EXPLORING
SHIP OPERATIONS

Captain Craig Thomas gives a general overview of commercial shipping operations in the SF bay. P.19
Friday Afternoon Author Series

Free Fridays | 1–2:30pm
Presented by Emeritus Students College of Marin and Book Passage

FEATURED AUTHORS

DON GEORGE | FEB 27
An Innocent Abroad (editor)

CARA BLACK | MAR 27
Murder on the Champ de Mars

MICHAEL DAVID LUKAS | APR 24
The Oracle of Stamboul

Free Admission and Parking
College of Marin Library
Kentfield Campus
835 College Ave., Kentfield

For all of the authored events, books are available for purchase on the night of the event. Book signings immediately follow the lecture. This event is sponsored by Haddie Emeritus Classes Fund.

Call (415) 485-9305 or
www.MarinCommunityEd.com
College of Marin Community Education

ONLINE REGISTRATION
MarinCommunityEd.com

HOURS AND CONTACT INFORMATION
Mon–Fri 9am–noon, 1–4pm (Subject to change)
Phone: (415) 485-9305
Fax: (415) 883-1318
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 Captain Craig Thomas graduated from the State University of New York Maritime College and sailed as third officer to captain on tankers. He has held management positions for shipping operations and organizations in the U.S., The U.S. Virgin Islands, England, Australia, Switzerland and Gibraltar. Capt. Thomas teaches Exploring Ship Operations in the bay, one of the popular Emeritus College classes. See his class on page 19.

About
College Campuses

CLASSES
Art
Business/Career Development
Contemporary Sciences
Computers
Cultural and Ethnic Studies
Marin Chinese Cultural Association
Current Events
Dance
Drama/Stage and Screen
Film Appreciation
Financial Planning
Food and Wine
Health Education
History
Home and Garden
Languages
Literature/Humanities
Marin Adventures
Music
Parenting
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Photography
Physical Fitness
Writing
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).
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
ESCOM/Gold Card member discounted fee, materials fee

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 $85 (MF$24)

What our symbols mean

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

Figure Painting
This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student’s choice, 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.

0403 | Bencich | KTD | FA 301
5 Saturdays 9:10am–1pm | Apr 4–May 2
1 Saturday 9:10am–5:30pm | May 9
$243 (MF $66)

NEW | Abstract and Traditional Acrylic Paintings from Composition to Finish
Guidance in BOTH Abstract and Traditional acrylic landscape paintings in paint-along sessions with the instructor. The first three classes are Traditional landscapes that can be inspirations for creating the eventual abstracts in the ensuing class sessions by employing your own personal styles and paint techniques with guidance from the instructor. Both beginners and experienced painters are encouraged to complete two techniques in this interesting journey in the art world.

0531 | Healey | KTD | FA 301
5 Tuesdays 2:40–5:30pm | Apr 7–May 5
$93 (MF$1)

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. Bring pencil and paper and any pastels you have, and a good photo to work from. Materials cost, approximately $90 to $150. Materials will be discussed in length during first class.

0404 | Lawrence | KTD | FA 215
7 Fridays 1:10–4pm | Mar 27–May 8
$113

EC | The Fundamentals of Good Composition in Art
Are you new to art? Or, have you been creating your art for a time but know there is something missing? This course is a good starting point for people interested in going to the next level. Any medium is accepted but we will all be working in black and white. We will KEEP IT SIMPLE, in order to truly grasp the principles.

0405 | Lawrence | KTD | FA 215
7 Tuesdays 2:40–5:30pm | Mar 24–May 5
$113 | EC/GC Members $81

EC | Watercolor Basics and Beyond
A Beginning Watercolor class introducing you to the basics. How to ‘control’ the paint or let it ‘flow’, color mixing and composition will be covered in this class. You will work from still life, and photographs. Advanced students are encouraged to work on their own projects. If desired the instructor will provide a specific assignment. Come and paint in a supportive atmosphere.

0406 | Meade | OFF | San Geronimo*
6 Fridays, 10:10am–1pm | Apr 3–May 8
$108 (MF $16) | EC/GC Members $98 (MF $16)
* 6350 Sir Francis Drake Blvd San Geronimo

0407 | Johnson | KTD | FA 215
7 Saturdays, 10:10am–1pm | Mar 28–May 9
$113 | EC/GC Members $94
NEW | EC The Flow of Watercolor: Flowers, Vases and Reflections

Watercolor’s transparent qualities are perfectly suited for depicting glass vases, water and reflections. Julie will guide you step by step as you render a glass container’s reflections, highlights, and depth. Learn from demonstrations of flowers painted loosely and dramatically. Paint flowers within the vase as well as flowers reflecting on a flat shiny surface. Learn how to choose striking compositions and color schemes for your paintings as you usher in the spring season!

All Levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

0518 | Cohn | KTD | FA 301
6 Wednesdays 2:40–5:30pm | Apr 1–May 6
$108 (MF $7) | EC/GC Members $88 (MF $7)

NEW | A New Approach to Acrylic Paint

In this course you will learn the versatility of painting with acrylics, acrylic mediums and adding additives into your paint. Each individual will produce three separate paintings using three different painting methods. The purpose of this course is to learn the flexibility and diversity of acrylics. You will learn to paint in impasto, paint with glazes, and paint in more opaque manner. Art materials may cost about $125.

0410 | George | OFF | Artist’s Studio*
6 Saturdays 9am-noon | Apr 4–May 9
$116
*122 Paul Drive, Unit B1, San Rafael

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! Art materials may cost about $100.

0409 | George | OFF | Artist’s Studio*
6 Thursdays 6–9pm | Apr 2–May 7
$116
*122 Paul Drive, Unit B1, San Rafael

Water Media for Self-Expression Intensive

Discover the nature of watercolor and fluid acrylic paints, and learn how to handle them. A full range of wet-into-wet techniques will be presented, from pre-moistened area painting to painting on pre-soaked paper and/or canvas. All levels welcome.

0408 | Duchamp | KTD | FA 301
3 Saturdays 1:30–5:30pm | Apr 11-25
$83
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.

0412 | Jucker | KTD | FA 312
7 Tuesdays 7:10–9:30pm | Mar 24–May 5 $101

Jewelry and Metalsmithing
The beginners/beginners plus class focuses 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.

BEGINNERS/BEGINNERS PLUS
0413 | Castillo | KTD | FA 123
7 Tuesdays 7:10–10pm | Mar 24–May 5 $138 (MF $25)

INTERMEDIATE/ADVANCED
0414 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10–4pm | Mar 25–May 6 $248 (MF $25)

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

Business/Career Development

NEW | Find the Right Fit: Career Transitions For Women
Don’t wait any longer to find a career that fits your work/life balance and is also rewarding. 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. We’ll review local labor market information, online research sites and re-training resources to help you. You’ll leave with individual action steps and job search strategies that will help you find a more fulfilling career.

0415 | Tenison-Scott | KTD | SS A&B
4 Tuesdays 6:10–8:30pm | Mar 24–Apr 14 $79

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

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.

Course Listings and Schedule

<table>
<thead>
<tr>
<th>CLASS ID</th>
<th>COURSE TITLE</th>
<th>DATES</th>
<th>SESSIONS</th>
<th>TIME</th>
<th>DAY</th>
<th>ROOM</th>
<th>FEE</th>
<th>INSTRUCTOR</th>
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<tr>
<td>0421</td>
<td>COMPUTER FUNDAMENTALS</td>
<td>4/2-4/9</td>
<td>2</td>
<td>1-4PM</td>
<td>TH</td>
<td>BLDG 7 192</td>
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<td>0422</td>
<td>INTRODUCTION TO EXCEL</td>
<td>4/2-4/16</td>
<td>3</td>
<td>6-9PM</td>
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<td>BLDG 7 192</td>
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<td>0423</td>
<td>INTERMEDIATE EXCEL</td>
<td>4/18</td>
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<td>9AM-4PM</td>
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<td>BLDG 7 192</td>
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<td>0424</td>
<td>EXCEL EXPERT</td>
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<td>0425</td>
<td>INTRODUCTION TO WORD 2013</td>
<td>3/30-4/13</td>
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<td>0426</td>
<td>INTERMEDIATE WORD 2013</td>
<td>4/20-5/4</td>
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<td>BLDG 7 192</td>
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<td>0510</td>
<td>INTRODUCTION TO WINDOWS 7</td>
<td>4/15-29</td>
<td>3</td>
<td>1:30-4:30PM</td>
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<td>BLDG 7 192</td>
<td>$129</td>
<td>MILLARD</td>
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<tr>
<td>0511</td>
<td>INTRODUCTION TO IPHONE/IPAD APPS</td>
<td>4/23-5/7</td>
<td>3</td>
<td>6:30-9:30PM</td>
<td>TH</td>
<td>BLDG 7 192</td>
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<td>SALZMAN</td>
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<td>0530</td>
<td>SOCIAL MEDIA 101</td>
<td>4/7-4/14</td>
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<td>BLDG 7 192</td>
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LOCATION: INDIAN VALLEY CAMPUS, BUILDING 7, ROOM 192 VISIT MARINCOMMUNITYED.COM TO VIEW THE FULL COURSE SCHEDULE AND CLASS DETAILS.

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.

Contemporary Sciences

NEW | Armchair Safari: Preparing for a Trip to Tanzania
Do you dream of going on a safari and seeing the Great Migration? Whether you have already started planning to make this dream come true, or you would like to join an “armchair safari” and learn about the mammals and birds of East Africa, this class is for you. From antelopes to zebras, learn about animals’ habitats, evolution, life histories, special adaptations, social structure, migratory patterns, and current conservation status and risks. Class will focus on animals and birds that people would be likely to see on a safari in Tanzania.

0416 | Dreskin | KTD | SMN 225
6 Wednesdays 7:10-8:30pm | Mar 25–Apr 29
$76

Passionate About Something?
SHARE YOUR TALENT AND SKILLS IN A CLASSROOM SETTING.

Community Education is now accepting new course proposals for the Summer/Fall 2015 quarters.
Download application at MarinCommunityEd.com
Geologic and Tectonic Origins of Coastal California
The California coast has spasmodically grown westward during the past 250 myrs through a series of glancing collisions with micro-continents, island arcs and ocean plates. Surprisingly, much of the debris originated in equatorial latitudes thousands of miles to the southwest from a vanished ocean. Old coastlines have left behind clues that reveal this dynamic history. The course is comprised of four lectures and three field trips and includes handouts, rock and minerals specimens. Join us and enjoy the journey.

0417 | Ursin-Smith | KTD | AU 104
7 Thursdays 1:10–3pm | Mar 26–May 7
$101 (MF$10) | EC/GC Members $81 (MF$10)

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.

0418 | Peek | OFF | Point Reyes*
Saturday 9am-4pm | Mar 28
$90
*Kule Loklo, Pt. Reyes National Seashore

Weaving a Kumeyaay Coiled Willow 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.

See online schedule for class materials and recommended textbook.

0419 | Salazar | OFF | Point Reyes*
Sat & Sun 10am-4pm | Apr 18 & 19
$159 (MF $40)
*Kule Loklo, Pt. Reyes National Seashore
Petroglyphs of West Marin
This new field trip will cover parts of West Marin to view rarely seen and recently discovered petroglyphs. The possible interpretations and significance of these petroglyphs will be discussed in the overall cultural history of this part of Coast Miwok territory. We will meet at the Museum of the American Indian, 2200 Novato Blvd., Novato, for a short introduction, and continue in our own cars to the base of Burdell Mountain, and the areas of Nicasio and Olema. Walking is minimal, but there will be one short climb for those who are interested. Wear hiking boots or sneakers, and be prepared for warm and/or cold weather, sun, and wind. Specific directions will be sent to all participants a few days before the trip.

0427 | Goerke | OFF | Novato*
Saturday 9am–1pm | Apr 25
$75
Museum of the American Indian
2200 Novato Blvd., Novato

NEW | Animal Tracking and Nature Awareness
In this workshop we will head directly outdoors to study animal tracks and signs as we encounter them. We will practice reading the landscape, weather patterns and seasonal influences to interpret animal activity. We will study scat and scat placement, feeding signs, and other evidence of animal presence and living patterns. Through all of this we will get a glimpse into the world of our Coastal Miwok and how they approached the universal human issues of overcoming mental distraction, slowing down, deepening awareness, and becoming a part of the world we move through.

0428 | Vacha | OFF | Point Reyes*
Saturday 8am–noon | May 2
$75
*Abbott’s Lagoon

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.

0429 | Cheng | KTD | FA 215
7 Mondays 9:10–10:30am | Mar 23–May 4
$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.

0430 | Peng | KTD | LC 36
7 Wednesdays 6:40–8:30pm | Mar 25–May 6
$91

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, 5–7pm
Location: 30 N. San Pedro Road, San Rafael

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

**EC | Current Issues before the United States Supreme Court**

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

0431 | Krause | KTD | VS 3
6 Wednesdays 11:10am–1pm | Apr 1–May 6
$87 (MF $2) | EC/GC Members $67 (MF $2)

**Dance**

**Traditional Hawaiian Dance**

This course offers an exploration of classic choreography in 2 styles of Hawaiian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will introduce basic elements of dance protocols, learn some history and culture of pre-missionary era Hawai’i and discover its impact on the Hula.

0432 | Saunders | KTD | PE 22
7 Thursdays 7:30–9pm | Apr 2–May 14
$89 (SF$9)

**Argentine Tango: Beginning Class and Practica**

Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance!

0433 | Goodwin | OFF | Alma del Tango*
4 Wednesdays 6-7pm | Apr 1–22
$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.

0434 | Friedman | KTD | PE 22
6 Wednesdays 2:10–3:30pm | Apr 1–May 6
$74 | EC/GC Members $54

**Drama/Stage and Screen**

**Creative Voice Acting for Video Games**

The video game market is the most lucrative consumer entertainment market on the globe. And, contrary to what many think, it is not the exclusive province of male actors. Women’s voices are also in demand! If you would like to turn those voices you do for friends and family into moneymaking reality.

0435 | McGovern | KTD | SMN 226
2 Saturdays 10am–5pm | Mar 21 & 28
$99 (MF$2)

**Introduction to Voice Acting**

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.

0436 | McGovern | KTD | SMN 226
2 Saturdays 10am–5pm | Apr 25 & May 2
$99 (MF$2)
COMPUTERS
Melinda Molloy

Melinda Molloy has worked in higher education for more than ten years and has been teaching Community Education at College of Marin since 2011. She has a Master of Science degree from Capella University in educational psychology and a Bachelor of Arts degree from Humboldt State University. Melinda is currently pursuing a post-graduate certificate in Social Media Marketing and has been using various forms of social media since 2005. See her class on page 9.

Film Appreciation

EC | Film Appreciation: The Seventh Annual in Spring Everyone’s Fancy Turns to Love Festival
Love! It’s thrilling, fascinating, terrifying, life affirming, heart breaking, and essential. We can love people, places, animals or God. We spend our lifetimes looking for love and trying to maintain our hold on it. It is so central to our sense of self that most stories, cinematic or literary, are about love in some way. Three films for this session will be: The Other Boleyn Girl (2008), Martian Child (2007), The Sessions (2012)

0437 | Dundes | KTD | LC 53
7 Thursdays 2:10–5pm | Mar 26–May 7
$116 (MF $1) | EC/GC Members $97 (MF $1)

NEW | Cinema and Psyche: Movies Watching Movies
Study, view, and discuss six legendary movies about movies. Watch uniquely gifted filmmakers examine themselves and their art form through self-reflexive works. Reflexive films are self-aware, consciously drawing attention to the process and vocation of making movies. Cinema itself is the medium of inquiry. Delve into key masterworks that meditate on the world of cinema at multiple levels: creative vision, mythic quest, archetypal realm, cosmic joke, and soul-crushing industry. Playfully investigate symbolic imagery. Observe great film artists explore the gift and the curse of their calling. Serious fun for movie lovers! Includes The Bad and the Beautiful, 8 1/2, Burden of Dreams, Barton Fink, The Player.

0438 | Ebinger | KTD | LC 53
6 Mondays 2:10–5:30pm | Apr 6–May 11
$115
EC | Film Music History and the Art of the Film Score
This course surveys the history of music in film, from its beginning up to the present day. Topics include Music for Silent Films; The Symphonic Film Score; the Golden Age of Hollywood Film Music; Functions of Film Music; the impact of technology and social issues on the film score; and much more!

0439 | Bauman | KTD | AU 101
7 Tuesdays 2:10–4pm | Mar 24–May 5
$91 | EC/GC Members $71

NEW | Reverse Mortgage 101
You’ve heard about them, now come and learn exactly how reverse mortgages work. Are you a homeowner who would like to utilize the equity in your home without having a required monthly repayment? Then this HECM FHA-government insured loan may be the answer. We will discuss pros and cons, eligible properties and candidates, options for receiving your money and everything else you need to know about reverse mortgages. This class will be of importance if you are a senior homeowner, have elderly parents, or are a Financial Planner/CPA preparing a retirement plan in motion for a client. Course is informational and education only. No sales products will be presented in class.

0440 | Schwartz | IVC | Bldg 27 Rm 118
Saturday 10:30am–2:30pm | May 9
$53

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.

0519 | Abe | KTD | LC 53
5 Wednesdays 6:15–8:15pm | Apr 8–May 6
$85 (MF $8)

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.

0513 | Hall & Malot | IVC | Bldg 5 Rm 188
2 Saturdays 9am-noon | Apr 18 & 25
$52 (MF$25)

0514 | Hall & Malot | IVC | Bldg 5 Rm 188
2 Wednesdays 6–9pm | Apr 22 & 29
$52 (MF$25)

How To Ask For Money: Fundraising 101
Most people are afraid to ask for money even though these gifts are for a cause they deeply care about. “I’ll do anything but ask for money” is frequently heard among most non-profits and other organizations. This one-day workshop—How to Ask for Money: Fundraising 101 will remove the mystique and examine the fear of why we are afraid to ask for money. In addition, the class will help identify, cultivate, solicit and steward potential contributors regardless of the organization.

0512 | Benjamin | KTD | SMN 229
Saturday 10am–4pm | Apr 11
$59
Food and Wine

**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.

0515 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Mar 25 & Apr 1
$88 (MF $13)

0516 | Sandri | KTD | SS 111
Saturday 9am–3pm | Apr 4
$88 (MF $13)

**NEW | Wine Tasting: From Grapes to Glass**
Wine goes back thousands of years in human culture, but have you ever wanted to learn more about it? This course will look at the history, regions and culture of wine. Topics include: Winemaking processes, History of Wine, Major types of wines (white, red, sparkling and dessert), Vineyard principles and practices, Food and wine pairings, and more!

This class will take you on the world wide journey of wine, be informative, and, most of all, fun. Students should bring 2–3 glasses to each class and must be at least 21 years old.

0520 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Apr 29 & May 6
$71 (MF $15)

**NEW | Regional Wines of California**
Many great wines come from Sonoma and Napa, but we have a bounty of great wines from some truly dynamic regions. This class will look at wine from – Lodi, Paso Robles, Monterey, Santa Barbara, Mendocino and other wonderful areas in California.

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

0521 | Sandri | IVC | Bldg 3 Rm 154
2 Tuesdays 6:30–9pm | Mar 31 & Apr 7
$71 (MF $15)

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Health Education

**EC | Bones Fit: Osteoporosis Prevention and Bone Health Workshop**
In this two-hour workshop, you will be introduced to the fundamentals of exercises for bone strength. Learn about postural alignment, key strengthening exercises and what to avoid. This class is an excellent introduction to bone health and how to get started with active exercise. Join us for a very interesting and fun class! Please bring a beach towel, yoga mat or blanket to class. You must be able to get up and down from the floor independently. Individual attention as time allows.

0441 | Kregeloh | KTD | PE 22
Thursday 9am–11am | Apr 2
$45 | EC/GC Members $28
History

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

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

0442 | Harkins | IVC | Bldg 27 Rm 116
7 Wednesdays 2:10–4pm | Mar 25–May 6
$92 (MF $1) | EC/GC Members $72 (MF $1)

EC | Gates to Western Europe: Eastern Europe Part II
During “Part II” of this course we will discuss the origins, culture and evolution of Croatia, Poland, Serbia, Slovakia, and Slovenia, their importance and again, their past destiny in protecting Western Europe from Turkish (Ottoman Empire) invasions. Each country will be presented from their beginnings to the present.

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

0443 | Harkins | KTD | LC 38
7 Mondays 2:10–4pm | Mar 23–May 4
$92 (MF $1) | EC/GC Members $72 (MF $1)

Home and Garden

NEW | Hand-Tied Bouquets
Hand Tied bouquets are really versatile and once you make them, everything stays in place. All the arranging takes place in your hand while you rotate the bouquet. That makes them great to give as gifts, to be used at the table with their stems cut short, or even as bridal bouquets. They can be tidy and formal or loose and garden like. Please bring:

- one bunch of flowers, either store bought or from your garden
- sturdy pruners
- the instructor will bring additional amazing flowers and ribbon.

0517 | Nardo | KTD | FA 312
Saturday 10:10am–noon | May 9
$79 (MF $26)

FILM
Suresa Dundes, MFA, M.A.

Suresa Dundes has worked as a Literary Manager, director and designer in films, video and theatre. Experienced in teaching Acting, Voice, Film Appreciation and Art Direction, she writes fiction, screenplays and creative nonfiction. See her class on page 13.
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

<table>
<thead>
<tr>
<th>FIRST YEAR</th>
<th>QTR 1</th>
<th>QTR 2</th>
<th>QTR 3</th>
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A = BEGINNERS, B = INTERMEDIATE, A/B = BEGINNERS/INTERMEDIATE

Course Listings and Schedule

<table>
<thead>
<tr>
<th>CLASS ID</th>
<th>COURSE TITLE</th>
<th>LEVEL</th>
<th>DATES</th>
<th>SESSIONS</th>
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<td>0455</td>
<td>CONVERSATIONAL FRENCH</td>
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<td>3/25-5/6</td>
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<td>FRENCH FOR TRAVELERS</td>
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<td>3/24-5/5</td>
<td>7</td>
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<td>7</td>
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<td>VS 3</td>
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<td>6:40-8:30PM</td>
<td>W</td>
<td>LC 36</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. SKIP DATES APPLY. VISIT WWW.MARINCOMMUNITYED.COM FOR MORE DETAILS.
**Literature/ Humanities**

**EC | The Masterpiece, Novel by Emile Zola**

Emile Zola created the literary school of “Naturalism” in France. *The Masterpiece,* is a strikingly accurate story of artistic life in Paris during the end of the Second Empire. Amusing and painful at times, it also represents a period of Zola’s own career and work. Some years, before Zola made himself known as a famous novelist; he acquired among Parisian painters and sculptors considerable notoriety as a revolutionary art critic, champion of the ‘Open-air’ school that came into being during the Second Empire. *The Masterpiece* is a fictional account of Zola’s friendship with the impressionist painter Paul Cezanne and an accurate portrayal of the Parisian art world in the mid-19th century. Join us in reading excerpts, discussing and analyzing this amazing novel.

<table>
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<tr>
<th>Course Code</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
<th>EC/GC Members Fee</th>
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<tr>
<td>0444</td>
<td>Harkins</td>
<td>KTD</td>
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<td>7 Fridays 2:10–4pm</td>
<td>Mar 27–May 8</td>
<td>$92 (MF $1)</td>
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**EC | A Wild Spirituality of Nature: On the Trail of John Muir and John Burroughs**

The two naturalists John Muir and John Burroughs emerged from deep traditional religious roots to propose a radically new “natural spirituality” where supernaturalism was no longer necessary. For these adventurous thinkers, Nature was scripture, sanctuary, classroom and maybe even God. We will respectfully explore their stories, writings and wisdom along sacred and secular paths.

All texts will be provided in class or on the website. New material will be presented for those who have taken this class before.

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<tr>
<th>Course Code</th>
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<th>Instructor</th>
<th>Time</th>
<th>Dates</th>
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<th>EC/GC Members Fee</th>
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<tr>
<td>0445</td>
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<td>KTD</td>
<td>VS 5B</td>
<td>6 Thursdays 10:40am–noon</td>
<td>Mar 26–Apr 30</td>
<td>$76</td>
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**EC | Poetry: From Delight to Wisdom**

A poem begins in delight and ends in wisdom. Robert Frost

Our study of poetry will serve as an introduction for those unfamiliar or unsure of the territory, and a return adventure for those already well acquainted with the pleasures of the path. The lyrical impulse—intense, personal, musical—travels directly from the heart of the poet to the reader. This quarter we will span the last three centuries to explore the works of three major lyrical poets: John Keats, Dylan Thomas, and our own contemporary W.S. Merwin. Poems will be distributed and read in class.

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<thead>
<tr>
<th>Course Code</th>
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<th>Instructor</th>
<th>Time</th>
<th>Dates</th>
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<th>EC/GC Members Fee</th>
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<tr>
<td>0446</td>
<td>Kudler</td>
<td>KTD</td>
<td>VS 11</td>
<td>7 Thursdays 1:10–3pm</td>
<td>Mar 26–May 7</td>
<td>$91</td>
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**Marin Adventures**

**Fly Fishing 102**

Fly Fishing 102 is a “Follow-up” course, designed to aid students on their journey toward becoming one of the “10% of Fly Fishers who catch 90% of the fish”. Participants should have completed FF 101 or similar basic course. This more advanced course will include advanced casting techniques, advanced entomology, additional knots and rigging techniques. Students will learn some basic fly tying and the basics of Steelhead fishing on Coastal rivers will be included.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Location</th>
<th>Instructor</th>
<th>Time</th>
<th>Dates</th>
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<th>EC/GC Members Fee</th>
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<tr>
<td>0447</td>
<td>Lack</td>
<td>KTD</td>
<td>VS 11</td>
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<td>Apr 16-May 7</td>
<td>$194 (MF $6)</td>
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<td>1 Saturday 8:30-10:30am</td>
<td>Apr 18*</td>
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<td>2 Saturdays 8am-noon</td>
<td>Apr 25 &amp; May 2**</td>
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*Casting Practice **Field Trips
**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.

- **0448 | Hug | KTD | SMN 117**
  - 1 Tuesday 9:10am–1pm | Mar 31
  - 4 Tuesdays 8:30am–12:30pm | Apr 7–28*
  - $112 | EC/GC Members $105
  - *Field Trips; See Itineraries

- **0449 | Hug | KTD | VS 3**
  - 1 Monday 9:10am–1pm | Mar 30
  - 4 Mondays 8:30am–12:30pm | Apr 6–27*
  - $112 | EC/GC Members $105
  - *Field Trips; See Itineraries

**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.

- **0450 | Dreskin | OFF (See location online)**
  - 7 Mondays 9:45am–1:45pm | Mar 30–May 11
  - $142 | EC/GC Members $120

- **0451 | Dreskin | OFF (See location online)**
  - 7 Tuesdays 9:45am–1:45pm | Mar 31–May 12
  - $142 | EC/GC Members $120

**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.

- **0452 | Barnett | OFF (See location online)**
  - 5 Saturdays 10am–2pm | Mar 28–May 2
  - 1 Saturday 10am–4pm | May 9
  - (No class Apr 11)
  - $118

**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!

- **0453 | Thomas | KTD | SMN 227**
  - Saturday 9:10–11:30am | Apr 18
  - $51 (MF $1) | EC/GC Members $33 (MF $1)

**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!

**Music**

**The Rolling Stones**

An in-depth overview of the history of the Rolling Stones, the most popular and influential rock group of all time besides the Beatles. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s, emphasizing their peak achievements in the 1960s and 1970s. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively basic American blues interpretations of their first recordings through the blues-rock, hard rock, glam rock, and other styles they delved into during their prime.

- **0466 | Unterberger | KTD | LC 53**
  - 7 Tuesdays 7:10–9pm | Mar 24–May 5
  - $94 (MF $3)
**Piano Classes for Beginners to Advanced**

Four different levels of piano instruction in both classical and popular music (chords and melody) are offered in a relaxed, supportive and friendly environment. See online schedule for details about the different class levels. If you are unsure about your placement, visit www.MarinCommunityed.com. Early registration is strongly recommended.

0467 | Bauman | KTD | PA 188
7 Tue & Thu 6:10–9pm | Mar 24–May 7
$90

**NEW | EC Musical Snapshots: Duke Ellington**

Duke Ellington could go from elegant society music to the lowest-down blues to new forms that he invented himself. From a ragtime piano player in Washington D.C. to the band leader at the Cotton Club to a White House performance, Ellington maintained his passion for finding the “right sound”, as is evidenced in Mood Indigo as well as the Black and Tan Fantasy. Extended works like Black, Brown, & Beige and his Ballet, The River, define him as a true Composer. This man radiated charisma! This class will include live, recorded music and video.

0468 | Frohmader | KTD | PA 178
3 Saturdays 10:10am–noon | Mar 28–Apr 11
$59 | EC/GC Members $41

**NEW | EC The Singer-Songwriters of the Sixties-Seventies**

From the ’50’s sounds of Chuck Berry, through the protest-oriented songs of Bob Dylan and the wide-ranging career of Paul Simon, the singer-songwriters have made the pop song the definitive means of expression in modern culture. This class will compare the styles of these leaders, as well as Billy Joel, Carole King, Joni Mitchell, Carley Simon & James Taylor, with live and recorded music.

0469 | Frohmader | KTD | PA 178
3 Saturdays 10:10am–noon | Apr 25–May 9
$59 | EC/GC Members $41

**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. The instructor will collect $25 materials fee to cover the cost of music.

0470 | Paul | KTD | PA 72
7 Thursdays 2:50–4:40pm | Mar 26–May 7
$91 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

**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.

0471 | Daria | KTD | PA177
5 Saturdays 10am–noon | Apr 4–May 9
(No class Apr 18)
$107

**NEW | EC Russian Music: Peter Tchaikovsky**

This spring will be a continuation of the Autumn session focusing on the music and life of Peter Tchaikovsky. Join us as we explore and enjoy more performances and participate in analysis of Tchaikovsky major works: concertos, symphonies, chamber music, sacred compositions, art songs, choral works during the second part of his life. New materials will be provided for continuing students.

0472 | Vereshagin | KTD | PA 72
7 Fridays 12:10–1:30pm | Mar 27–May 8
$82 | EC/GC Members $78

**EC | Marin Men’s Chorus**

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards.

0473 | Aluk | OFF | St. Stephen’s Church*
7 Tuesdays 7–9pm | Mar 24–May 5
$91 | EC/GC Members $48
*3 Bayview Ave., Belvedere
Beginning Folk and Blues 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! We then dive into the blues and learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail to get you jammin’.
Both puckering and tongue blocking approaches are taught. No experience necessary! Students need a “C” major diatonic harmonica. Call instructor at 916.996.5222 for more details.

0474 | Broida | KTD | VS 5B
Thursday 6:10–9pm | May 7
$60 (MF$30)

Chamber Music Workshop
Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. Musicians are assigned music from different periods and styles, and for different instrumental combinations. Participants are expected to be at an advanced or advanced intermediate level on their instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition prior to April 10.

0532* | Pinckney | KTD | PA 72
Saturday 8:45am-11pm | May 30-31
Sunday 8:45am-5pm
$25
*Audition required prior to enrollment

Parenting
Foster and Kinship Care Education Program
Patty Cala, Program Director
This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. 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.
**Personal Enrichment**

**NEW | EC In Your Own Hands: Mindfulness-Based Practices to Optimize Wellbeing**
This experiential, evidence-based, skill-building class is an introduction to a mindfulness-based, values-directed approach to optimize wellbeing. In this course you will learn through instruction, practice, and group discussion to cultivate inner resilience in order to master life's challenges with greater psychological flexibility. The emphasis will be on how to make courageous moment-to-moment choices that are aligned with your personal life values, and on social support, self-acceptance, and meaning and purpose. The course is based on the book *In Your Own Hands*, written by the course instructor.

0475 | Berkelhammer | KTD | LC 38
7 Wednesdays 1:10–2:30pm | Mar 25–May 6
$66 (MF$1) | EC/GC Members $48 (MF $1)

**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 sketchbook to class. See anniedanberg.com/journal-supplies. E-mail connecting@anniedanberg.com for questions.

0523 | Danberg | KTD | FA 214
6 Saturdays 1:30–4pm | Apr 4–May 9
$102 (MF$10) | EC/GC Members $82 (MF $10)

**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.

0522 | Mikami | KTD | PE 22
6 Saturdays 2:40–4:30pm | Apr 4–May 9
$89 | EC/GC Members $69

**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.

0524 | Manwaring | IVC | Bldg 7 Rm 192
4 Wednesdays 7:10–10pm | Mar 25–Apr 15
Saturday 8am–4pm | Apr 4*
Saturday 2–10pm | Apr 11*
$124 (MF $2)
* Field trip and classroom sessions with two hour break between each
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.


0525 | Thaler | KTD | VS 11
3 Mon & Wed 7:10–9:30pm | Mar 23–Apr 8
$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.

0526 | Thaler | KTD | SMN 215
2 Wednesdays 7:10–9:30pm | Apr 22–29
$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. Please bring water and any one or two pound weights you may already have to class.

0476 | Attardi | KTD | PE 22
7 Tue & Thu 12:10–1pm | Mar 24–May 7
$90 (MF$1) | EC/GC Members $70 (MF $1)

0477 | Attardi | IVC | Bldg 5 Rm 188
7 Mon & Wed 9:10–10am | Mar 23–May 6
$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.

0478 | Zvanut | KTD | VS 5A & Pool
7 Wednesdays 7:30–9:30pm | Mar 25–May 6
$113 (MF/SF $23)

NEW | D-I-S-C-O
D-I-S-C-O is a dance-fitness class designed to make you possibly ‘remember’ while you sweat! With music from the iconic disco years of the 70’s and 80’s, this class is guaranteed to be fast & fun. All ages and levels are welcome to experience this amazing American culture of happy, rhythmic music that created history. Comfortable clothes and workout shoes are suggested. Whatever your goals, these energetic, pulsating moves will strengthen your core, improve flexibility and breath, relieve stress or just make you feel good. Come get your Bee Gee buzz on!

0479 | Quinn | KTD | PE 22
6 Mondays 6:40–8pm | Mar 23–Apr 27
$76 (MF$2)

SPRING 2015 | 23
**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.

0480 | Hanson & Binnings | **KTD** | PE 60
7 Wednesdays 12:40–2pm | Mar 25–May 6
$80 | 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. These lessons increase the capacity for easier and more effective movement in everyday activities as well as restoring functioning due to injuries, aging or trauma.

0481 | Friedman | **KTD** | PE 22
7 Tuesdays 1:10–2pm | Mar 24–May 5
$60 | EC/GC Members $43

**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. Also included: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

0482 | Hain | **OFF** | Whistlestop*
7 Mondays 11am–noon | Mar 23–May 4
$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
0483 | Stewart | **KTD** | PE 60
7 Saturdays 10–11:30am | Mar 28–May 9
$80

INTERMEDIATE
0484 | Stewart | **KTD** | PE 60
7 Saturdays 8–9:45am | Mar 28–May 9
$86

**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. Along with our traditional work, this quarter will focus on five fluid flow series and affords the opportunity for a silent practice.

0485 | Elston | **IVC** | Bldg 5 Rm 188
6 Tue & 7 Thu 5:40–7pm | Mar 24–May 7
(No class Apr 21)
$110

**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.

0486 | Elston | **IVC** | Bldg 5 Rm 188
6 Tuesdays 10:10–11am | Mar 24–May 5
(No class Apr 21)
$57 | EC/GC Members $40
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.

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

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.

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.

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.

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 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.

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.
NEW | T’ai Chi Sword—A Beautiful Way to Build Energy and Health!
T’ai Chi Sword is a fun and entertaining way to exercise, build your health, boost your energy level, improve balance, increase strength, enhance coordination, and explore new ways of moving. The beautiful flowing movements are truly enjoyable to practice and encourage a pleasant state of meditation. We use dull practice swords, wooden swords, or even super light plastic swords; these can be purchased from the instructor or you can bring your own. Cost varies. Beginners welcome!!!
0496 | Jensen | IVC | Bldg 15 Rm 170
6 Mon & Wed 6:10–7pm | Mar 23-May 6
(No class Apr 13 & 15)
$98

NEW | Northern Shaolin Kung Fu
Get in the best shape of your life! Northern Shaolin is the famous kicking style of Kung Fu. Northern Shaolin is famous for its high kicks, long stances, bold leaps, powerful strikes and practical defenses. Build the strength and flexibility of your upper body, core, and legs. Get ripped and ready to be the star of your own action movie! Beginners welcome!!!
0497 | Jensen | IVC | Bldg 15 Rm 170
6 Mon & Wed 7:10–8:30pm | Mar 23-May 6
(No class Apr 13 &15)
$128
0498 | Jensen | OFF | San Anselmo*
6 Tue & Thu 6:30–8pm | Mar 24-May 7
(No class Apr 14 & 16)
$167 (SF$39)
*Duncan Hall, First Presbyterian Church
72 Kensington Rd, San Anselmo

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 instructors help you with a personalized and independent fitness program to meet your individual needs and goals. Contact Hazel@StridebyStride.com or call Jim Owens at 415-827-3987 to learn more about the class.
0500 | Wood & Owens | KTD | PE 20/22
7 Tue & Thu 7-8:45am | Mar 24-May 7
$125 | EC/GC Members $99

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.
0501 | Scranton | KTD | PE 60
7 Tue & Thu 2:10–3pm | Mar 24-May 7
$89 | EC/GC Members $69

EC | Zumba® Gold with Toning
Zumba®Gold with Toning offers easy-to-follow dance-fitness routines to Latin and other international music, redefining total body workout, using Zumba® Toning Sticks and is tailored for active older adults; individuals beginning their journey to a fit and healthy lifestyle; and can be modified for individuals who use a chair. This class offers optional use of 1 - 2.5 pound Zumba® Toning sticks in the latter portion of the class for those students who want to focus on muscle conditioning and light weight activity. (Instruction on basic strength training safety will be discussed prior to toning.)
0502 | Scranton | IVC | Bldg 15 Rm170
7 Mon & Wed 3:40-4:30pm | Mar 23-May 6
$89 | EC/GC Members $69

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.
0499 | Best-Martini | KTD | PE 22
7 Wed & Fri 7:30–9am | Mar 25-May 8
$113 | EC/GC Members $94
Julie Cohn has revealed the beauty and mystery of watercolor to students for over 25 years. Continually striving to deepen her approach to watercolor, she works on a very large scale in multiple panels, exploring abstract and symbolic themes. Her paintings have been shown widely in local and national shows and in museums in California and Ohio. See her class on page 7, and view her art at juliecohnfineart.com.

**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.

0503 | Scranton | KTD | PE 60
7 Tue & Thu 3:10–4pm | Mar 24–May 7
$89 | EC/GC Members $69

**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.

0504 | Scranton | KTD | PE 22
7 Mon & Wed 9:40–10:30am | Mar 23–May 6
$89 | EC/GC Members $69

**NEW | Self-Defense for Women**
The class format is designed for women and will include the special obstacles they face in a hostile environment, including addressing societal conditioning to “be nice” rather than trust their instincts when sensing danger and then setting the necessary strong boundaries and moving quickly to get to safety. This class will cover awareness, body language, verbal and physical techniques and strategies needed to preserve safety in hostile or dangerous situations. The class format is based on self-defense techniques, stances, awareness and posture. It will draw on karate and Tai Chi fundamentals. No martial arts experience is required. Students should wear clothing suitable for a wide variety of movements.

0506 | Baker | KTD | PE 22
7 Wednesdays 4:10–5:30pm | Mar 25–May 6
$74

**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.

0505 | Baker | KTD | PE 60
7 Mon & Wed 6:40–8pm | Mar 23–May 6
$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.
0507 | Green | KTD | PE 60
7 Tue & Thu 6:40–8pm | Mar 24–May 7
$113

NOTE: This is a movement class and there is NO CONTACT involved.

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.
0508 | Robles | KTD | Pool
7 Mon & Wed 9:40–11am | Mar 23–May 8
7 Fridays 10:40am–noon
$154 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0509 | Robles | IVC | Bldg 21 Pool
7 Tue & Thu 9:10–10:30am | Mar 24–May 8
7 Fridays 2:10–3:30pm
$154 | 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 415.485.9105, 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

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.
0527 | Kudler | KTD | VS 4
7 Mondays 1:10–3pm | Mar 23–May 4
$91 (MF $1) | EC/GC Members $71

EC | 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.
0528 | Centolella | OFF | Redwoods*
7 Mondays 5:30–8:30pm | Mar 23–May 4
$115 | EC/GC Members $96
*40 Camino Alto, Mill Valley

EC | The Poetic Pilgrimage: Writing Poetry As Spiritual Practice
Spring’s Theme: The Awakening Heart
As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves.
This Spring, in tune with the season, we will create together the warmth and nourishment that awakens the heart. Exploring various poetic forms as scaffolding, we will build our poems from the inside out. As always, we will welcome the unexpected into our work and read and write to our hearts’ content. All experience-levels and styles welcome.
0529 | Sereno | KTD | AU 133
7 Tuesdays 2:10–4:30pm | Mar 24–May 5
$115 (MFS2) | EC/GC Members $85 (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, Monday, March 16, 2015.
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.

• Attend the Hooked on Marin Speaker Series where Marin comes alive and into full focus. Visit www.HookedonMarin.com for details.

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
The Haddie Emeritus College Scholarship Fund has been made possible through the generosity of an anonymous donor. The fund is intended to provide financial support allowing a greater number of older adults to partake in Community Education and Emeritus classes.

**HADDIE EMERITUS COLLEGE SCHOLARSHIP FUND ELIGIBILITY CRITERIA**

**AGE:** Scholarship recipients must be at least 55 years of age.

**ELIGIBLE COURSES:** Only Community Education classes are eligible.

**FINANCIAL NEED:** You must be able to demonstrate financial limitation. All information shared on the form will be kept confidential. College of Marin reserves the right to review any financial records.

**AWARD:** Up to $50 per student per award.

**HOW TO APPLY**

www.MarinCommunityEd.com or call (415) 485-9318 for more information.

Application Deadlines for Specific Quarters:

- Fall Quarter: August 15
- Spring Quarter: March 15
- Winter Quarter: January 15
- Summer Quarter: June 15

*Note: When the published deadline falls on a weekend or public holiday, the application remains open until midnight on the following business day.*
NEW

Northern Shaolin Kung Fu

Get in the best shape of your life! Northern Shaolin is the famous kicking style of Kung Fu. Northern Shaolin is famous for its high kicks, long stances, bold leaps, powerful strikes and practical defenses. Build the strength and flexibility of your upper body, core, and legs. Get ripped and ready to be the star of your own action movie! Beginners welcome.

0497 | Jensen | IVC | Bldg 15 Rm 170
6 Mon & Wed 7:10–8:30pm | Mar 23–May 6
(No class Apr 13 & 15)
$128

0498 | Jensen | OFF | San Anselmo*
6 Tue & Thu 6:30–8pm | Mar 24–May 7
(No class Apr 14 & 16)
$167 (SF$39)

*Duncan Hall, First Presbyterian Church, 72 Kensington Rd, San Anselmo