn to use alternative grasses and grasslike plants to create beautiful ‘lawns’ that are low care and water-conserving.

In this one-day class, you will be guided, step-by-step, through the entire lawn-replacement process: from initial considerations of cost and difficulty, through selecting the right plants for your site, to soil preparation and planting, and finally, to the required maintenance.

Bob Hornback is an instructor of horticulture and botany, who is also a popular garden writer and speaker.

He operates a company that specializes in plant brokerage, consultation, and design with ornamental grasses.

Saturday, 9:10am–12noon
Sept. 15
Kentfield Campus, Harlan Center 172
Fee $48
CRN# 85140

ALSO OF INTEREST ...

BACKYARD BEEKEEPING
See page 59.

VICTORY GARDENS: BUILDING SOIL, STARTING SEEDS, FALL CROPS
See page 58.

Intensive English Program (IEP)
Languages

Note: The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press 4 to reach a staff person and ask to have the instructor call you.

Textbooks: When the purchase of a textbook is recommended, that text will be used for the entire series. Cost of textbooks vary. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online at http://marin.bncollege.com.

FRENCH FOR LEISURE TRAVELERS: SOCIAL ETIQUETTE AND CULTURAL AWARENESS

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

We will break for a half-hour lunch. Shirlin Teyssier is a multi-lingual and cross cultural specialist with 30 years international experience specializing in social and business etiquette and protocol.

Saturday, 10am-3:30pm
Oct. 6
Kentfield Campus, Student Services 111
(Deedy Lounge)
Fee $69 (Includes $8 materials fee)
CRN# 85141 EC

CONVERSATIONAL FRENCH: FIRST YEAR, FIRST AND 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!

6:40–8:30pm
Kentfield Campus, Harlan Center 172
FALL 1
7 Mondays, Sept. 10-Oct. 22
Fee $89
CRN# 85033
FALL 2
6 Mondays, Oct. 29-Dec. 10
(No class Nov. 12)
Fee $83
CRN# 85034

CONVERSATIONAL FRENCH: SECOND YEAR, FIRST AND 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 avec plaisir!

Anne-Marie Lebas
7 Wednesdays, 6:40–8:30pm
Kentfield Campus
Learning Resources Center 39
Fee $89
FALL 1
Sept. 5-Oct. 17
CRN# 85035
FALL 2
Oct. 31-Dec. 12
CRN# 85036
CONVERSATIONAL GERMAN:  
FIRST YEAR, FIRST AND  
SECOND QUARTER

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

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

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

FALL 1  
7 Thursdays, 6:40–8:30pm  
Sept. 6–Oct. 18  
Fee $84 (Includes $1 materials fee)  
Kentfield Campus, Harlan Center 172  
CRN# 85037

FALL 2  
6 Thursdays, 6:40–8:30pm  
Nov. 1-Dec. 13 (No class Nov. 22)  
Fee $84 (Includes $1 materials fee)  
Kentfield Campus, Harlan Center 172  
CRN# 85038

ITALIAN IN THE KITCHEN:  
LEARN AND PRACTICE  
ITALIAN THROUGH RECIPES

Have fun learning or improving your Italian by sharing recipes with your classmates. We will discuss Italian food and preparation: menus, recipes, ingredients, as well as Italian traditions surrounding food and culture. All in Italian, naturalmente! All recipes distributed in class are planned for four. A reader will be available for download.

No previous knowledge of Italian or cooking ability needed.

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 Saturdays, 10:10–12noon  
Nov. 3-Dec. 15 (No class Nov. 24)  
Indian Valley Campus, Bldg 27, Rm 233  
Fee $83  
CRN# 85039

CONVERSATIONAL ITALIAN:  
FIRST YEAR, FIRST AND  
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.

FALL 1  
Lido Cantarutti  
7 Wednesdays, 7:10–9pm  
Sept. 5–Oct. 17  
Kentfield Campus, Science Center 104  
Fee $89  
CRN# 85040

Ilia Salomone-Smith  
7 Tuesdays, 1:10–3pm  
Sept. 4–Oct. 16  
Kentfield Campus, Portable Village 3  
Fee $71 (Includes $2 materials fee)  
CRN# 85042 EC

FALL 2  
Lido Cantarutti  
7 Wednesdays, 7:10–9pm  
Oct. 31–Dec. 12  
Kentfield Campus, Science Center 104  
Fee $89  
CRN# 85041

Ilia Salomone-Smith  
7 Tuesdays, 1:10–3pm  
Oct. 30–Dec. 11  
Kentfield Campus, Portable Village 3  
Fee $71 (Includes $2 materials fee)  
CRN# 85043 EC
CONVERSATIONAL ITALIAN: FIRST YEAR, THIRD AND FOURTH QUARTERS

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

Lido Cantarutti
FALL 1
7 Thursdays, 7:10–9pm
Sept. 6–Oct. 18
Kentfield Campus
Temporary Building 101
Fee $89
CRN# 85045

FALL 2
6 Thursdays, 7:10–9pm
Nov. 1–Dec. 13 (No class Nov. 22)
Kentfield Campus
Temporary Building 101
Fee $83
CRN# 85046

CONVERSATIONAL ITALIAN: SECOND YEAR, FIRST AND 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.

Ilia Salomone–Smith
7 Tuesdays, 3:10–5pm
Kentfield Campus, Portable Village 5B
Fee $71 (Includes $2 materials fee)

FALL 1
Sept. 4–Oct. 16
CRN# 85047 EC

FALL 2
Oct. 30–Dec. 11
CRN# 85048 EC

WORKPLACE SPANISH FOR CUSTOMER SERVICE

Job-related Spanish vocabulary and phrases can help increase sales and improve communication among coworkers in a multi-cultural work environment. This class will help you and your employees conduct business with Spanish-speaking customers and to communicate with Spanish-speaking coworkers. We will build the vocabulary necessary to greet customers, give directions, talk about prices, answer the phone, take an order, describe a product, and much more.

Designed for beginners with no experience or those who want to review the language at a basic level, the class focuses on communication in a stress-free learning environment. Fall 2 continues to build on what was learned in Fall 1.


Luci Di Benedetto has a Masters degree from the Universidad de Leon in Spain in Teaching Spanish to Speakers of Other Languages.

FALL 1
7 Thursdays, 6:40–8:30pm
Sept. 6–Oct. 18
Kentfield Campus, Olney Hall 107
Fee $89 (Includes $1 materials fee)
CRN# 85143

FALL 2
6 Thursdays, 6:40–8:30pm
Nov. 1–Dec. 13 (No class Nov. 22)
Kentfield Campus, Olney Hall 107
Fee $84 (Includes $1 materials fee)
CRN# 85144
CONVERSATIONAL SPANISH: FIRST YEAR, FIRST AND 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.

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

FALL 1
Nancy McInnes
7 Thursdays, 7:10–9pm
Sept. 6–Oct. 18
Kentfield Campus, Science Center 125
Fee $89
CRN # 85049

Milt Hain
7 Tuesdays, 2:10–4pm
Sept. 11–Oct. 23
Kentfield Campus
Temporary Building 101
Fee $69
CRN # 85050 EC

FALL 2
Nancy McInnes
6 Thursdays, 7:10–9pm
Nov. 1–Dec. 13 (No class Nov. 22)
Kentfield Campus, Science Center 125
Fee $83
CRN # 85051

Milt Hain
7 Tuesdays, 2:10–4pm
Oct. 30–Dec. 11
Kentfield Campus
Temporary Building 101
Fee $69
CRN # 85052 EC

CONVERSATIONAL SPANISH: SECOND YEAR, FIRST AND SECOND QUARTERS

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

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

Milt Hain
Kentfield Campus
Temporary Building 119

FALL 1
7 Fridays, 2:10–4pm
Sept. 14–Oct. 26
Fee $69
CRN # 85053 EC

FALL 2
6 Fridays, 2:10–4pm
Nov. 2–Dec. 14 (No class Nov. 23)
Fee $63
CRN # 85054 EC
Literature/Humanities

INTRODUCTION TO JANE AUSTEN: SENSE AND SENSIBILITY AND EMMA

Jane Austen is one of the great English novelists, a person who analyzes her society adeptly and explores brilliantly the opportunities and pitfalls involved in trying to live an ethical life in a society at once so remote and different from our own and yet in many ways so similar in its challenges. We will spend most of our time studying, through the text and through DVD’s, two novels: Sense and Sensibility, which explores so well areas of great concern to her, and Emma which is in some respects her comic masterpiece. We will explore the background of her novels, highlight the great humor in these works, consider the moral and ethical issues that confront her characters and explore the topics that appear over and over again in her novels.

William Wallace, EdD, MA (English)
7 Tuesdays, 1:10–3pm
Sept. 4-Oct. 16
Kentfield Campus, Harlan Center 127
Fee $71 (Includes $3 materials fee)
CRN# 85055 EC

LITERATURE AND LIBRETTOS IN OPERA: COMPOSERS VS. LIBRETTISTS

This course highlights the works and lives of famous composers, librettists, and authors; how they inspired each other and worked together in creating legendary, world-renowned operas; their dynamics, agreements, and disagreements.

The course features a short history of opera throughout the centuries as well as the description of the Romantic literary movement, followed by discussions regarding the dazzling creation of operas such as Massenet’s Panurge from Rabelais; Mozart’s The Marriage of Figaro by Beaumarchais; Bizet’s Carmen by Merimee; Puccini’s and Massenet’s Manon Lescaut by Prevost and Auber; Verdi’s Rigoletto and Ernani both by Victor Hugo; Verdi’s La Traviata by Alexander Dumas the Son; Debussy’s Pelléas and Mélisande by Maeterlinck; Massenet’s Thais by Anatole France; and Poulenc’s Le Dialogue des Carmélites by Bernanos.

Erika Harkins, MA
7 Wednesdays, 2:10–4pm
Oct. 31-Dec. 12
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $1 materials fee)
CRN# 85057 EC

LITERARY LIFE IN FRANCE: THE ENLIGHTENED

During this course, we will discuss the historical background and literature of France during the first part of the 18th Century — the period preceding the French Revolution—the literature, philosophy, and historical accomplishments of the famous Enlightened. We will discuss The Persian Letters, a wonderful satire of French society, written by the philosopher Voltaire, specifically Zadig and Candide; the imaginary philosophical conversation written by Denis Diderot: Rameau’s Nephew, discussing the French/Italian opera battle, education of children, the nature of genius, and money. We will end the course discussing The New Héloïse and Emile or On Education by Jean Jacques Rousseau. This course consists of lectures, Power Point presentations, and some movie clips.

Erika Harkins, MA, received her degrees in French Literature at the University of Paris and in Bucharest.
7 Wednesdays, 2:10–4pm
Sept. 5-Oct. 17
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $1 materials fee)
CRN# 85056 EC

ALSO OF INTEREST...

THE HISTORY OF CAPTIVATING PARIS
See page 32.
DANTE'S DIVINE COMEDY: PARADISO
This quarter, in which we will cover the major cantos and personalities in Paradiso, concludes our study of Dante and his works. New works are welcome. Wendy Walsh has a doctorate in Italian Literature from U.C. Berkeley.

7 Wednesdays, 2:40–5pm
Oct. 24-Dec. 12 (No class Nov. 21)
Kentfield Campus
Business Skills Center 105
Fee $79
CRN# 85058 EC

SHAKESPEARE’S LOVERS
In Shakespeare’s plays, love and desire are erotic, witty, bawdy and sometimes tragic. After Romeo and Juliet, Shakespeare enlarged his scope and tested the limits of the tragic love play. In Troilus and Cressida he challenged the ideal of courtly love in a darkly ironic rewriting of the motifs of heroism and high romance. Finally, in Antony and Cleopatra, Shakespeare created his most complex study of gender relations and sexuality within a context of dynastic entanglements. We’ll consider the range and depth of these plays through close reading of the texts and interpretations on film.

Margo Fields, MA, MFT, is a psychologist and teacher of comparative literature. Her poetry and fiction have appeared in national magazines and literary journals.

7 Fridays, 10:10–12:30pm
Oct. 26-Dec. 14 (No class Nov. 24)
Kentfield Campus, Portable Village 3
Fee $79
CRN# 85245 EC

WRITER’S VIEW OF THE WORLD: ON FOREIGN SHORES
Books transport us to faraway places. Great novels, however, can implant us so profoundly inside the lived experience of these places, we come to know them not as tourists, but as permanent residents do. This quarter, we leave our own shores to take such journeys into the interior through four contemporary acclaimed works of fiction: The Emigrants, by German novelist, W.G. Sebald; The Inheritance of Loss, by Indian novelist Kiran Desai; Out Stealing Horses, by Norwegian novelist, Per Petterson; and The Gathering by Ireland’s Anne Enright. The range and diversity of these four distinct voices should prove ideal vehicles for our literary odyssey.

Longtime writing and literature instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jacqueline was given the Outstanding Community Education Teacher of the Year award by the College of Marin Academic Senate in 2007.

7 Thursdays, 1:10–3pm
Nov. 1-Dec. 20 (No class Nov. 22)
Kentfield Campus, Portable Village 4
Fee $69
CRN# 85145 EC

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY
Kentfield Campus
Saturday, Aug 4, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Aug 11, 10:30am–12noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!
Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
Marin Adventures

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

**Itineraries:** If you register **at least eight working days** prior to the first class meeting, the Class Itinerary, which includes directions to sites, will be automatically mailed to you. Otherwise, call 415.485.9305 and press 4 when you hear the automated voice. Leave a detailed request, including the class title for which you are registered for and your name and mailing address.

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**FLY FISHING 101**

Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you will learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to “read the waters” to find fish and select the appropriate flies and strategies. Learn the magic of the 3 P’s: Preparation, Position, and Presentation on moving or still water.

The class will include Saturday field trips to local waters such as Lake Lagunitas and Putah Creek. Class is limited to 14 students. Gear will be provided to those who need it, and equipment will be discussed in class. A supply list will be distributed.

**Larry Lack,** MA, with 37 years experience teaching science, is a licensed Fly Fishing Guide for California, specializing in teaching beginners. His manual, *From Start to Fish*, will be distributed in class along with other handouts.

4 Thursdays, 7:10-9pm
Nov. 8-Dec. 6 (No class Nov. 22)
Plus Casting Practice:
Saturday, Nov. 17, 9-11am
**Kentfield Campus**
Physical Education Center 92
Plus 2 Saturday field trips
Dec. 1 & 8, 8am-12pm
Fee $194 (Includes $6 materials fee)
**CRN# 85059**

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**BIRD-WATCHING IN MARIN: A FIELD EXPLORATION**

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

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

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

**Orientation:** Tuesday, 9:10am–1pm
**Sept. 4**
**Kentfield Campus**
Learning Resources Center 53
Plus 4 field trips
Tuesdays, 8:30am–12:30pm
Sept. 11-Oct. 2
Fee $105
**CRN# 85060 EC**

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**MEANDERING IN MARIN**

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

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

**FALL 1**
7 Mondays, 9:45am–1:45pm
Sept. 10-Oct. 22
Fee $119
**CRN# 85061 EC**
7 Tuesdays, 9:45am–1:45pm
Sept. 4-Oct. 16
Fee $119
**CRN# 85062 EC**

**FALL 2**
6 Mondays, 9:45am–1:45pm
Oct. 29-Dec. 10 (No class Nov. 12)
Fee $103
**CRN# 85063 EC**
BEGINNING HIKING
Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these four to six mile hikes. Along the way we will discuss plants, birds, insects, and whatever else may catch our eyes. **Participants must be in good physical condition** and capable of hiking, without undue fatigue, at a **30-minute mile pace on uneven terrain with about 1000 feet of elevation gain**.

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

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

**6 Saturdays, 10am–2pm**  
Last class, 10am–4pm  
**Locations:** See **Itineraries Note** above  
Fee $118

**FALL 1**  
Sept. 8-Oct. 20 (No class Sept. 29)  
CRN# 85146 EC

**FALL 2**  
Nov. 3-Dec. 15 (No class Nov. 24)  
CRN# 85147 EC

SURFING 101
During this introduction to surfing, you will learn basic water safety and surfing fundamentals, including an understanding of wave formation, tides and wind, surfing etiquette, and basic maneuvers, as well as surfing history and ecological and philosophical principles. Catch a wave at an ocean beach (to be determined in class).

Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach. Students provide their own transportation.

Bring your own 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 teaching for two. A certified Lifeguard will also be on duty.

**5 Saturdays, 9–12noon**  
Sept. 22-Oct. 20  
**On-campus meeting:** Sept. 22  
**Kentfield Campus**  
Physical Education Center 91  
**Plus field trips:** Sept. 29-Oct. 20  
**Stinson Beach**  
Fee $158  
CRN# 85148
**Music**

**ROCK’N’ROLL: 1955-1967**
During Fall 1 & 2, we will investigate the evolution of rock music from 1955 to 1980, starting from its roots in rhythm & blues and country and moving through the explosion of soul music, the British Invasion, folk-rock, and psychedelia in the 1960s, as well as the progressive rock, hard rock, funk, punk, and new wave of the 1970s. Through both common and rare audio recordings and video clips, the rapid development of rock’s key styles throughout its first quarter century will be brought to life and explored in depth. The course will also detail how rock’s phenomenal growth was sparked by economic and cultural changes in American and British society, and how rock in turn changed society forever.

This Fall 1 we will start in 1955 and travel through to the late 60s.

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

6 Tuesdays, 7:10–9pm
Sept. 11-Oct. 16
Kentfield Campus
Learning Resources Center 53
Fee $86 (Includes $3 materials fee)
CRN# 85065

**ROCK’N’ROLL: 1967-1980**
New and continuing students are welcome in this class, where we will investigate the evolution of rock music from the late 1960s to 1980. Starting with psychedelia, hard rock, and soul, we’ll make our way through the progressive rock, singer-songwriters, funk, punk, and new wave of the 1970s. Through both common and rare audio recordings and video clips, the rapid development of rock’s key styles during these crucial years will be brought to life and explored in depth. The course will also detail how rock’s phenomenal growth was sparked by economic and cultural changes in American and British society, and how rock in turn changed society forever.

- **Ritchie Unterberger**

6 Tuesdays, 7:10–9pm
Oct. 30-Dec. 11 (No class Nov. 6)
Kentfield Campus
Learning Resources Center 53
Fee $86 (Includes $3 materials fee)
CRN# 85066

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

- **Marcia Bauman**, Ph.D. (Music Composition), also teaches classes in film music history and appreciation at the San Francisco Academy of Art University.

7 Tuesdays, 2:10–4pm
Kentfield Campus
Business Skills Center 105
Fee $69
FALL 1: 1895-1950S
Sept. 4-Oct. 16
CRN# 85149 EC
FALL 2: 1960S-TODAY
Oct. 30-Dec. 11
CRN# 85272 EC
A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.

NEW FROM HILDEGARD TO JOAN TOWER: WOMEN COMPOSERS ACROSS THE CENTURIES

Discover the rich world of women composers, from Hildegard in the 11th Century, the nun composers (“cloistered sirens”) of Renaissance Italy, through the work of Clara Schumann and Fanny Mendelssohn in the 19th Century to Joan Tower in the 21st. This seven week course will feature one historical period per class meeting, in which we’ll discuss our composer, discuss her historical context and compositional style, and listen to her music.

Lenore Alford, Doctor of Musical Arts, is Music Director of St. John’s, Ross. Performing and researching women’s music are her great delights.

7 Thursdays, 11:10am–1pm
Sept. 6-Oct. 18
Kentfield Campus, Performing Arts 177
Fee $69
CRN# 85067 EC

RUSSIAN MUSIC: RARELY PERFORMED MASTERPIECES

Not to be missed! Raise your the musical I.Q. in this class that combines listening to Russia’s finest music, both recorded and live, with discussion of Russian music and of the lives and times of Russian composers. During Fall 1, we will contemplate Rachmaninov’s Liturgy and Three Russian Folk Songs, Tchaikovsky’s Rocco Variations, Rimsky-Korsakov’s Russian folk songs and dances from his operas, and Borodin’s opera, Prince Igor. During Fall 2, we move to Tchaikovsky’s Symphony No. 2 and the overture to Hamlet, music from ballets by Shostakovich and Khachaturian, Mussorgsky’s opera, Khovanschina, and Borodin’s In the Steppes of Central Asia.

Alexander Vereshagin, Music Director and Conductor, composer/arranger, pianist and teacher, graduated from and taught at St. Petersburg National Conservatory. He also conducted several of Russia’s renowned orchestras, performing symphonic, operatic, and choral works. Currently he is the Music Director of the Russian Chamber Orchestra which performs locally.

FALL 1
7 Fridays, 12:10–2pm
Sept. 7-Oct. 19
Kentfield Campus, Performing Arts 72
Fee $69
CRN# 85068 EC

FALL 2
6 Fridays, 12:10–2pm
Nov. 2-Dec. 14 (No class Nov. 23)
Kentfield Campus, Performing Arts 72
Fee $63
CRN# 85069 EC

JAZZ STANDARDS FROM AROUND THE WORLD

Sing standards in Portuguese, French, Italian, and Spanish. A fun way to learn songs in different languages and add them to your repertoire. Class will cover healthy techniques, pronunciation, phrasing, style, and how to communicate the essence of the song to your audience. We will listen and learn songs sung by Edith Piaf, Joao Gilberto, Antonio Carlos Jobim, and more.

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

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

5 Saturdays, 10:10am-12noon
Sept. 8-Oct. 13
Kentfield Campus
Performing Arts 177
Fee $171
CRN# 85070
CHORUS EMERITUS
If you like to sing or think you would like to sing in a mixed chorus, join us! The music is fun, encompassing diverse styles and eras. At the end of fall 2, the class will culminate in concert performances. No audition required. A $20 materials fee covers the piano accompanist and sheet music.

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

FALL 1
7 Thursdays, 3:10–5pm
Kentfield Campus, Performing Arts 72
Fee $49
CRN# 85246 EC

FALL 2
6 Thursdays, 3:10–5pm
Nov. 1-Dec. 13 (No class Nov. 22)
Kentfield Campus, Performing Arts 72
Fee $43
CRN# 85247 EC

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

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

7 Tuesdays, 7–9pm
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48

FALL 1
Sept. 4-Oct. 16
CRN# 85150 EC

FALL 2
Oct. 30-Dec. 11
CRN# 85151 EC

PIANO CLASSES FOR BEGINNERS TO ADVANCED
Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive, and friendly environment.

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

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

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

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

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

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

Times as above
Kentfield Campus, Performing Arts 188
Fee $93

FALL 1
7 Tuesdays & 7 Thursdays
Sept. 4-Oct. 18
CRN# 85152

FALL 2
7 Tuesdays & 7 Thursdays
Oct. 30-Dec. 20
(No class Nov. 22 & Dec. 18)
CRN# 85153

GUITAR CLASS
Have you always wanted to play guitar? This course will get you started and keep you going! We will cover tuning, picking styles, and scales, including major, minor, and blues, plus some music theory. We will also go over the basics of different genres, including rock, jazz, classical, and country. We will discuss guitar technology and what is involved with playing in a band or performing solo. For beginning, intermediate, and advanced students, there will be something to engage everyone whatever their experience or ability level!

Bring your guitar and a music stand to class. There will be lots of time to play in class. Books which might be of interest will be discussed.
Jonathan Jimmerson, BA (Music), is a performing musician who has taught guitar to individuals and groups both in schools and privately. If you have a question regarding your placement, please contact Jonathan at jj@jonathanjimmerson.com before registering.

FALL 1
Kentfield Campus
Physical Education Center 22
Fee $89

Beginner
7 Mondays, 5:10-7pm
Sept. 10-Oct. 22
CRN# 85154

Adv. Beginner/Intermediate
7 Thursdays, 5:10-7pm
Sept. 6-Oct. 18
CRN# 85156

FALL 2
Kentfield Campus
Physical Education Center 22
Fee $89

Beginner
7 Mondays, 5:10-7pm
Oct. 29-Dec. 17 (No class Nov. 12)
CRN# 85155

Adv. Beginner/Intermediate
7 Thursdays, 5:10-7pm
Nov. 1-Dec. 20 (No class Nov. 22)
CRN# 85157

NEW HARMONICA WORKSHOPS
No previous ability to read or play music is needed for either class. You will need a C major diatonic harmonica. CD and handouts are included in the materials fee.

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.

Questions about harmonicas? Call the instructor at 916.996.5222. To register for both workshops at a reduced fee, use the CRN below:

Monday, 6:10-10pm
Oct. 29
Kentfield Campus, Portable Village 7
Fee $75 (Includes $30 materials fee)
CRN# 85158

HEALTHY HARMONICA: TUNES AND RHYTHMS
Breathing is our foundation when playing the harmonica. Proper breathing calms the body, mind, and spirit. Join us as we take the simplest of pop, folk, and blues rhythms and melodies, and invigorate them with simple, yet powerful, breathing techniques to make any song deeply expressive! Bring a “C” major diatonic harmonica.

Monday, 6:10-7:45pm
Oct. 29
Kentfield Campus, Portable Village 7
Fee $39 (Includes $15 materials fee)
CRN# 85159

VERY BEGINNING BLUES HARMONICA
You will be jammin’ the blues immediately! Play and have fun as you are introduced to the many tricks and techniques to make the harmonica laugh, cry, and wail!! No musical experience necessary ... only a love of the blues. Bring a “C” major diatonic harmonica.

Monday, 8-10pm
Oct. 29
Kentfield Campus, Portable Village 7
Fee $44 (Includes $15 materials fee)
CRN# 85160
Parenting

STRATEGIES FOR GETTING YOUR CHILD INTO COLLEGE TODAY
In this introductory course, you will learn strategies that will 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 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. 6
Kentfield Campus, Harlan Center 161
Fee $39 (Includes $1 materials fee)
CRN# 85161

COMING OF AGE: DEVELOPING AND MAINTAINING A POSITIVE RELATIONSHIP WITH YOUR GROWING TEENAGER
By popular demand, this series of classes has been expanded from three to four sessions. Using the latest research, our own experience, and a touch of humor, we will explore the challenges to developing a more adult-like relationship with our teenage children. Looking at changes in the adolescent brain, mindfulness, and the most effective styles of parenting, this class will reduce the fear and anxiety that parents typically experience as their children go through adolescence. Knowing how to de-escalate conflict, minimize power struggles, set limits, and gracefully acknowledge your teen’s strengths will help you reduce tension in your family and make this transition something to celebrate.

Gary Gross, MFT, is a licensed marriage and family therapist with over 40 years of practical experience working with teenagers. He is also the father of two young adults and is pleased to talk about how he has survived as a parent!
4 Thursdays, 6:40–8:30pm
Sept. 27-Oct. 18
Kentfield Campus, Olney Hall 105
Fee $64 (Includes $1 materials fee)
CRN# 85162

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

INTRODUCTION TO THE ENNEAGRAM: SEEING PERSONALITY TYPES IN A NEW LIGHT

The Enneagram is an increasingly popular system of understanding personalities and is used by individuals, psychotherapists, teachers, parents, personnel managers, and team leaders. It is relatively new in its current form, yet based on ancient wisdom. The Enneagram provides an insightful path for identifying and maximizing our natural personality strengths and for recognizing our challenges. If you are new to the Enneagram or already familiar with it, this course will offer useful applications for your personal life, work life, and your creative endeavors.

We will begin with a set of questions that will help you determine which of the nine Enneagram types is yours. We will also examine and discuss each type as well as pathways of integration.


Krista Hand has certifications from the Enneagram Institute (Don Riso and Russ Hudson) and The Enneagram in Business (Ginger Lapid-Bogda). She has been studying the Enneagram since 2009.

4 Mondays, 6:40-8:30pm
Sept. 10-Oct. 1
Kentfield Campus, Harlan Center 173
Fee $64 (Includes $1 materials fee)
CRN# 85071

Photography

BASIC PHOTOGRAPHY

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

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

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

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

4 Wednesdays, 7-10-10pm
Sept. 19-Oct. 10
Plus 2 Saturdays, 1-4pm
Sept. 29 & Oct. 6
Indian Valley Campus, Bldg 7, Rm 192
Fee $124 (Includes $2 materials fee)
CRN# 85163

UP CLOSE AND PERSONAL: MACRO PHOTOGRAPHY

Come celebrate the natural world and learn to photograph close up where a flower becomes a world of its own. In spirit of the late photographer, Ernest Braun, we’ll practice “wet belly” photography — the art of lying prone, seeing and feeling the magic before you, and letting time drift as you explore and push yourself visually.

Students will receive group and individual support, in the classroom and field, learning the tools and techniques of macro photography.

You’ll need a camera that can focus to within a few inches of the lens, hopefully using a macro lens, extension tube, or close up lenses, a tripod, preferably one that can be extended to lie close to the ground, and patience to explore, practice, and play. If available, bring a laptop with your favorite image editing program.

We will take a one-hour lunch break.

Reid J. Thaler is an award-winning photographer who has taught photography since 1976.

Saturday, 9:40am-4pm
Fee $99 (Includes $1 materials fee)
Sept. 8
Kentfield Campus
Physical Education Center 91
CRN# 85264

Oct. 6
Indian Valley Campus, Bldg 3, Rm 255
CRN# 85265
INTRODUCTION TO PHOTOSHOP ELEMENTS 10: THE DIGITAL DARKROOM

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

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

Recommended text: Peach Pit Press.

Jazmine Loiselle
Friday, 9am–4pm
Sept. 7
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 85164

INTERMEDIATE PHOTOSHOP ELEMENTS 10: THE DIGITAL DARKROOM

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

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

Jazmine Loiselle
Friday, 9am–4pm
Sept. 14
Indian Valley Campus, Bldg 7, Rm 192
Fee $118 (Includes $19 special fee)
CRN# 85165

ALSO OF INTEREST ...

PHOTOSHOP I AND II
See page 19 & 20.

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 66.

RESTORE AND IMPROVE YOUR BALANCE

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

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

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

FALL 1
7 Tuesdays & 7 Thursdays, 12:10-1pm
Sept. 4-Oct. 18
Kentfield Campus
Physical Education Center 22
Fee $69 (Includes $1 materials fee)
CRN# 85072 EC

7 Mondays & 7 Wednesdays, 9:10-10am
Sept. 5-Oct. 22
Begins on Wednesday
Ends on Monday
Indian Valley Campus, Bldg 15, Rm 170
Fee $69 (Includes $1 materials fee)
CRN# 85073 EC

FALL 2
7 Tuesdays & 6 Thursdays, 12:10-1pm
Oct. 30-Dec. 13 (No class Nov. 22)
Kentfield Campus
Physical Education Center 22
Fee $66 (Includes $1 materials fee)
CRN# 85074 EC
FUNCTIONAL FITNESS
This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and over-all sense of well-being while participating in movement activities with music while sitting or standing in a safe and friendly environment. The curriculum is designed to be appropriate for adults with physical disabilities and those who prefer a gentler, yet challenging, approach to exercise. No prior experience necessary.

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

7 Mondays & 7 Wednesdays, 10:10–11am
Kentfield Campus
Physical Education Center 22
Fee $69
FALL 1
Sept. 5–Oct. 22
Starts on a Wednesday
Ends on a Monday
CRN# 85166 EC
FALL 2
Oct. 29–Dec. 17 (No class Nov. 12)
Ends on a Monday
CRN# 85167 EC

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

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

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

Kay Pepitone
Kentfield Campus
Physical Education Center 22
FALL 1
7 Thursdays, 1:10–2pm
Sept. 6–Oct. 18
Fee $44 (Includes $1 materials fee)
CRN# 85168 EC
FALL 2
6 Thursdays, 1:10–2pm
Nov. 1–Dec. 13 (No class Nov. 22)
Fee $39 (Includes $1 materials fee)
CRN# 85169 EC

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

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

Teresa Hanson, GCFP
6 Mondays, 3:40–5pm
Kentfield Campus
Physical Education Center 60
FREE
FALL 1
Sept. 10–Oct. 15
CRN# 85076 EC
FALL 2
Oct. 29–Dec. 10 (No class Nov. 12)
CRN# 85170 EC
A NEW WAY TO EXERCISE FOR PAIN RELIEF AND PHYSICAL REPAIR

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

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

Meg Margolis
Ruth Corwin, PhD

FALL 1
7 Mondays & 7 Wednesdays & 7 Fridays
4:10–5pm
Sept. 5–Oct. 22
Starts on a Wednesday
Ends on a Monday
Kentfield Campus, Fusselman Hall 120
Fee $116
CRN# 85171 EC

FALL 2
6 Mondays & 7 Wednesdays & 6 Fridays
4:10–5pm
Oct. 29–Dec. 14
(No class Nov. 12 & 23)
Kentfield Campus, Fusselman Hall 120
Fee $105
CRN# 85172 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
Whistlestop
930 Tamalpais Ave., San Rafael
FREE

FALL 1
7 Mondays, 11:10am–12noon
Sept. 10–Oct. 22
CRN# 85173 EC

FALL 2
6 Mondays, 11:10am–12noon
Oct. 29–Dec. 10 (No class Nov. 12)
CRN# 85174 EC

ENERGY WARM-UPS FOR THE ACTIVE OLDER ADULT

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

Erik Riswold
Kentfield Campus
Physical Education Center 22
Fee $63

FALL 1
6 Tuesdays & 6 Fridays, 9:10–10am
Sept. 4–Oct. 12
CRN# 85077 EC

FALL 2
7 Tuesdays & 5 Fridays, 9:10–10am
Oct. 30–Dec. 11 (No class Nov. 23)
CRN# 85078 EC
YOGA FOR EVERY BODY, YOGA FOR EVERY MIND
Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

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

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

Kentfield Campus
Physical Education Center 60

FALL 1
7 Saturdays
Sept. 8-Oct. 20
Beginner
10–11:30am
Fee $79
CRN# 85079
Intermediate
8–9:45am
Fee $86
CRN# 85080

FALL 2
6 Saturdays
Nov. 3-Dec. 15 (No class Nov. 24)
Beginner
10–11:30am
Fee $74
CRN# 85081
Intermediate
8–9:45am
Fee $79
CRN# 85082

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

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

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

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

FALL 1
7 Tuesdays & 7 Thursdays, 5:40–7pm
Sept. 4-Oct. 18
Indian Valley Campus, Bldg 20, Rm 106
Fee $113
CRN# 85177

FALL 2
7 Tuesdays & 6 Thursdays, 5:40–7pm
Oct. 30-Dec. 13 (No class Nov. 22)
Indian Valley Campus, Bldg 20, Rm 106
Fee $108
CRN# 85178
GENTLE YOGA
Gentle Yoga is adapted for all levels and will benefit beginner advanced students. Starting with a review of foundations at an easy pace, you will learn basic poses, including principles of movement and posture, relaxation, breathing techniques, meditation, and proper alignment to better your overall health and wellbeing. This class focuses on increasing alignment, awareness, flexibility, and reducing stress by rebuilding the immune system through restorative postures. Individual needs are addressed with modifications for past injuries and health issues.

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

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

7 Tuesdays, 10:10am–11am
Indian Valley Campus, Bldg 20, Rm 106
Fee $15

FALL 1
Sept. 4-Oct. 16
CRN# 85175 EC

FALL 2
Oct. 30-Dec. 11
CRN# 85176 EC

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

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

MinJae Laws
FALL 1
7 Tuesdays, 10:10am–11am
Sept. 4-Oct. 16
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85179

7 Mondays, 6:10–7pm
Sept. 10-Oct. 22
Indian Valley Campus, Bldg 15, Rm 170
Fee $68
CRN# 85180

FALL 2
7 Tuesdays, 10:10am–11am
Oct. 30-Dec. 11
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 85181

6 Mondays, 6:10–7pm
Oct. 29-Dec. 10 (No class Nov. 12)
Indian Valley Campus, Bldg 15, Rm 170
Fee $58
CRN# 85182

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

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

MinJae Laws
FALL 1
7 Wednesdays
Sept. 5-Oct. 17
Kentfield Campus
Physical Education Center 22
Fee $68
11:10am-12noon
CRN# 85183
5:40–6:30pm
CRN# 85184
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.

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

FALL 2
7 Fridays, 10:40–12noon
Sept. 7-Oct. 19
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 85187 EC

7 Tuesdays, 1:10–2:30pm
Sept. 4–Oct. 16
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 85188 EC

FALL 1
7 Fridays, 10:40–12noon
Sept. 7-Oct. 19
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 85187 EC

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

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

Dove Harris Govrin, MS, BC-DTR
Kentfield Campus
Physical Education Center 60
FALL 1
7 Fridays, 12:40–2pm
Sept. 7-Oct. 19
Fee $66
CRN# 85191 EC

FALL 2
6 Fridays, 12:40–2pm
Nov. 2-Dec. 14 (No class Nov. 23)
Fee $58
CRN# 85192 EC

WISDOM HEALING QIGONG
Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson’s, arthritis, cancers, chronic fatigue, and other imbalances.

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

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

Dove Harris Govrin, MS, BC-DTR
Indian Valley Campus, Bldg 15, Rm 170
FALL 1
7 Thursdays, 1:10–2:30pm
Sept. 6-Oct. 18
Fee $66
CRN# 85193 EC

FALL 2
6 Thursdays, 1:10–2:30pm
Nov. 1-Dec. 13 (No class Nov. 22)
Fee $58
CRN# 85194 EC
JOY OF TAI CHI
The purpose of this tranquil class is to sample a series of gentle, health-giving exercises in a relaxed and playful environment. Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The mind is focused and one experiences a general sense of well-being as the chi, or life force, is strengthened. A sampling of Qigong exercises is included. The course is open to all ages.

Katherine Rolston
FALL 1
7 Mondays, 3:40–5pm
Sept. 10-Oct. 22
Kensfield Campus
Physical Education Center 22
Fee $59 (Includes $1 materials fee)
CRN# 85195 EC
7 Tuesdays, 10:45am–12:15pm
Sept. 4-Oct. 16
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85196 EC

FALL 2
6 Mondays, 3:40–5pm
Oct. 29-Dec. 10 (No class Nov. 12)
Kensfield Campus
Physical Education Center 22
Fee $54 (Includes $1 materials fee)
CRN# 85197 EC
5 Tuesdays, 10:45am–12:15pm
Oct. 30-Dec. 4 (No class Nov. 6)
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 85198 EC

ZUMBA®
Move to the hypnotic Latin rhythms of salsa, calypso, reggae, merengue, and pop in easy-to-follow moves in an aerobic fitness program that will blow you away. Routines feature interval-training sessions in combination with fast/slow rhythms to tone and sculpt your body while burning fat.

Bring exercise clothes, athletic shoes/dance sneakers, towel, and water to class.

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

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

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

FALL 1
Tom Mayock
Fee $79 (Includes $1 materials fee)
Kensfield Campus, Physical Education Center 60
7 Wednesdays, 7:10–8:30pm
Sept. 5-Oct. 17
CRN# 85083
7 Fridays, 7:40–9am
Sept. 7-Oct. 19
CRN# 85084
Lily Oglesby
7 Tuesdays, 7:40-9am
Sept. 4-Oct. 16
Indian Valley Campus, Bldg 15, Rm 170
Fee $79 (Includes $1 materials fee)
CRN# 85085

FALL 2
Tom Mayock
Kensfield Campus, Physical Education Center 60
7 Wednesdays, 7:10–8:30pm
Oct. 31-Dec. 12
Fee $79 (Includes $1 materials fee)
CRN# 85087
6 Fridays, 7:40–9am
Nov. 2-Dec. 14 (No Nov. 23)
Fee $74 (Includes $1 materials fee)
CRN# 85088
Lily Oglesby
7 Tuesdays, 7:40-9am
Oct. 30-Dec. 11
Indian Valley Campus, Bldg 15, Rm 170
Fee $79 (Includes $1 materials fee)
CRN# 85089
ALSO OF INTEREST ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page 23.

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

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

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

FALL 1
7 Tuesdays & 7 Thursdays, 2:40-3:30pm
Sept. 4-Oct. 18
Kentfield Campus
Physical Education Center 60
Fee $69
CRN# 85199 EC

7 Mondays & 7 Wednesdays, 3:40-4:30pm
Sept. 5-Oct. 22
Starts on a Wednesday
Ends on a Monday
Indian Valley Campus, Bldg 15, Rm 170
Fee $69
CRN# 85200 EC

FALL 2
7 Tuesdays & 6 Thursdays, 2:40-3:30pm
Oct. 30-Dec. 13 (No class Nov. 22)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 85201 EC

6 Mondays & 7 Wednesdays, 3:40-4:30pm
Oct. 29-Dec. 12 (No class Nov. 12)
Ends on a Monday
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 85202 EC

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

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

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

7 Mondays & 7 Wednesdays, 6:40-8pm
Kentfield Campus
Mon.: Physical Education Center 60
Wed.: Physical Education Center 22
Fee $124

FALL 1
Sept. 5-Oct. 22
Starts on a Wednesday
Ends on a Monday
CRN# 85090

FALL 2
Oct. 29-Dec. 17 (No class Nov. 12)
Ends on a Monday
CRN# 85091
BOXING FOR FITNESS
Train in the Art of Boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a workout that will build strength and endurance and help you to lose weight. Using boxing skills and drills, you will increase your muscular and cardio endurance and engage your core. Both the upper and lower body will be toned and strengthened. Exercises will be tailored to student’s level of fitness. One-on-one training and style development as time allows. This class will not include contact.

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

Kentfield Campus
Physical Education Center 60
Fee $124
FALL 1
7 Tuesdays & 7 Thursdays, 6:40–8pm
Sept. 4-Oct. 18
CRN# 85092

FALL 2
8 Tuesdays & 6 Thursdays, 6:40–8pm
Oct. 30-Dec. 18 (No class Nov. 22)
Ends on a Tuesday
CRN# 85093

JOY OF TENNIS
This evolutionary approach to the game eliminates the biggest impediment to peak performance — competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout — physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

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

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

Kentfield Campus, Tennis Courts
Beginning
10 Tuesdays, 9:40–11am
Sept. 4-Nov. 6
Fee $151 (Includes $8 materials fee)
CRN# 85203

Intermediate 1
10 Wednesdays, 10:10–11:30am
Sept. 5-Nov. 7
Fee $151 (Includes $8 materials fee)
CRN# 85204

Intermediate 2
10 Thursdays, 9:10–11am
Sept. 6-Nov. 8
Fee $179 (Includes $8 materials fee)
CRN# 85205

Discover COMmunity Ed
JOIN US FOR PREVIEW DAY
Kentfield Campus
Saturday, Aug 4, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Aug 11, 10:30am–12noon
Emeritus North, Bldg 10, Room 140
• Meet COMmunity Ed instructors
• Explore new COMmunity Ed classes
• Early Bird registration!
• Learn about Emeritus College
• Mingle and have a good time!

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
STRENGTH, FLEXIBILITY, BALANCE, AND AGILITY TRAINING FOR ADULTS AND OLDER ADULTS
This beginner/intermediate class is designed for you to get stronger and more flexible along with improving your posture, balance, and response time. This comprehensive routine has been designed to improve overall functional fitness. Starting with mat work that includes core exercises, we progress to standing strengthening exercises, then focus on balance and agility movements. 15 minutes of luxurious stretching finishes off the routine. You will leave feeling energized, strong, flexible, and relaxed.

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

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

Kentfield Campus
Physical Education Center 22
Fee $94

FALL 1
7 Wednesdays & 7 Fridays, 7:30–9am
Sept. 5–Oct. 19
CRN# 85206 EC

FALL 2
8 Wednesdays & 6 Fridays, 7:30–9am
Oct. 31–Dec. 19 (No class Nov. 23)
Class ends on a Wednesday
CRN# 85207 EC

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

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

FALL 1
7 Tuesdays & 7 Thursdays, 7–8:45 a.m.
Sept. 4–Oct. 18
CRN# 85208 EC
Fall 2
8 Tuesdays & 6 Thursdays, 7–8:45 a.m.
Oct. 30–Dec. 18 (No class Nov. 22)
CRN# 85209 EC

AQUA EXERCISE FOR OLDER ADULTS
The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance, and the whole cardiovascular system. Enjoy your body in movement, floating weightless while meeting others in a playful environment.

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

Russell Robles
Fee $15

FALL 1
7 Mondays & 7 Wednesdays, 9:40–11am
7 Fridays, 10:40-12noon
Sept. 5–Oct. 22
Starts on a Wednesday
Ends on a Monday
Kentfield Campus, Pool
CRN# 85110 EC
7 Tuesdays & 7 Thursdays, 9:10–10:30am
7 Fridays, 2:10–3:30pm
Sept. 4–Oct. 19
Indian Valley Campus, Bldg 21 Pool
CRN# 85221 EC

FALL 2
6 Mondays & 7 Wednesdays, 9:40–11am
6 Fridays, 10:40-12noon
Oct. 29–Dec. 14 (No class Nov. 12 & 23)
Kentfield Campus, Pool
CRN# 85211 EC
7 Tuesdays & 6 Thursdays, 9:10–10:30am
6 Fridays, 2:10–3:30pm
Oct. 30–Dec. 14 (No class Nov. 22 & 23)
Indian Valley Campus, Bldg 21 Pool
CRN# 85212 EC
Textiles

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

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

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

7 Mondays, 7:10–9pm
Sept. 6-Oct. 18
Indian Valley Campus, Bldg 3, Rm 152
Fee $89
CRN# 85213

ALSO OF INTEREST ...

FROM COLLAGE TO PAINTING
See page 8.

STREET ART: PAST AND PRESENT
See page 10.

Urban Agriculture

VICTORY GARDENS: BUILDING SOIL, STARTING SEEDS, FALL CROPS
Fall is the time to build your soil. The first class (Sept. 8) will include PowerPoint and lecture on planting cover crops of rye, fava beans, and bell beans. We’ll learn about other organic amendments, as well as what crops to grow for the fall/winter garden.

Learn by doing! The second class (Sept. 15) will be held in the instructor’s home garden, and you’ll learn how to start broccoli seeds, transplant the seedlings into 4” pots, and then plant them in the garden. Everyone will take away at least three 4” pots of broccoli. We’ll also practice planting the cover crop seeds.

Seeds will be distributed in class and are covered in the materials fee.

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

2 Saturdays, 10am–12noon
Sept. 8 & 15
Sept. 8: Kentfield Campus
Harlan Center 161
Sept. 15: Meet off campus
Fee $45 (Includes $7 materials fee)
CRN# 85214
BACKYARD BEEKEEPING
Learn the language of bees and develop a sweet and lasting friendship. We'll begin by studying their lifecycle and habits and see what makes honeybees so unique. In the second class, we'll go deeper into the craft of beekeeping; you'll learn what to look for, how to keep them healthy, and the process of harvesting honey and beeswax. The tools and techniques you will learn can be applied to any style of hive.

For the last class, we'll meet off campus where you can observe a number of hives and enjoy a honey tasting!

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

Kalle Cook has operated a beekeeping business since 2007, removing unwanted feral colonies, relocating them to more appropriate sites, and encouraging experiential learning through beekeeping. If you have questions about the class please email Kalle at kalle@kallecook.com

3 Saturdays, 10am–12:30pm
Sept. 8-22
Sept. 8 & 15
Kentfield Campus, Harlan Center 161
Plus field trip: Sept. 22
Location to be announced
Fee $62 (Includes $3 materials fee)
CRN# 85215

ALSO OF INTEREST ...

THE MEDICINAL AND EDIBLE HERB GARDEN
See page 32.

SUCCESSFULLY LANDSCAPING YOUR MARIN HOME
See page 32.

HOW TO REPLACE YOUR LAWN
See page 33.

Travel

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

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

Saturday, 10am–3pm
Oct. 27
Kentfield Campus, Harlan Center 161
Fee $89
CRN# 85216

ALSO OF INTEREST ...

DARE TO CREATE ‘WHAT’S NEXT!’
See page 12.
Writing

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

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

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

5 Thursdays, 6:10–7:30pm
Sept. 20–Oct. 18
Kentfield Campus, Portable Village 5A
Fee $69 (Includes $1 materials fee)
CRN# 85094

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

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

Arlene Miller, MA
3 Thursdays, 6:10–7:30pm
Oct. 25–Nov. 8
Kentfield Campus, Portable Village 5A
Fee $54 (Includes $1 materials fee)
CRN# 85095

ELEMENTS OF CREATIVE WRITING
“There are three rules for writing well. Unfortunately, no one knows what they are.”
Somerset Maugham
Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you’re just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

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

The Redwoods
40 Camino Alto, Mill Valley

FALL 1
7 Mondays, 5:30–8:30pm
Sept. 10-Oct. 22
Fee $119
CRN# 85096 EC

FALL 2
6 Mondays, 5:30–8:30pm
Oct. 29-Dec. 10 (No class Nov. 12)
Fee $102
CRN# 85097 EC
WRITING

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

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

We will cover:
• Personal History
• Fictional Derivatives of That History
• Loss
• Health/Aging
• Birth/Rebirth
• The Nature of Love
• Transitions

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

Published poet Robert-Harry Rovin developed and has led WRITE ON! for eight years.

FALL 1
7 Saturdays, 2:10-4pm
Sept. 8-Oct. 20
Kentfield Campus, Harlan Center 172
Fee $69
CRN# 85217 EC

Fall 2
6 Saturdays, 2:10-4pm
Nov. 3-Dec. 15 (No class Nov. 24)
Kentfield Campus, Harlan Center 172
Fee $63
CRN# 85218 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. 29-Dec. 17 (No class Nov. 12)
Kentfield Campus, Olney Hall 109
Fee $69
CRN# 85098 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.

FALL 1
5 Tuesdays, 2:10–4pm
Sept. 4-Oct. 16 (No class Sept. 25 & Oct. 2
Kentfield Campus, Harlan Center 173
Fee $59 (Includes $2 materials fee)
CRN# 85219 EC

Fall 2
6 Tuesdays, 2:10–4pm
Oct. 30-Dec. 11 (No class Nov. 20)
Kentfield Campus, Harlan Center 173
Fee $65 (Includes $2 materials fee)
CRN# 85220 EC
Emeritus College

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

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FALL QUARTER 2012 STARTS TUESDAY, SEPT. 4.
JOIN THE FUN! Emeritus Students Activities Application

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☐ Female ☐ Male ☐ 55 or Over ☐ Under 55

PLEASE CHECK THE APPROPRIATE BOX

☐ New ☐ Renew

SIGNED

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

Emeritus Students College of Marin

A Student Organization for Marin’s Mature Adults

Join Emeritus Students College of Marin (ESCOM), established in 1974, and discover a world of opportunity to support lifelong learning and network with like-minded individuals. Members are from all social and educational backgrounds. Purchase of a $15 Student Activities Card entitles you to:

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

EMERITUS CENTER
Kentfield Campus: 415.485.9652
Indian Valley Campus:
415.457.8811, ext. 8322

Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations. The Emeritus Center, Kentfield Campus, Student Services Building, Room 146, is open Monday through Friday, 9:30am-3:30pm, and is staffed by volunteers. Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, please call 415.883.7805.
ESCOM Tuition Grants
The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any COM Community Education course. You must be a minimum of 55 years of age and submit a statement of financial need. Only partial grants are awarded due to limitations of funding.

New policy: To be eligible for a Tuition Grant, you must have registered and paid all registration fees; vouchers are no longer available. Please call 415.485.9652 to request to have the new application procedures and an application mailed to you, or come to the Emeritus Center. Completed application forms must be received at the Emeritus Center on the Kentfield Campus no later than the end of the business day, Monday, August 27.

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

Adventurers
R. King, 415.898.5845

Bocce Ball
J. Kouns, 415.332.5929

Book Banter
Len Pullan 415.381.6952

Bridge
L. Mason, 415.456.2508
T. Metzger, 415.479.8290

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

French
D. McMurtry, 415.472.4738

Global Issues
C. Rose, 415.898.0131

Italian
M. Weed, 415.453.6054

IVC Book Forum
L. Kerr, 415.883.2823

IVC Film Noir
R. Ramirez, 415.491.0522

IVC Great Books
D. Polhemus, 415.883.3567

IVC Humanities
R. Ramirez, 415.491.0522

IVC Philosophy
L. Witter, 415.883.6889

Moral, Ethical, Legal Issues
C. Posard, 415.491.4118

Opera and Beyond
G. Deane, 415.456.2853

Scrabble
M. Knox, 415.459.1427

Shakespeare
V. Carter, 415.388.6335

Sing Along
M. Knox, 415.459.1427

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

Registration Information

REGISTRATION BEGINS
Monday, August 6, 8 a.m.

To Apply

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

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

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

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

To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are tabs, including Home, Student, and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Fall 2012 Community Ed. (Term must include words Community Ed.) Click Submit. The next screen will say Add or Drop and will give you 10 boxes in which to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register. Community Education classes may not be dropped online.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Textbooks
If an instructor wishes to recommended a textbook to students, that information will be included in the course description. The course description will also note if the text is available at the College Bookstore.

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

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

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

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

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

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

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

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

Purchase Your Parking Permit Online

Fall 2012 Parking Permits are available now for online purchase only.
Please be advised that you must be enrolled for Fall 2012 classes in order to be eligible to purchase a student Parking Permit for Fall. A nominal processing fee of $3.50 applies to all online Parking Permit orders.

Follow these easy steps:
• Click on the Parking Permit link in the Student Records Channel (bottom left corner of the portal page)
• Fill out the form & follow directions
• Print Temporary Parking Permit (paper)
You will receive your Term Parking Permit in the mail (decal). In-person sale of Student Parking Permits at the Admissions counter on both campuses will start on Wednesday, Aug. 22.
Please note: Discount for eligible Financial Aid students will be applied to online orders.

Directory

Community Education Office
415.485.9305
Emeritus College Office
415.485.9368
Intensive English Program
415.457.8811, ext. 8579
Admissions & Records Office
415.457.8811, ext. 8822
Counseling
415.485.9432
Bookstore
415.485.9394
Library Services
415.485.9656
Media Center/Language Lab
415.485.9645
Disabled Students Program
415.485.9406

Community Education

College of Marin Superintendent/President
David Wain Coon, Ed.D.
Interim Executive Dean
Instruction & Student Services IVC
Workforce Development, College & Community Partnerships
Nanda Schorske
COMMUNITY EDUCATION PROGRAM STAFF
Director, Community Education, Lifelong Learning, and International Education
Jason Lau, Ph.D.
Program Specialists
Cheryl Carlson, Karen van Kriedt
Administrative Assistant
Jesse Klein
Office Technician
Heather Peitz
Work/Study
Valerie Marckwordt

The Community Education Schedule is published four times a year by College of Marin (a nonprofit organization), 835 College Ave., Kentfield, CA 94904-2590
Equal Opportunity Statement

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices, and procedures.

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.


College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

College of Marin policy 50-04 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

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

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

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

Open Enrollment Policy

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

Kentfield Campus Map and Directory

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904
Emergency: Dial 911
Urgent: 415.485.9456
Kentfield Police Business: 415.485.9455

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

Motorcycle and handicap parking are available with no fee.
Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

AC Administrative Center
Children’s Center
BC* Business and Management Center
FA* Fine Arts (new building)
FH* Fusselman Hall
Behavioral & Social Sciences
HC* Harlan Center
ESL Program/College Skills Office
Health Sciences
HS Health Services
LC* Learning Resources Center
Library
Bookstore
Disabled Students
CV Maintenance Offices
MS3* Dance Center

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.

Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a permit which may be purchased from the parking ticket dispensers located in parking lots.

College of Marin is a smoke-free environment. Smoking is permitted in designated areas only.

Motorcycle and handicap parking are available with no fee.
Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

AC Administrative Center
Children’s Center
BC* Business and Management Center
FA* Fine Arts (new building)
FH* Fussellan Hall
Behavioral & Social Sciences
HC* Harlan Center
ESL Program/College Skills Office
Health Sciences
HS Health Services
LC* Learning Resources Center
Library
Bookstore
Disabled Students
CV Maintenance Offices
MS3* Dance Center

CONSTRUCTION

Science Math Central Utility Plant
May 2010 – January 2013

CONSTRUCTION

Performing Arts Project
May 2010 – January 2013

PARKING

P11

STUDENT LIVING & LEASING

P12

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

For information about Parking Permits, please see page 67

www.marin.edu/CommunityEducation
Indian Valley
Campus
Map and Directory

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

Emergency: Dial 911
IVC Police Business Phone: 415.883.3179

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

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

BUILDING 27 (New Main Building)
First Floor: Student Services (Rooms 103–109), Admissions, Financial Aid, Counseling, EMT (Rooms 112), General Classrooms (Rooms 116, 118), Food/Drink Vending Machines (Room 121), Library (Room 124), Computer Classroom (Room 125), Multimedia (Room 129–131)
Second Floor: Medical Assisting (Room 219), Dental Assisting (Rooms 220, 224), Court Reporting/General Classrooms (Rooms 228, 229, 233)

BUILDINGS 1 – 7 (Formerly POMO)
1. Transportation Technology Auto Collision Repair Lab
2. Transportation Technology Auto Technology Lab
3. General Classrooms/Labs/Offices/Drink/Snack Vending Machines (Rooms 150–154, 250–263)
4. Machine and Metals Technology (Rooms 160–175)
5. Simulation Center (Rooms 180–189)
6. General Classrooms/Labs/Offices/Computer Labs (Rooms 190–199)

BUILDINGS 8 – 12
7. General Classrooms/Labs/Offices/Computer Labs (Rooms 202–218)
8. General Classrooms/Labs/Offices/Computer Labs (Rooms 220–224)
9. General Classrooms/Labs/Offices (Rooms 230–233)
10. General Classrooms/Offices (Rooms 235–236)

BUILDINGS 13 – 16 (Formerly MIWOK)
11. Information Systems Center
12. Child Development Program: Classroom, Children’s Center, and Early Head Start Infant Toddler Center

BUILDINGS 17 – 21 (Formerly OHLONE)
13. Offices/General Classrooms (Rooms 210–212, 226)
14. A+ Computer Lab (Room 140)
15. CIS Computer Lab (Room 144)

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

For information about Parking Permits, please see page 67

INdIAN VALLY CAMPUS MAP AND DIRECTORY
Intensive ENGLISH PROGRAM

Academic English for new and transfer F-1 international students, au pairs, professionals, and Marin County non-native English speakers. Part-time and full-time options.

SPECIAL FEATURES
- TOEFL preparation
- Field trips around San Francisco Bay Area
- Peaceful learning environment and small class size for more practice time
- Easy transfer to credit program

COST
8 week session $375 - $1175
16-week session $775 - $2,325
F-1 students $2,500

WHEN
Fall Semester 2012
Aug 21 to Dec 7, 2012
Session A: Aug 21 - Oct 12
Session B: Oct 16 - Dec 7

WHERE
College of Marin
Indian Valley Campus
Novato, California, USA

CONTACT
Sara Oser, IEP Coordinator
415.883.2211, ext. 8579
www.marin.edu/iep
intensive.english@marin.edu
Tastes of Marin

PRESERVING FALL’S HARVEST

The abundance of fresh, local produce makes preserving a smart and delicious option. Especially if you have your own home garden or just a fruit tree, knowing how to safely and deliciously preserve what you can’t eat immediately is a boon!

Merrilee Olson is a respected chef, award-winning jam maker and food product development specialist. She is Program Director for CAM FoodWorks, a social enterprise of Community Action Marin. Shae Irving’s preserves have won numerous Best of Show ribbons at the Marin County Fair.

For more information, see page 26

HANDS-ON CHEESEMAKING AT HOME

Would you like to know how to make your own Camembert, Feta, Mozzarella, or Gouda? Our hands-on cheesemaking classes are designed for the adventurous hobby cheesemaker and enthusiast! Each three-hour class will teach you how to make delicious homemade cheese at home.

Sacha Laurin is a native of Australia who honed her cheesemaking skills after moving to France. With one part science and one part romance, she brings a refreshing take to the artisanal cheese making process.

For more information, see page 26

ENJOYMENT OF WINE SERIES

Just about any of us can become expert winetasters and learn to use our senses of sight, smell, taste, and touch to deepen the satisfying experience of partaking of a fine wine. Community Education offers classes on wine tasting, red and white wines, and champagne and port in time for the 2012 holiday season!

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

For more information, see page 29

FALL 2012
SEPT 4 – DEC 15

www.marin.edu/CommunityEducation