Community Education

EMERITUS COLLEGE
Celebrating 40 Years of Serving Active Lifelong Learners
Welcome to College of Marin Community Education, Lifelong Learning and International Education. 
**Our dedicated team is here to serve you.**

We’ve redesigned our online registration with you in mind.

Register online 24/7! It’s fast, easy and convenient.

No more waiting in lines. Now you can register online with just a few clicks of the mouse. Log on to **our website at MarinCommunityEd.com** and:

- Search, browse and register for classes anytime, in the comfort of your own home or office,
- Pay securely via credit card, or review your transaction history,
- Update your learner profile,
- Request to drop a class,
- Order membership, or gift cards,
- and more!
Contents | Fall 2014

College of Marin
Community Education

ONLINE REGISTRATION
MarinCommunityEd.com

HOURS AND
CONTACT INFORMATION
Monday–Friday: 9am–4:30pm
Phone: (415) 485-9305
Fax: (415) 456-5065
Email: info@MarinCommunityEd.com
Facebook: facebook.com/MarinCommunityEd

OFFICE LOCATIONS
Kentfield Campus
Student Services Building Room 145
Kentfield, CA 94904

Indian Valley Campus
Building 7, Room 199
Novato, CA 94949

MAILING ADDRESS
835 College Avenue
Kentfield, CA 94904

ON THE COVER Jim and Gini Moore, members of Emeritus Students College of Marin (ESCOM), They both have served on the ESCOM Council and many other ESCOM committees. Jim and Gini have been taking Community Education classes and attending the ESCOM Current Events club together for over 17 years. They both credit ESCOM for bringing them together. Join ESCOM today to discover new interests, connect with lifetime passions, and find engaging interaction with like-minded individuals.

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About

The College of Marin Community Education Department offers a wide variety of short-term courses designed to meet the lifelong learning needs of the community. This fee-based program is developed for individuals who wish to explore their personal interests or enhance their careers. College credit is not given and there are no grades or tests.

Emeritus College offers low-fee classes for older adults who wish to discover new interests, reconnect with lifetime passions, and find engaging interaction with like-minded individuals in a multitude of classes and activities.

The department is self-supporting; your fees pay for all costs associated with our courses. For more information, please visit our website at marincommunityed.com or call the Community Education office at (415) 485-9305.

College Campuses

1. Kentfield Campus
   835 College Ave
   Kentfield, CA 94904

2. Indian Valley Campus
   1800 Ignacio Blvd
   Novato, CA 94949

Parking Information

Parking Permits are required all day Monday through Saturday. You may purchase a permit for the day for $4 (subject to change) through Parking Permit dispensers located near the entrance to each lot. The semester parking sticker may be purchased for $50 (subject to change) online at www.MarinCommunityEd.com. Proof of enrollment and valid identification required (only one permit per person).
NEW | EC The Flow of Watercolor: The Figure

Julie will give you the essentials for how to easily draw and paint nude figures. No knowledge of figure drawing or portraiture is required. As you view three live models, and refer to Julie's photos of nude models, learn how to make your drawings and paintings proportionally pleasing. See online schedule for details.

0051 | Cohn | KTD | FA 301
6 Wednesdays, 2:40-5:30pm | Sept 3–Oct 8
$105 (MF $24) | EC/GC Members $200

Classes

How to read our class listings.

Knowing how to read our class schedule—and understanding the key terms you will find on it—will help you easily register online. Here are the key things you need to know.

Class title
Emeritus College course
Featured class
Class description
Class ID, instructor, campus location, BLDG. room number
Days, times, dates
Regular fee, materials fee, ESCOM/Gold Card fee

What our symbols mean

KTD = Kentfield Campus
IVC = Indian Valley Campus
OFF = Off Campus
EC = Emeritus College
GC = Gold Card
MF = Materials Fee
SF = Special Fee
Art

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

0001 | Bencich | **KTD** | FA 301
5 Saturdays 9:10am–1pm | Sept 6–Oct 4
1 Saturday 9:10am–5:30pm | Oct 11
$243 (MF $66)

0003 | Bencich | **KTD** | FA 301
5 Saturdays 9:10am–1pm | Oct 18–Nov 15
1 Saturday 9:10am–5:30pm | Nov 22
$243 (MF $66)

**NEW** | Abstracting Landscapes in Acrylics
An artistic departure from traditional landscapes. In these painting sessions we employ various abstract and creative techniques to produce a fresh approach to problem solving in regards to composition, techniques, and concepts using landscapes as an inspirational starting point and the practical methods of applying acrylic techniques to produce effective textures.

0046 | Healey | **KTD** | FA 301
5 Tuesdays 10:10am–1pm | Oct 7–Nov 4
$93 (MFS $1)

Get Ready to Paint: Beginners Really Welcome!
Get 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.

0038 | Valente | **KTD** | FA 312
Saturday 10:10am–3pm | Oct 4
$54

Artistically Yours
While there are many skills and techniques to learn when you begin to paint (composition, value, line etc.) it is also important (and fun!) to look for inner inspiration, to tap into your creativity and find your own voice. In this workshop, we’ll start with warm-up exercises and then set you on your personal journey. All levels welcome.

0039 | Valente | **KTD** | FA 312
Saturday 10:10am–3pm | Oct 25
$54

Drawing with Chalk Pastels
From sketches and dark and light studies to fully developed drawings/paintings, explore the full range of chalk pastels. 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.

0052 | Lawrence | **KTD** | FA 215
7 Fridays 1:10–4pm | Sept 5–Oct 17
$113

0053 | Lawrence | **KTD** | FA 215
6 Fridays 1:10–4pm | Oct 31–Dec 12
$101 | (No class Nov 28)

Amazing Pet Portraits in Pastel
They say the eyes are the windows to the soul. Capture not just the look but your pet’s personality as well. Starting with just the right photo to work from, in just a short time you will be well on your way to creating vibrant—life like portraits.

0002 | Lawrence | **KTD** | FA 215
7 Wednesdays 3:10–6pm | Sept 10–Oct 15
$113

0040 | Lawrence | **KTD** | FA 215
7 Wednesdays 3:10–6pm | Oct 29–Dec 10
$113

**EC** | Watercolor Basics and Beyond
A comprehensive class welcoming all skill levels. For those just starting out the basics will be covered: color mixing, washes, wet-dry approaches, just handling the paint itself! More advanced students are welcome to bring in their own projects or consult with the instructor for direction.
NEW | EC The Flow of Watercolor: The Figure
Julie will give you the essentials for how to easily draw and paint nude figures. No knowledge of figure drawing or portraiture is required. As you view three live models, and refer to Julie’s photos of nude models, learn how to make your drawings and paintings proportionally pleasing.

0051 | Cohn | KTD | FA 301
6 Wednesdays 2:40-5:30pm | Sept 24-Oct 29
$125 (MF $24) | EC/GC Members $105 (MF $24)

NEW | EC The Flow of Watercolor: The Clothed Figure
You can make figures look believable without rendering every detail. Working from two live models, and from Julie’s and your own photos of people shown alone and interacting, learn to render hands and faces simply, emphasizing shadow planes versus detailed features.

0064 | Duchamp | KTD | FA 312
3 Saturdays 1:30-5pm | Nov 8-22
$80

NEW | Furniture Painting-Give a New Life to Your Furniture Finds!
Do you have a piece of furniture that you have always imagined painting in a special way, style or finish, but didn’t know the steps how to get there? In this hands-on class, you will have the opportunity to choose your own piece of furniture to transform from start to finish in the most “green” way possible!

0054 | George | OFF | Artist’s Studio*
6 Thursdays 6-9pm | Sept 11-Oct 16
$116
*122 Paul Drive, Unit B1, San Rafael
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. This class guides beginning or experienced artists through the technical and creative aspects of using mixed media.

0055 | Jucker | KTD | FA 312
7 Tuesdays 7:10-9:30pm | Sept 2-Oct 14 $101

0056 | Jucker | KTD | FA 312
6 Tuesdays 7:10-9:30pm | Oct 28-Dec 9 (No class Nov 11) $92

EC | Diego Rivera to Banksy: Murals as Civic Self-Expression
In this class, we will study the evolution of murals and public art from their earliest origins to modern proponents like Banksy and Barry McGee. The course will include slide shows of work from here and abroad and discussion of Street Art’s place in community, politics and art history.

0059 | Jucker | KTD | SMN 226
7 Thursdays 2:10-3:30pm | Sept 4-Oct 16 $80 | EC/GC Members $60

0060 | Jucker | KTD | SMN 226
6 Thursdays 2:10-3:30pm | Oct 23-Dec 4 (No class Nov 27) $74 | EC/GC Members $54

Jewelry and Metalsmithing
BEGINNERS/BEGINNERS PLUS
0057 | Castillo | KTD | FA 123
7 Tuesdays 7:10-10pm | Sept 2-Oct 14 $138 (MF $25)

0058 | Castillo | KTD | FA 123
7 Tuesdays 7:10-10pm | Oct 28-Dec 16 (No class Nov 11) $138 (MF $25)

INTERMEDIATE/ADVANCED
0061 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10-4pm | Sept 3-Oct 15 $248 (MF $25)

0062 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10-4pm | Oct 29-Dec 10 $248 (MF $25)

NOTE: Please visit www.MarinCommunityEd.com to view full course description and art supplies information.

Business/Career Development

Find the Right Fit: Career Choices for Who You Are Today
Don’t wait any longer to find a career that is more rewarding for you. Whether you are considering changing careers or returning to the job market after an absence, this course is designed to help you find the right career fit for the person you are now. You will start by identifying the skills you prefer to use and matching them to new resume descriptions and potential career paths. Using the Myers Briggs Type Indicator, you will also clarify work styles and environments that are well suited to you.

0072 | Tenison-Scott | KTD | SS A&B
4 Wednesdays 6:10-8:30pm | Oct 1-22 $79

Computer

Hands-On Computer Classes
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. There is no homework and no grades.

• Computer Fundamentals
• Microsoft Word
• Microsoft Excel
• Social Media 101
• And More!

Visit MarinCommunityEd.com to view the full course schedule.

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

California Indian Studies Certificate Program
The California Indian Studies Certificate Program was developed by College of Marin in collaboration with the Miwok Archeological Preserve of Marin (MAPOM) and the Point Reyes National Seashore.

Our goal is to promote understanding of the culture of California Native peoples, their skills and their environmental wisdom. You are welcome to enroll in just one or any number of the classes scheduled below. If you wish to obtain a Certificate of Completion, visit www.MarinCommunityEd.com to view the Certificate Requirements.

Basketweaving with Julia and Lucy Parker
In this class, with nationally renowned basket weavers Julia Parker (Coast Miwok/Pomo) and Lucy Parker (Coast Miwok/Pomo/Paiute), participants create their own traditional California basket from materials gathered with reverence and thanksgiving. Lucy and Julia offer instruction in the art and craft of creating a basket, but on a more informal level, they'll share understanding of the wisdom and practices gathered from generations of California Indian cultural experience. Materials for the class will be provided.

0075 | Parker | OFF | Point Reyes*
Saturday & Sunday 10am–4pm | Sept 20–21
$249 MF ($66)

*Kule Loklo, Pt. Reyes National Seashore

Marin Chinese Cultural Association

Educational Programs
College of Marin’s department of Community Education, Lifelong Learning, and International Education is pleased to join with the Marin Chinese Cultural Association (MCCA) in presenting courses that promote awareness and understanding of Chinese American culture and history.

Traditional Chinese Brush Painting
Students will learn how to use a Chinese brush and ink to paint different animals, flowers, leaves, and bamboo. Students create their own painting after the first class, and improve their painting skills and creativity throughout the session.

0076 | Cheng | KTD | FA 215
7 Mondays 9:10–10:30am | Sept 8–Oct 20
$120 MF ($25)

0078 | Cheng | KTD | FA 215
7 Mondays 9:10–10:30am | Oct 27–Dec 8
$120 MF ($25)

NEW | Conversational Mandarin for Beginners
This course is designed to teach the basic skills of listening comprehension, speaking, reading, and writing in Mandarin Chinese to students with no prior background in the Chinese language.

0079 | Peng | KTD | AU 179
7 Thursdays 6:40–8:30pm | Sept 4–Oct 16
$91

0080 | Peng | KTD | AU 179
6 Thursdays 6:40–8:30pm | Oct 30–Dec 11
(No class Nov 27)
$85
**FREE | MCCA Advanced Mandarin**
Prerequisite: Successful completion of Conversational Mandarin for Beginners offered by College of Marin.

Fee: Free for all MCCA members (A $30 one-time registration fee required. All new students receive a one year free MCCA membership)

To register or for more information, call Emily Peng at 415.342.5224 or email misspeng.emily@gmail.com.

Meeting time: Every Monday, 6-8pm
Location: 30 N. San Pedro Road, San Rafael

**NOTE:** This free class is sponsored and offered by the Marin Chinese Cultural Association.

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**Dance**

**Traditional Hawaiian Dance**
In the classic choreographies to be presented, we will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of our 50th state.

0081 | Saunders | KTD | PE 22
7 Thursdays 7:30-9pm | Sept 4-Oct 16
$80

0082 | Saunders | KTD | PE 22
6 Thursdays 7:30-9pm | Oct 30-Dec 11
(No class Nov 27)
$74

**Argentine Tango: Beginning Class and Practica**
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance!

0083 | Goodwin | OFF | Alma del Tango*
4 Wednesdays 6-7pm | Sept 3-24
$55
* 167 Tunstead Ave, San Anselmo

**EC | International Folk Dance**
Come learn dances from all over the world including Serbia, Turkey, Rumania, Armenia, Bulgaria, Russia, Greece, and Israel.

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**Film Appreciation**

**EC | Film Appreciation: Looking Out-Looking In**
Films for this Autumn will look at societies through two different lenses—the insider’s and the stranger’s. The insider knows the history and the culture of the group. The outsider often brings fresh eyes that see what the insiders miss. Four films for Fall I and II are: A Royal Affair (Denmark 2012), Diner (USA 1982), A Great Wall (USA/China 1986), The Elephant Man (UK 1980).

0091 | Dundes | KTD | LC 53
7 Thursdays 2:10-5pm | Sept 4-Oct 16
$116 (MF $1) | EC/GC Members $97 (MF $1)

0092 | Dundes | KTD | LC 53
6 Thursdays 2:10-5pm | Oct 30-Dec 11
(No class Nov 27)
$104 (MF $1) | EC/GC Members $84 (MF $1)

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**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.

0086 | McGovern | KTD | SMN 225
2 Saturdays 10am-5pm | Sept 6&13
$99 (MF$2)

0087 | McGovern | KTD | SMN 225
2 Saturdays 10am-5pm | Nov 1&8
$99 (MF$2)
NEW | Cinema and Psyche: The Genius of Billy Wilder
Join us for a depth immersion in the cinematic genius of Billy Wilder, as we study, watch, and discuss five of his masterworks. Delve into Wilder’s brilliant mix of mythic storytelling, dark comedy, biting social commentary, and visual style. Blending perspectives from film studies, depth psychology, and cultural anthropology, we’ll survey each movie’s history, artistic technique, and symbolically rich metaphorical dimensions. These classes are soulful, dynamic, and fun!

- The Bitter Blonde, Fate, and The Fall Guy in Double Indemnity
- Creativity and Underworld Initiation in The Lost Weekend
- Femme Fatale as Aging Hollywood Narcissist in Sunset Boulevard
- Eros, Gender, and Sexual Identity as Theatre in Some Like it Hot
- Corporate Greed and the Heroics of Decency in The Apartment

0094 | Ebinger | KTD | LC 53
5 Mondays 2:10–5:30pm | Sept 8–Oct 6
$103

NEW | Cinema and Psyche: The Genius of Hitchcock
Alfred Hitchcock specialized in tales of ordinary people thrust by fate into life-or-death oppositions with unknown forces of darkness. Join us for a depth exploration of his cinematic genius—as we study, watch, and discuss five Hitchcock masterworks. Track how he used production design, cinematography, editing, and sound to convey layers of symbolism and suspense. Immersing yourself in Hitchcock’s renowned artistic technique, signature narrative motifs, and entertaining archetypal adventures into the human psyche. Our approach draws from cinema studies, depth psychology, and cultural anthropology. Films and themes include:

- Innocence, Shadow, and Awakening in Shadow of a Doubt
- The Perilous Reunion with the Lost Self in Notorious
- The Carnival as Underworld Realm in Strangers on a Train
- Midlife Reflection, Reckoning in Rear Window

0096 | Ebinger | KTD | LC 53
5 Mondays 2:10–5:30pm | Oct 27–Nov 24
$103

Financial Planning

Wi$e Up: Financial Education for Women
This financial education program helps women gain the knowledge, skills, and confidence they need to move their financial lives forward.

0098 | Abe | KTD | SS 111
4 Wednesdays 6:30–8:30pm | Sept 24–Oct 15
$73 (MF $8)

NEW | Life and Retirement Planning Today
The course is designed to teach you how to build wealth and align your money with your values to accomplish your goals in life. Whether you plan to retire in 20 years from now or have just recently retired, the information you learn in this class can deliver rewards throughout your lifetime.

0102 | Hall & Malot | KTD | PE 92
2 Thursdays 6–9pm | Sept 25 & Oct 2
$25

0103 | Hall & Malot | KTD | PE 92
2 Saturdays 9am–12noon | Sept 20 & 27
$25
Foods/Wine/Cheesemaking

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 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.

NOTES ON ALL CLASSES: Cheeses made in the hands-on cheesemaking classes are for teaching purposes only and not to be taken home after class. Classes begin promptly at 6:15 pm and to ensure the highest quality experience for all students, all hands-on cheese classes will be capped at 20 and walk-ins over the class maximum size will not be accepted.

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

Hands-on Making and Baking with Ricotta
Ricotta ("twice-cooked" in Italian) is traditionally made from cooking the whey left over in cheese making. Ricotta is one of the most versatile cheeses there is, perfect as a dip, on a cheese plate, in salads, pasta, fillings and any baking. In this hands-on class, you will learn the art of creating whole milk ricotta and then use it to make savory appetizers and delicious cheesecake.

0104 | Laurin | IVC | Bldg 3 Rm 154
Wednesday 6:15–9pm | Sept 17
$85 (MF $9)

Hands-on Gorgonzola Blue Cheese
Gorgonzola is a delicious Italian blue cheese made with whole cow’s milk and cream. Join cheesemaker Sacha Laurin to learn the art and science of blue cheese making and how to age your home-made gorgonzola to perfection. Your blue will be a great complement to crisp fall apples.

0106 | Laurin | IVC | Bldg 3 Rm 154
Wednesday 6:15–9pm | Sept 24
$85 (MF $9)

Wine Tasting Fundamentals
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. Students should bring 2–3 glasses to each class and must be at least 21 years old.

0112 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Oct 15 & 29
$88 (MF $13)

0114 | Sandri | KTD | SS 111
Saturday 9am–3pm | Nov. 1
$77 (MF $13)

NEW | Home Winemaking Basics
Making wine at home is a wonderful avocation, but many people do not know where to start or what they might need to do. This class explores the basics of making wine at home, from chemistry to types of wines to common problems and sanitation issues for the home winemaker. Students should bring 2–3 glasses to each class and must be at least 21 years old.

0108 | Sandri | IVC | Bldg 3 Rm 154
Wednesday 6:30–9pm | Oct 1
$56 (MF $13)

0109 | Sandri | IVC | Bldg 3 Rm 154
Wednesday 6:30–9pm | Nov 12
$56 (MF $13)

Geography

NEW | EC Regional Geography Alive: USA and Canada
Our study integrates essential physical and cultural elements of U.S. and Canada Geography, and is enhanced by a variety of basic maps, thematic maps and slides, and student participation. Students will achieve greater appreciation of the magnificent, complex landscape we share. Recommended Text: The Nystrom World Atlas, under $15, (Herff Jones, Inc., ISBN 978-0-7825-1076-8, orders: 800 621 8086)

0116 | Pometta | KTD | VS 7
7 Tuesdays 1:10–3pm | Oct 21-Dec 9
(No class Nov 11)
$93 (MF $2) | EC/GC Members $73 (MF $2)
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. 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, Social Services Consultant, and Licensed Occupational Therapist. This is one of the few training courses approved in Northern California. 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.
The Times and Life of Leonardo Da Vinci
Was he an inventor, a genius? An ecologist ahead of his time? Was he a revolutionary, an artist, or a pure product of the Renaissance? Join us in exploring the life and times of this fascinating man who, through his extraordinary work, strongly influenced contemporary art, history, engineering and science. We will look beyond the myth and analyze the legend and his real life; travel through history and learn about the Italian Dynasties of the Medicis, Borgias and Sforzas—the powers that be—who made it all happen; and finally learn about the French court of King Francis I of Valois where da Vinci spent his last years. This class will be a combination of lectures and slide presentations.

0119 | Harkins | IVC | Bldg 27 Rm 116
7 Mondays 2:10–4pm | Sept 8–Oct 20
$92 (MF $1) | EC/GC Members $72 (MF $1)

The House of Romanov: A Russian Dynasty
Born at the end of “Time of Troubles” in the XVI century, the Romanov Dynasty did not cease confronting the defiance of the Slavophil, the ambitions of the pretenders to the throne, and the disorders constantly threatening the equilibrium of Russia. Opening themselves to Western European culture without altering their Russian identity, The Romanov Dynasty within three centuries transformed a divided country into an Empire. They wrote one of the most fascinating pages in the history of the world. Join us in learning about their history, their captivating accomplishments in national and international relations, philosophy, art, architecture and way of living.

0120 | Harkins | KTD | LC 38
7 Wednesdays 2:10–4pm | Sept 3–Oct 15
$92 (MF $1) | EC/GC Members $72 (MF $1)

Home and Garden
NEW | Holiday Wreaths and Swags for Your Door
Join me to create some beautiful and welcoming decorations. We’ll embellish store bought wreaths, I’ll demonstrate how to make a garland, and swag. Students bring: An evergreen wreath (or order one from me), pruners capable of cutting evergreens, a pair of garden gloves. I will bring: cones, berries, ribbon, wire and other great embellishments.

0121 | Nardo | KTD | FA 312
Saturday 10:10am–12noon | Dec 6
$79 (MF $26)

Intensive English Program (IEP)

College of Marin’s IEP 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.

FOR MORE INFORMATION OR TO APPLY:
Call: 415.883.2211, ext. 8579
Fax: 415.883.2632
Email: intensive.english@marin.edu
Website: www.marin.edu/IEP

2014 FALL SEMESTER
Aug 19–Dec 5
Languages

Community Education modern languages teach conversation skills, emphasizing the ability to engage in everyday conversation and to handle typical situations. Each successive quarter continues to develop your ability to converse in the language. If you are unsure of your placement, call the Community Ed office at 415.485.9305, press 4 to reach a staff person and ask to have the instructor call you. Visit www.MarinCommunityEd.com to view course descriptions and recommended textbooks.

Program Timeline

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<th>QTR 1</th>
<th>QTR 2</th>
<th>QTR 3</th>
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<td>SECOND YEAR</td>
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A = BEGINNERS, B = INTERMEDIATE, A/B = BEGINNERS/INTERMEDIATE

Course Listings and Schedule

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<tr>
<th>CLASS ID</th>
<th>COURSE TITLE</th>
<th>LEVEL</th>
<th>DATES</th>
<th>TIME</th>
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<tr>
<td>0209</td>
<td>CONVERSATIONAL FRENCH</td>
<td>1</td>
<td>9/8-10/20</td>
<td>6:40-8:30PM</td>
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<td>AU 176</td>
<td>$91</td>
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<td>0210</td>
<td>CONVERSATIONAL FRENCH</td>
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<td>10/27-12/8</td>
<td>6:40-8:30PM</td>
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<td>AU 176</td>
<td>$91</td>
<td>LEBAS</td>
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TEXTBOOKS: WHEN THE PURCHASE OF A TEXTBOOK IS RECOMMENDED, THAT TEXT WILL BE USED FOR THE ENTIRE SERIES. COSTS OF TEXTBOOKS VARY.
*EC/GC MEMBERSHIP DISCOUNTS APPLY. VISIT WWW.MARINCOMMUNITYED.COM FOR MORE DETAILS.
**Literature/ Humanities**

**EC** | The Charterhouse of Parma: Historical and Romantic Novel by Henri Stendhal  
Henri Stendhal, the famous author of the French novel “The Red and the Black”, wrote his second masterpiece in 1838. Upon its publication Honoree de Balzac, father of French Realism, expressed loudly his admiration for the novel. The Charter House of Parma, belongs to the collection of books that created the movement of Realism in French Literature in the XIX century. The action takes place in France and Italy during the Napoleon Bonaparte era. The book contains vivid descriptions of the capture of Milan and of the Waterloo Battle, as well as social and psychological issues reflected through the relationship between Fabrice del Dongo, his aunt the beautiful Duchess Sanseverina and young Clelia.  
Join us in reading extracts of this fascinating novel, as well as discussing and analyzing the different issues of the times reflected through the story.  
0122 | Harkins | **KTD** | LC 38  
7 Fridays 2:10–4pm | Sept 5–Oct 17  
$92 (MF $1) | EC/GC Members $72 (MF $1)

**NEW** | **EC** Thomas Hardy’s Far from the Madding Crowd and Tess of the d’Urbervilles  
Thomas Hardy challenged Victorian notions about the issues the novel could address. In doing so he created memorable characters, asked challenging and provocative questions, and filled his books with his insights and with his ironic humor.  
We will read two of his more interesting novels, his earlier romantic novel, Far from the Madding Crowd, in which his lovers work out their many problems against the realistically described background of rural England in the 1870’s and his more naturalistic later novel, Tess of the d’Urbervilles, in which the main character has to struggle in a harsher world in which forces seem to be aligned against her.  
Students can use any edition of the two novels they already have or may choose to purchase elsewhere.  
0125 | Wallace | **KTD** | AU 102  
7 Tuesdays 1:10–3pm | Sept 2–Oct 14  
$94 (MF $3) | EC/GC Members $74 (MF $3)

**EC** | A Wild Spirituality of Nature: On the Trail of John Muir and John Burroughs  
This course is open to theists and non-theists drawn to the naturalistic philosophies of Muir and Burroughs who delighted in a direct experience of Nature. Through a close reading of their major works, we will investigate the roots of what could be called either a natural spirituality or a sacred secularity in relation to the cosmos. We will open and engage the wildest of “living scriptures,” through the eyes of two whose classroom and cathedral was Nature.  
0123 | Highland | **KTD** | AU 176  
7 Thursdays 10:40am-12noon | Sept 4–Oct 16  
$82 | EC/GC Members $62

**EC** | Writer’s View of the World: Ulysses  
No single work of fiction has more influenced the course of contemporary literature than James Joyce’s 1922 masterpiece, Ulysses. Equal parts poetry, legend, domestic drama, it redefined the parameters of the novel for generations to follow—reason enough to devote ourselves, this quarter, to reading and discussing this monumental work. Along the way, we will examine the intentions, themes, and techniques of Ulysses toward a better understanding of its dazzling complexities. But, in the end, it is the novel’s great human appeal that rewards our close study, for in this story of a day in the life of one Dubliner in June 1904, Joyce invites each of us to explore along with him nothing less than what it means to be a human being, what it means to be alive.
Falling 2014 | 17
0126 | Kudler | KTD | VS 5A
6 Thursdays 1:10–3pm | Oct 30–Dec 11 (No class Nov 27)
$85 | EC/GC Members $65

Marin Adventures

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 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.

EC | 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.

EC | Meandering in Marin
If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers.

FRENCH HISTORY
with Erika Harkins, M.A.

Erika earned her degrees at the University of Paris and in Bucharest. She lived in Paris and knows Paris in depth. With more than twenty-five years of teaching experience, Erika embraces the premise that literature and history are interrelated and complement one another. She lives in Novato, California and has taught literature and history classes at College of Marin since 2004. See her classes on page 14 and 16.
Hiking Marin Trails
Explore some of the many open spaces in our county on these four- to six-mile hikes. Along the way, we discuss plants, birds, insects, and whatever else may catch our eyes. This is not a beginning course. 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.

0129 | Barnett | OFF (See location online)
6 Saturdays 10am-2pm | Sept 6-Oct 18
Saturday 10am-4pm (Last class)
$150

0130 | Barnett | OFF (See location online)
5 Saturdays 10am-2pm | Nov 1-Dec 3
Saturday 10am-4pm (Last class)
(No class Nov 29)
$118

NEW | EC Exploring Ship Operations in the Bay
This class will provide a general overview of commercial shipping operations in the Bay. The course will include a presentation on types of ships, ship construction and manning, commercial and operational requirements of these vessels. There will also be a review of the types, locations of terminals and International, U.S. and California Regulations. A typical voyage for a tanker and container ship into the bay, on to a terminal, including cargo operations, and the vessel heading back to sea will be provided. This class is open to adults of all ages. Come with a curious mind!

0131 | Thomas | KTD | SMN 227
Saturday 9:10-11:30am | Sept 6
$51 (MF $1) | EC/GC Members $33 (MF $1)

0132 | Thomas | KTD | SMN 227
Saturday 9:10-11:30am | Oct 25
$51 (MF $1) | EC/GC Members $33 (MF $1)

Music
NEW | The Who: From Mod Anthems to Rock Operas
The Who were among the most flamboyant performers in rock history, and the course will examine their explosive onstage antics, close identification with the 1960s British mod movement, and innovations as virtuosic instrumentalists as they took a more ambitiously conceptual form on the rock operas Tommy and Quadrophenia.

0133 | Unterberger | KTD | LC 53
7 Tuesdays 7:10-9pm | Sept 2-Oct 14
$94 (MF $3)

Turn! Turn! Turn!: The 1960s Folk-Rock Revolution
This 14-week, two-part course details folk and rock music revolution, starting from its roots in the folk revival of the 1950s and early 1960s. We then investigate the explosive fusion of acoustic folk and electric rock pioneered by Bob Dylan and the Byrds in the mid-1960s; the innovations of Simon & Garfunkel, Donovan, and Jefferson Airplane; the folk-rock supergroup Crosby, Stills, Nash & Young; as well as singer-songwriters of the late 1960s and early 1970s like Joni Mitchell and James Taylor.

0134 | Unterberger | KTD | LC 53
7 Thursdays 7:10-9pm | Sept 4-Oct 16
$94 (MF $3)

0135 | Unterberger | KTD | LC 53
7 Thursdays 7:10-9pm | Oct 30-Dec 18
(No class Nov 27)
$94 (MF $3)

The British Invasion: British Rock of the 1960’s
An in-depth overview of British rock in the 1960’s, particularly emphasizing the years (1962-1970) in which the Beatles were the most popular band in the world. Also featured will be the Rolling Stones, The Who, Pink Floyd, The Kinks, Van Morrison, Moody Blues, Dusty Springfield, and dozens of other British Invaders who changed rock forever.

NOTE: Marin Adventures courses are conducted in the field; students provide their own transportation. There may be incidental entrance fees to parks. Wear comfortable shoes and dress for weather; bring drinking water and snacks—and your binoculars! Come prepared for fun!
**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. See online schedule for details about the four different class levels. If you are unsure of your placement, e-mail the instructor at marciabau@aol.com. Early registration strongly recommended.

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**NEW | EC Musical Snapshots: The Blues**

Tracing its origins from the Mississippi Delta to its amplification in Chicago right after World War II, this class will show the blues evolution through the music of field hollers, work songs, gospel, and jazz, and rock and roll... followed by the many genres and subgenres after WWII that include R&B, rock and roll, jump blues and the many regional styles. Each genre will include it's definitive artist from Ma Rainey, Leadbelly and Robert Johnson to Howlin' Wolf, Bessie Smith, “Count” Basie, Stevie Ray Vaughan, B.B. King, Robert Cray, Gene Harris and Etta James through the use of audio, video and live performance.

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**EC | Film Music History and the Art of the Film Score**

This course surveys the history of the film score, including the impact of technology and social issues upon it. Topics include Music for Silent films; The Symphonic Film Score; the Golden Age of Hollywood Film Music; Functions of Film Music; and much more!

| 0137 | Bauman | KTD | PA 188 |
| 7 Tue & Thu 6:10–9pm | Sept 2-Oct 16 |
| $90 |

| 0138 | Bauman | KTD | PA 188 |
| 7 Tue & Thu 6:10–9pm | Oct 28-Dec 18 |
| (No class Nov 11 & 27) |
| $90 |

**EC | Chorus Emeritus**

If you like to sing or think you would like to sing, come and join the Chorus Emeritus! The music is fun, encompassing diverse styles and eras.

| 0142 | Frohmader | KTD | PA 178 |
| 4 Saturdays 10:10am-12noon | Nov 1-22 |
| $65 | EC/GC Members $47 |

**NEW | EC Musical Snapshots: Crosby, Sinatra, Cole, Bennett—Four of America’s Best**

This class will explore the musical styles and lives of 20th Century America’s most popular and adored male singers; Bing Crosby, Frank Sinatra, Nat “King” Cole and Tony Bennett. These men set the standard for musical interpretation of the American songbook repertoire with songs like, White Christmas, I’ve Got You Under My Skin, Route 66, Because of You, and many more. Included will be live, recorded music and videos.

| 0145 | Daria | KTD | PA 177 |
| 5 Saturdays 10am-12noon | Sept 6-Oct 18 |
| $107 |

**Contemporary Vocal Technique for Jazz and Pop Singers**

Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. The class includes vocal exercises, breath control, relaxation, control of vibrato, ear training, vowel production, group and individual singing with application of technique to songs. A fun and supportive class for all levels.

| 0144 | Paul | KTD | PA 72 |
| 6 Thursdays 2:50-4:40pm | Oct 30-Dec 11 |
| (No class Nov 27) |
| $85 | EC/GC Members $43 |

| 0143 | Paul | KTD | PA 72 |
| 7 Thursdays 2:50-4:40pm | Sept 4-Oct 16 |
| $91 | EC/GC Members $49 |

**NEW | EC Chorus Emeritus**

If you like to sing or think you would like to sing, come and join the Chorus Emeritus! The music is fun, encompassing diverse styles and eras.

| 0142 | Frohmader | KTD | PA 178 |
| 4 Saturdays 10:10am-12noon | Nov 1-22 |
| $65 | EC/GC Members $47 |

**Contemporary Vocal Technique for Jazz and Pop Singers**

Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. The class includes vocal exercises, breath control, relaxation, control of vibrato, ear training, vowel production, group and individual singing with application of technique to songs. A fun and supportive class for all levels.

| 0145 | Daria | KTD | PA 177 |
| 5 Saturdays 10am-12noon | Sept 6-Oct 18 |
| $107 |
NEW | EC Russian Music: Sergei Rachmaninov
Join us to learn about the music and life of Sergei Rachmaninov. Enjoy performances and participate in analysis of Rachmaninov major works: concertos, symphonies, chamber music, sacred compositions, art songs, choral works and more.
0147 | Vereshagin | KTD | PA 72
7 Fridays 12:10-1:30pm | Sept 5–Oct 17
$82 | EC/GC Members $78

NEW | EC Russian Music: Peter Tchaikovsky
Join us to learn about the music and life of Peter Tchaikovsky. Enjoy performances and participate in analysis of Tchaikovsky’s major works: concertos, symphonies, chamber music, sacred compositions, art songs, choral works and more.
0146 | Vereshagin | KTD | PA 72
6 Fridays 12:10-1:30pm | Oct 31–Dec. 12
(No class Nov 28)
$76 | EC/GC Members $64

EC | Marin Men’s Chorus
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards.
0148 | Aluk | OFF | St. Stephen’s Church*
7 Tuesdays 7-9pm | Sept 2–Oct 14
$91 | EC/GC Members $48
*3 Bayview Ave., Belvedere
0149 | Aluk | OFF | St. Stephen’s Church*
6 Tuesdays 7-9pm | Oct 28–Dec 9
(No class Nov 11)
$85 | EC/GC Members $41
*3 Bayview Ave., Belvedere

Beginning Blues and Folk Harmonica
Breathing is our foundation as we take simple folk and pop melodies and rhythms and invigorate them with easy but powerful techniques to make any song deeply expressive! No experience necessary! Call instructor at 916.996.5222 for more details.
0041 | Broida | KTD | VS 5A
Monday 6:10-9:30pm | Oct 20
$75 (MF$30)

Intermediate Piano Duet
Playing piano duets is one of the most thrilling musical experiences. Combining your intermediate (or higher) classical piano skills with another pianist at the same piano while exploring the music of the great masters brings an enormous sense of communication and accomplishment. Students will learn several pieces en masse as well as being assigned specific works for their level and musical preferences.
0045 | Smith | KTD | PA 75
9 Mondays 11:40am-12:30pm | Sept 15–Nov 10
$76

Advanced Piano Duet
The study, rehearsal and performance of music for one piano/ four hands (piano duet) by advanced pianists who are comfortable with public performance. At the end of the course, there will be multiple free concerts throughout Marin County: concert times, dates and locations will be posted on the online schedule, when determined. Admission is by audition only: please contact instructor at pianosmith@aol.com, or call 415-485-9460.
0044 | Smith | KTD | PA 75
9 Mondays 12:40-2pm | Sept 15–Nov 10
$88

Parenting

Strategies for Getting Your Child into College Today
In this introductory course, you learn strategies that 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.
0069 | Costello | KTD | FA 201
Saturday 10:10am-12noon | Oct 4
$39 (MF$1)
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. Ongoing 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.

EC | Start Living Your Legacy
This class will give you the tools to explore what makes you who you are, what gives your life meaning, what is your life purpose and how to live richly and fully and in a way that you may be proud of yourself. This class is for anyone who wants to tap into their own uniqueness and begin to live their own legacy.

NEW | EC Mikkyo Zen: How to Live in the Present Moment
Through the practice of Mikkyo Zen, students will seek how best to live in the present moment with less stress and less manifestations of the “Three Poisons (Anger, Craving and Ignorance),” which in turn cause all suffering. Lectures and discussions will focus on the basic tenets of Buddhism and will be taught through the guidance of an ordained monk.

Each week, basic teaching with a specific theme will be provided in the class to support students with future steps of self-exploration.

0073 | Mikami | KTD | PE 22
7 Saturdays 2:40–4:30pm | Sept 6–Oct 18
$89 | EC/GC Members $69

NEW | EC Sanity: An Eastern Perspective
As the right and left sides of the brain have different ways of knowing, so too the Eastern and Western hemispheres of our earth. For example, of the eight or so Hindi words for madness, four refer to “divine madness” or the ultimate sanity. From the Buddhist perspective, one does not seek “mental health,” for the mind is seen as the source of all dis-ease; the truly sane state: no-mind. In this course, we will encounter stories, sutras, poetry, films and meditation techniques from the mystic traditions of Sufism, Tao, Zen, and Hinduism to discover a new sense of sanity—badly needed to live fully (and joyfully) in our “insanely” westernized world.


0074 | Sereno | KTD | AU 102
7 Thursdays 2:10–4pm | Sept 4–Oct 16
$91 | EC/GC Members $71
NEW | **EC Visual Journaling: Self-Discovery through Creative Play**

This mixed media class is for those who wish to discover a window into your inner life and free your creative voice. Play with an assortment of art materials, and writing exercises in a supportive, non-judgmental environment to create a visual journal. No art/writing experience required! Please bring a blank journal and basic supplies to the first class. See anniedanberg.com/journal-supplies. E-mail connecting@anniedanberg.com for questions.

0077 | Danberg | **KTD** | FA 215
6 Saturdays 1:30-4pm | Oct 11–Nov 15
$102 (MF$10) | EC/GC Members $82 (MF $10)

**Photography**

**Basic Photography**

This course covers the basics: camera types, lenses, filters, depth of field, metering, exposure control, and tripods. We also discuss digital formats, the camera’s menus, and what all the various choices mean. Bring an adjustable camera to class each week. This class is beyond simple point and shoot cameras. Darkroom work will NOT be discussed.

0088 | Manwaring | **IVC** | Bldg 7 RM 192
4 Wednesdays 7:10-10pm | Sept 3-24
1 Saturday 8am-4pm | Sept 13*
1 Saturday 1–9pm | Sept 20*
$124 (MF $2)
* Field trip and classroom session

**NEW | Up and Rolling with Adobe Photoshop Lightroom**

Discover how Lightroom will increase your efficiency and precision allowing you to have more time shooting and less time at the computer! You’ll develop a solid foundation for downloading, organizing, and backing up your images, and then enhancing them with dramatic and subtle adjustments using the Develop module’s sophisticated tools.


0089 | Thaler | **KTD** | SMN 225
3 Tue & Thu 7:10-9:30pm | Oct 7-23
$133 (MF$5)

**NEW | Using Your Smartphone to Capture the World around You**

Learn to improve your photography skills, regardless of what smartphone you use. Learn about the array of special apps available to enhance your images, capture panoramic vistas, and display the rich detail in the extreme lights and darks of your photos usually lost with most conventional smartphone camera apps. You’ll need a smart phone camera and patience to explore, practice, and play. Emphasis will be on the iPhone, although photography principles apply to all smartphones.

0090 | Thaler | **KTD** | SMN 225
2 Wednesdays 7:10-9:30pm | Nov 5 & 12
$61 (MF$5)

**Physical Fitness**

**EC | 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.

0093 | Attardi | **KTD** | PE 22
7 Tue & Thu 12:10-1pm | Sept 2-Oct 16
$90 (MF$1) | EC/GC Members $70 (MF $1)

0095 | Attardi | **IVC** | Bldg 5 Rm 188
7 Mon & Wed 9:10-10am | Sept 3-Oct 20*
$90 (MF$1) | EC/GC Members $70 (MF $1)
* Begins on a Wednesday

0097 | Attardi | **KTD** | PE 22
6 Tue & Thu 12:10-1pm | Oct 28-Dec 11
(No class Nov 11 & 27)
$84 (MF$1) | EC/GC Members $64 (MF $1)

0099 | Attardi | **IVC** | Bldg 5 Rm 188
7 Mon & Wed 9:10-10am | Oct 27-Dec 10
$90 (MF$1) | EC/GC Members $70 (MF $1)
Underwater Hockey
Learn and practice the basic skills of Underwater Hockey (UWH) in a structured 7-session course! Underwater Hockey is a fast, action-packed (non-contact) sport played on the bottom of a pool by teams of 6 players with masks, snorkels, fins and short sticks. Players move the puck by pushing it or passing it, trying to get the puck into the opposing team’s goal.

0100 | Zvanut | KTD | VS 5A & Pool
7 Wednesdays 7:30–9:30pm | Sept 3–Oct 15
$118 (MF/SF $28)

0101 | Zvanut | KTD | VS 5A & Pool
7 Wednesdays 7:30–9:30pm | Oct 29–Dec 10
$118 (MF/SF $28)

BOLLYWOOD!
With music from the latest Bollywood hits, this class consists of easy to learn classical and folk Bhangra dance movements and routines. All ages and levels are welcome to experience this amazing culture of happy music and rhythms, combined with fitness...It’ll make you smile!

0105 | Quinn | KTD | PE 22
7 Tuesdays 6:40–8pm | Sept 2–Oct 14
$82 (MFS2)

0107 | Quinn | KTD | PE 22
6 Tuesdays 6:40–8pm | Oct 28–Dec 9
(No class Nov 11)
$76 (MFS2)

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. To participate in this class it is necessary to be able to raise and lower yourself from the floor.

0111 | Hanson & Binnings | KTD | PE 60
6 Wednesdays 12:40–2pm | Oct 22–Dec 3
$74 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0113 | Hanson & Binnings | KTD | PE 60
6 Wednesdays 12:40–2pm | Sept 10–Oct 15
$74 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

EC | Transformational Feldenkrais Movements
Learn how The Feldenkrais Method™ can help you improve your functioning, balance, flexibility, coordination, posture, and sense of well-being. You must be able to lower and raise yourself from the floor independently.

0110 | Pepitone | KTD | PE 22
7 Thursdays 1:10–2pm | Sept 4–Oct 16
$60 | EC/GC Members $43

0111 | Pepitone | KTD | PE 22
6 Thursdays 1:10–2pm | Oct 30–Dec 11
(No class Nov 27)
$57 | EC/GC Members $40

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 portion of the class.

0150 | Hain | OFF | Whistlestop*
7 Mondays 11:10am–12noon | Sept 8–Oct 20
$60 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)
* 930 Tamalpais Ave., San Rafael

0151 | Hain | OFF | Whistlestop*
7 Mondays 11:10am–12noon | Oct 27–Dec 8
$60 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)
* 930 Tamalpais Ave., San Rafael
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. 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.

BEGINNERS
0152 | Stewart | KTD | PE 60
7 Saturdays 10–11:30am | Sept 6–Oct 18
$80

0153 | Stewart | KTD | PE 60
6 Saturdays 10–11:30am | Nov 1–Dec 13
(No class Nov 29)
$74

INTERMEDIATE
0154 | Stewart | KTD | PE 60
7 Saturdays 8–9:45am | Sept 6–Oct 18
$86

0155 | Stewart | KTD | PE 60
6 Saturdays 8–9:45am | Nov 1–Dec 13
(No class Nov 29)
$80

Yoga and Meditation
In this hatha yoga class, the regular practice of asanas builds 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.

0158 | Elston | IVC | Bldg 5 Rm 188
8 Tue & 6 Thu 5:40–7pm | Sept 2–Oct 14
(No class Oct 16)
$113

0159 | Elston | IVC | Bldg 5 Rm 188
6 Tue & Thu 5:40–7pm | Oct 28–Dec 11
(No class Nov 11 & 27)
$101

EC | Gentle Yoga
Gentle Yoga is adapted for all levels and will benefit beginner to advanced students. Starting with a review of foundations at an easy pace, you will learn basic poses, including principles of movement and posture, relaxation, breathing techniques, meditation, and proper alignment to better your overall health and well-being.

0164 | Govrin | KTD | PE 60
7 Fridays 10:40am–12noon | Sept 5–Oct 17
$80 | EC/GC Members $66

0166 | Govrin | IVC | Bldg 15 Rm 170
7 Tuesdays 4:10–5:30pm | Sept 2–Oct 14
$80 | EC/GC Members $66

0165 | Govrin | KTD | PE 60
6 Fridays 10:40am–12noon | Oct 31–Dec 12
(No class Nov 28)
$74 | EC/GC Members $58

Introduction to Pilates
We 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.

0160 | Laws | KTD | PE 22
7 Tuesdays 10:10–11am | Sept 2–Oct 14
$60

0161 | Laws | KTD | PE 22
6 Tuesdays 10–11am | Oct 28–Dec 9
(No class Nov 11)
$57

Cardio Pilates
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility.

0162 | Laws | KTD | PE 22
7 Tuesdays 11:10am–12noon | Sept 2–Oct 14
$60

0163 | Laws | KTD | PE 22
6 Tuesdays 11:10am–12noon | Oct 28–Dec 9
(No class Nov 11)
$57

EC | Wild Goose Qigong
Wild Goose Qigong is an ancient practice, 1700 years old. 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 venerate in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

0164 | Govrin | KTD | PE 60
7 Fridays 10:40am–12noon | Sept 5–Oct 17
$80 | EC/GC Members $66

0166 | Govrin | IVC | Bldg 15 Rm 170
7 Tuesdays 4:10–5:30pm | Sept 2–Oct 14
$80 | EC/GC Members $66

0165 | Govrin | KTD | PE 60
6 Fridays 10:40am–12noon | Oct 31–Dec 12
(No class Nov 28)
$74 | EC/GC Members $58
**EC | Advanced Wild Goose Qigong**

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. Knowledge and memory of first Set of 64 movements is required.

0167 | Govrin | IVC | Bldg 15 Rm 170
6 Tuesdays 4:10-5:30pm | Oct 28-Dec 9
(No class Nov 11)
$74 | EC/GC Members $58

**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 disease, activates more life energy, enhances mental clarity and emotional stability.

0168 | Govrin | KTD | PE 60
7 Fridays 12:40-2pm | Sept 5-Oct 17
$80 | EC/GC Members $66

0169 | Govrin | KTD | PE 60
6 Fridays 12:40-2pm | Oct 31-Dec 12
(No class Nov 28)
$74 | EC/GC Members $58

**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.

0170 | Govrin | IVC | Bldg 15 Rm 170
7 Thursdays 4:10–5:30pm | Sept 4-Oct 16
$80 | EC/GC Members $66

0171 | Govrin | IVC | Bldg 15 Rm 170
6 Thursdays 4:10–5:30pm | Oct 30–Dec 11
(No class Nov 27)
$74 | EC/GC Members $58

**EC | Joy of Tai Chi**

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

BEGINNERS
0174 | Rolston | KTD | PE 60
7 Mondays 3:40-5pm | Sept 8–Oct 20
$81 (MF $1) | EC/GC Members $61 (MF $1)

0175 | Rolston | KTD | PE 60
7 Mondays 3:40-5pm | Oct 27–Dec 8
$81 (MF $1) | EC/GC Members $61 (MF $1)

INTERMEDIATE/ADVANCED
0176 | Rolston | KTD | PE 22
7 Tuesdays 10:45am–12:15 | Sept 3–Oct 15
$80 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0177 | Rolston | KTD | PE 22
7 Wednesdays 10:45am–12:15 | Oct 29–Dec 10
$80 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

**EC | 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.

0178 | Best-Martini | KTD | PE 22
7 Weds & Fri 7:30–9am | Sept 3–Oct 17
$113 | EC/GC Members $94

0179 | Best-Martini | KTD | PE 22
7 Wed & Fri* 7:30–9am | Oct 24–Dec 12
$113 | EC/GC Members $94
*Beginning on a Friday

**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. Contact Hazel@StridebyStride.com or call Jim Owens at 415-827-3987 to learn more about the class.

0042 | Wood & Owens | KTD | PE 20/23
7 Tue & Thu 7–8:45am | Sept 2–Oct 16
$125 | EC/GC Members $99

0043 | Wood & Owens | KTD | PE 20/23
6 Tue & Thu 7–8:45am | Oct 28–Dec 11
(No class Nov 11 & 27)
$113 | EC/GC Members $85
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.

0180 | Mayock | KTD | PE 22
7 Wednesdays 7:10-8:30pm | Sept 3-Oct 15
$81 (MFS1)

0181 | Mayock | KTD | PE 22
7 Wednesdays 7:10-8:30pm | Oct 29-Dec 10
$81 (MFS1)

EC | Zumba® Gold I
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.

Zumba Gold I is a beginning class.

0182 | Scranton | KTD | PE 60
7 Tue & Thu 2:10-3pm | Sept 2-Oct 16
$89 | EC/GC Members $69

0183 | Scranton | IVC | Bldg 15 Rm170
7 Mon & Wed 3:40-4:30pm | Sept 3-Oct 20
$89 | EC/GC Members $69

0184 | Scranton | KTD | PE 60
6 Tue & Thu 2:10-3pm | Oct 21-Dec 4
(No class Nov 11 & 27)
$83 | EC/GC Members $63

0185 | Scranton | IVC | Bldg 15 Rm170
7 Mon & Wed 3:40-4:30pm | Oct 27-Dec 10
$89 | EC/GC Members $69

EC | Zumba® Gold II
Zumba Gold II is designed for students who have either attended at least two sessions of Zumba Gold I, have dance experience and are comfortable moving at a more challenging pace or have discussed their enrollment with the instructor.

0186 | Scranton | KTD | PE 60
7 Tue & Thu 3:10-4pm | Sept 2-Oct 16
$89 | EC/GC Members $69

0187 | Scranton | KTD | PE 60
6 Tue & Thu 3:10-4pm | Oct 21-Dec 4
(No class Nov 11 & 27)
$83 | EC/GC Members $63

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.

0188 | Scranton | KTD | PE 22
7 Wednesdays 9:40-10:30am | Sept 3-Oct 15
$60 | EC/GC Members $43

0189 | Scranton | KTD | PE 22
7 Wednesdays 9:40-10:30am | Oct 29-Dec 10
$60 | EC/GC Members $43

Wado Ki Kai Karate
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.

0190 | Baker | KTD | PE 60
7 Mon & Wed 6:40-8pm | Sept 3-Oct 20
$124

0191 | Baker | KTD | PE 60
7 Mon & Wed 6:40-8pm | Oct 27-Dec 10
$124

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 builds strength and endurance and helps you to lose weight. Using boxing skills and drills, you increase your muscular and cardio endurance and engage your core. Both the upper and lower body are toned and strengthened. Exercises are tailored to student’s level of fitness. One-on-one training and style development as time allows.

0192 | Green | KTD | PE 60
7 Tue & Thu 6:40-8pm | Sept 2-Oct 16
$113

0193 | Green | KTD | PE 60
6 Tue & Thu 6:40-8pm | Oct 28-Dec 11
(No class Nov 11 & 27)
$101

NOTE: This is a movement class and there is NO CONTACT involved.
Joy of Tennis
This evolutionary approach to the game eliminates the biggest impediment to peak performance—competition. Playing competitively before mastering the basic skills, which is how we all have learned, lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. See online schedule for full description.

Skill levels must be appropriate for the class. For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor before enrolling.

The instructor may be reached by phone at 415.717.5446 or by e-mail effortlesstennis@comcast.net.

BEGINNING
0194 | Zeller | KTD | Tennis Courts
11 Tuesdays 9:40–11am | Sept 2–Nov 18
(No class Nov 11)
$168 (MFS8)

INTERMEDIATE 1
0195 | Zeller | KTD | Tennis Courts
12 Thursdays 9:40–11am | Sept 4–Nov 20
$182 (MFS8)

INTERMEDIATE 2
0196 | Zeller | KTD | Tennis Courts
12 Wednesdays 9:10–11am | Sept 3–Nov 19
$240 (MFS8)

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

0197 | Robles | KTD | Pool
7 Mon & Wed* 9:40–11am | Sept 3–Oct 20
7 Fridays 10:40am–12noon
*Starts on a Wednesday
$154 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0198 | Robles | IVC | Bldg 21 Pool
7 Tue & Thu 9:10–10:30am | Sept 2–Oct 17
7 Fridays 2:10–3:30pm
$154 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0199 | Robles | KTD | Pool
7 Mon & Wed 9:40–11am | Oct 27–Dec 12
6 Fridays 10:40am–12noon
(No class Nov 28)
$148 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0200 | Robles | IVC | Bldg 21 Pool
6 Tue & Thu 9:10–10:30am | Oct 28–Dec 12
6 Fridays 2:10–3:30pm
(No class Nov 11, 27 & 28)
$131 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

NOTE: Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please call 415.485.9155, press 4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com
Travel

Present Day Cuba and How to Travel There Legally
This course begins with a review of the past 50 years of Cuba’s history, including Cuba’s current social structure, the Cuban Revolution that began in 1960, the Bay of Pigs and Missile Crisis, and other controversial landmarks. See online schedule for more details.

0201 | Bardwil | KTD | FH 110
Friday 10:10–12:30pm | Oct 3
$50

Writing

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.

0202 | Kudler | KTD | LC 39
7 Mondays 1:10–3pm | Oct 27–Dec 8
$91 | EC/GC Members $71

EC | Elements of Creative Writing
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.

0203 | Centolella | OFF | Redwoods*
7 Mondays 5:30–8:30pm | Sept 8–Oct 20
$115 | EC/GC Members $96
*40 Camino Alto, Mill Valley

0204 | Centolella | OFF | Redwoods*
7 Mondays 5:30–8:30pm | Oct 27–Dec 8
$115 | EC/GC Members $96
*40 Camino Alto, Mill Valley

EC | W R I T E O N! Workshop: Creative Writing that Nurtures Well-Being through Self-Expression
We write to reveal ourselves to ourselves and to others. W R I T E O N! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. See online schedule for topics.

0205 | Rovin | KTD | FA 201
7 Saturdays 2:10–4pm | Sept 6–Oct 18
$91 | EC/GC Members $71

0206 | Rovin | KTD | FA 201
6 Saturdays 2:10–4pm | Nov 1–Dec 13
(No class Nov 29)
$85 | EC/GC Members $65

EC | The Poetic Pilgrimage: Writing Poetry as Spiritual Practice
This fall, following the essential qualities of poetry, we will explore such Starting Points as: Gateways to Imagination, Finding What’s Deep and True, the Weird and Wonderful World of People, and the Mystery and Magic of Place. As always, we will practice the Art of Being Surprised by Our Own Poems, and we’ll read and write to our hearts’ content. All levels of writers welcome!

GETTING TO KNOW YOUR MUSE
0207 | Sereno & Fendler | KTD | PE 91
7 Tuesdays 2:10–4:30pm | Sept 2–Oct 14
$105 (MF$2) | EC/GC Members $85 (MF $2)

THE NUANCED MUSIC OF LANGUAGE
0208 | Sereno & Fendler | KTD | PE 91
6 Tuesdays 2:10–4:30pm | Oct 28–Dec 9
(No class Nov 11)
$96 (MF$2) | EC/GC Members $74 (MF $2)
Emeritus Students College of Marin (ESCOM) is a student organization for Marin’s mature adults. Join 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.

**PLEASE VISIT** the Emeritus Center on the Kentfield Campus or 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 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.

To be eligible for a Tuition Grant, you must have registered and paid all registration fees. Please call 415.485.9652 to request to have the 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, **August 25, 2014.**
Lifelong learning

- Classes on physical fitness, art, music, writing, history, film appreciation and foreign languages. Phone 415.485.9305 for more information or to obtain the latest Community Ed. Schedule.
- $15 Membership comes with joining as many of the stimulating and sheer fun Clubs as you wish, or start your own club—see inside back cover for current listings.
- Receive your monthly Emeritus Newsletter full of the latest Emeritus buzz, where you can submit an article, a short story or see your paintings or photographs hang in the Emeritus Gallery.

Lifelong doing

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

Emeritus College is a unique program designed to meet the needs of Marin County’s lifelong learners who already may have earned their degrees and who may be transitioning—or have already transitioned—into retirement. Emeritus College classes offer a wide array of opportunities for students to discover new interests, to reconnect with lifetime passions, and to find engaging interaction with like-minded individuals in a multitude of classes and activities. The Emeritus College classes offer first-rate instructors and high-quality classes that actively support the principles of quality of life, lifelong learning, and creative retirement.

If you are seeking something new to capture your interest, take a moment to peruse the many fascinating and fun courses within in the Emeritus program, all offered to you at a discounted enrollment fee indicated by the EC after the five-digit Course Number in the description.

Perhaps you aspire to be more adventurous and want to get out and explore our phenomenal landscape in California Geology: The Once and Future Land, including field trips to Point Reyes and Ring Mountain on the Tiburon Peninsula; or it might be that you want to finally seriously pursue a new hobby, such as Bird-Watching in Marin: A Field Exploration where students learn to identify the local birds by sight or by their distinctive bird song, learning both in the classroom and in the field on bird-watching walks. It might be possible that this summer you want to get into the ‘swim’ of things by taking Aqua Exercise for Active Adults at the beautiful Kentfield Campus pool. Maybe you want to brush up on your Conversational Spanish through a series of classes before a big vacation to a Spanish-speaking country, to make the most of your travel experience, or if you choose to stay closer to home, you might enjoy several of the creative writing classes offered in the Emeritus College, such as How to Write Flash Fiction—and Why You Want To, Elements of Creative Writing, or Tales Told from Memory, where you can develop your own memoirs.

It’s time to follow your bliss and do what you love! Please join us—you will be in great company.

EMERITUS CENTERS
Kentfield Campus
415.485.9652
Indian Valley Campus
415.457.8811, ext. 8322
Start receiving all the great benefits of membership today.

Emeritus Students College of Marin (ESCOM) is an integral part of the Emeritus College program. ESCOM is designed to serve the unique needs of older adults who are dedicated to the principles of quality of life, lifelong learning, and personal growth and is organized so that its members may learn and develop through study, clubs, and auxiliary activities.

All members receive the following benefits:

- Pride in supporting lifelong learning
- Official ESCOM membership card and decal
- FREE or reduced fees on Emeritus College classes
- Eligible to join over 20+ ESCOM clubs
- Access to Emeritus Centers and Humiston Reading Room
- Free subscription to ESCOM monthly newsletters
- 10% discount on COM cafeteria purchases
- COM library card
- Invitations to ESCOM art exhibits and members-only socials, and more!

SIGN UP NOW
Memberships start as low as $15.00 a year. To find out how to become a member, visit marincommunityed.com.
INTRODUCING THE NEW

HADDIE HEALTHY LIVING SERIES

The Haddie Healthy Living Series is brought to you by Haddie Emeritus College Scholarship Fund for Older Adults.

This Emeritus College program is designed to support the principles of quality of life, lifelong learning, and creative retirement by providing opportunities for older adults to stay active, healthy and connected to their local community.

Best of all it is FREE for all eligible ESCOM members! For more information or to sign-up, visit MarinCommunityEd.com.

Haddie Emeritus College Scholarship Fund

The new Haddie Emeritus College Scholarship Fund for Older Adults offers financial support for active adults 55 years of age or better who may find it difficult to cover the entire cost of enrolling in the Emeritus College classes of their choice. For more information or to apply, visit MarinCommunityEd.com.

FEATURED CLASSES:
• Aqua Exercise for Older Adults
• Movement and Music
• The Feldenkrais Method
• Gentle Yoga
• Joy of Tai Chi