BIRD-WATCHING IN MARIN

Learn to recognize local birds by sight or sound with Lisa Hug. P.13
Featured Classes

Traditional Chinese Brush Painting
Alan Cheng, P.9

New Approach to Acrylic Paint
Tricia George, P.7

Register online at MarinCommunityEd.com
Registration begins Monday, May 11.
About
College Campuses

CLASSES
Art
Contemporary Sciences
Cultural and Ethnic Studies
Marin Chinese Cultural Association
Dance
Drama/Stage and Screen
Film Appreciation
Financial Planning
Food and Wine
Geography
Health Education
History
Home and Garden
Intensive English Program
Languages
Marin Adventures
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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.

Emeritus College offers a broad range of low-fee classes that caters to the older adult community. College credit is not given and there are no grades or tests.

The department is self-supporting; your fees pay for all costs associated with our courses.

Refund Policy
Drop or refunds are not automatic. You must complete and submit a drop/refund request for each class at MarinCommunityEd.com. Refund processing generally takes four to six weeks.

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).

FIVE EASY WAYS TO REGISTER

1. Online: MarinCommunityEd.com
2. Phone: (415) 485-9305
3. Fax: 1 (415) 883-1318
4. Mail (Registration form p. 20)
   Community Education
   835 College Avenue
   Kentfield, CA 94904
5. In Person
   Kentfield Campus
   Student Services Building, Room 145
   Kentfield, CA 94904
   Indian Valley Campus
   Building 7, Room 199
   Novato, CA 94949

HOURS
Mon-Fri 9am-noon, 1pm-4pm
(Subject to change)
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
IVC = Indian Valley Campus
OFF = Off Campus

EC = Emeritus College
GC = Gold Card

MF = Materials Fee
SF = Special Fee
**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.

0540 | Bencich | KTD | FA 301
5 Saturdays 9:10am–1pm | June 20–July 25
(No class July 4)
1 Saturday 9:10am–5:30pm | Aug 1
$243 (MF $66)

**NEW | Acrylic Painting Techniques: Landscape, Water, Ocean, Clouds and Sky**
Landscape, water, ocean, clouds and sky, individual subjects such as barns, trees, animals, sheep, cows, birds, water reflections, vineyards. Individual supportive critiques and demonstrations for each subject will be given in these interesting paint along sessions. Bring art supplies that you have and a supply list for additional material will be furnished at the first session. Suitable brushes for Acrylics will be discussed as well as basic tube colors preferred for this complete course.

0546 | Healey | KTD | FA 301
5 Tuesdays 2:40–5:30pm | June 16–July 21
$93 (MFS1)

**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, about $90 to $150. Materials will be discussed in length during first class.

0544 | Johnson | KTD | FA 215
6 Saturdays, 10:10am–1pm | June 20–July 25
(No class July 4)
$101 | EC/GC Members $81

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0541 | Lawrence | KTD | FA 215
5 Fridays 1:10–4pm | June 19–July 24
(No class July 3)
$92

**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.

0542 | Lawrence | KTD | FA 215
6 Tuesdays 2:40–5:30pm | June 16–July 21
$101 | 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.

0543 | Meade | OFF | San Geronimo*
6 Fridays, 10:10am–1pm | June 19–Aug 7
(No class July 3 & 17)
$108 (MF $16) | EC/GC Members $98 (MF $16)
* 6350 Sir Francis Drake Blvd San Geronimo

0544 | Johnson | KTD | FA 215
6 Saturdays, 10:10am–1pm | June 20–July 25
(No class July 4)
$101 | EC/GC Members $81

**EC | The Flow of Watercolor: Travel Sketching and Mixed Media**
Watercolor is the perfect medium to bring outdoors. We will comfortably set up outdoors for 3 of the six classes. Add an array of mixed media to watercolor – ink, charcoal, gouache, and your choice of media. We will focus on landscape and all of its variety: perspective, texture, light, buildings, people, flowers and more. Come to the first class with your watercolor supplies. See online schedule for details on materials.

0545 | Cohn | KTD | FA 301
6 Wednesdays 2:40–5:30pm | June 17–July 22
$108 (MFS7) | EC/GC Members $88 (MFS7)
Intuitive Painting: Watercolor and Fluid Acrylic
Transform your art practice! 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. Abstract, representational or combined approaches are encouraged to suit the individual expressive needs of each artist. Explore the visual excitement of mixing your colors directly on the paper. All levels welcome. Individual guidance and feedback. See online for more information.
0547 | Duchamp | KTD | FA 301
3 Saturdays 1:30–5:30pm | July 11-25
$83

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.
0548 | George | OFF | Artist’s Studio*
6 Saturdays 9am-noon| June 20- Aug 1
$116
*122 Paul Drive, Unit B1, San Rafael

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
0549 | Castillo | KTD | FA 123
6 Tuesdays 7:10–10pm | June 16-July 21
$106 (MF $25)
BEGINNERS/BEGINNERS PLUS
0550 | Castillo | KTD | FA 123
6 Wednesdays 9:10–4pm | June 17-July 22
$169 (MF $25)

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

Contemporary Sciences
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.

0576 | Dreskin | KTD | AU 102
6 Mondays 7:10–8:30pm | June 15–July 20
$76

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. To find out more information about the certificate program, please call (415) 485-9305.

Native Americans: Past, Present and Future and Certificate of Completion Ceremony

Four speakers will share their insights of the past, present, and future of Native American culture.

Malcolm Margolin will focus on the past, sharing stories of what he's learned in his forty years of “deep hanging out” in Indian country. He will discuss ancient traditions, values, and knowledge as reflected in people he's known, how much of it is still alive, and what it has to teach us.

Lindsie Bear (Cherokee) will discuss the present. As editor of News from Native California and director of Heyday's Indian Programs (The Heyday Roundhouse), Lindsie is in constant touch with contemporary Indian writers, artists, scholars, leaders, and cultural activists. She will talk about the challenges of “getting the story right” in a world in which there are so many ways of being Indian.

Vincent Medina (Ohlone) will discuss the future. A young man, Vincent has relearned his native Chochenyo Ohlone language and is teaching it to others. He is active in a variety of cultural pursuits. He will talk about his work in reviving the past and his hopes for the future.

Joanne Campbell (Coast Miwok) will draw upon a lifetime of Native experience and expertise to discuss the cultural history of native people, revitalizing the language and life ways and what being Indian means as we go forward into the future. She has served as member of the Graton Rancheria Tribal Council.

For those seeking a California Indian Studies Certificate this class also fulfills the requirement of a core class.

At the close of this session, the College of Marin Certificate of Completion Ceremony will be held for students who have completed the core and four of the elective classes. The class precedes “Big Time” at Kule Loklo, a yearly Indian gathering with native dancing, demonstrations of stone tool making, basketry, jewelry and games. Booths include jewelry, books on California Indians, and organizations devoted to Indian culture.

0578 | Margolin, Bear, Medina & Campbell | OFF | Point Reyes*
Saturday 9:30am-12:30pm | July 18
$49
*The Red Barn, Pt. Reyes National Seashore

COMING IN FALL 2015

Basketweaving with Julia and Lucy Parker

0000 | Parker | OFF | Point Reyes*
Saturday & Sunday 8am–noon | Sept 19 & 20
*The Red Barn, Pt. Reyes National Seashore

TIME, FEE and CLASS ID information – see FALL 2015 schedule

Introduction to Paleotechnology

Join us as we explore universal hunter gatherer skills used by humans all around the world. You’ll learn basic and
essential living skills through a number of hands-on activities. In the class we make fire with handdrill and bowdrill fire kits; process dogbane fiber and make string; practice hunting tools, including throwing rabbit sticks and spear throwers and shooting bow and arrows; play the hoop and pole game; learn basic stone and woodworking techniques through beadmaking, shaping and polishing stones, and grinding pine nuts. This class is open to adults and/or a young person aged 8 or above who is accompanied by an adult.

Meeting time: Every Monday, 5:15–7:15pm
Location: Indian Valley Campus 1800 Ignacio Blvd. Novato, CA 94949

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

Dance

 Argentine Tango: Beginning Class and Practica
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance!
0580 | Goodwin | OFF | Alma del Tango*
4 Wednesdays 6–7pm | July 1-22
$55
* 167 Tunstead Ave, San Anselmo

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, this course is for you.

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.

FREE | MCCA Advanced Mandarin
Prerequisite: Successful completion of Conversational Mandarin for Beginners offered by College of Marin.

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

EC | Film Appreciation: San Francisco Bay Area - The Movie
The SF Bay Area is more than just beautiful backdrops for movies and television. Our communities are a unique blend of ethnicities, social and political activism, rural and urban landscapes, and of food, languages, businesses, sporting and cultural events, and economic disparities. It’s an impossibly difficult, wonderful, exciting and trend setting place to live. Three films for this session will be: Fruitvale Station (2013), Milk (2008), and Rebels with a Cause (2013).

0583 | Dundes | KTD | LC 53
6 Thursdays 2:10–5pm | June 18–July 23
$104 (MF $1) | EC/GC Members $84 (MF $1)

NEW | Cinema and Psyche: Essential Pre-Code

Study, watch, and discuss these lost gems—artifacts of a culture both evolving and in turmoil. Uncover multiple meanings in recurring themes of changing morality, unabashed sexual freedom, female power, male vulnerability, racial and class disparity. Investigate breakthrough Pre-Code archetypes: The New Woman, The Forgotten Man, The Good Bad Girl, The Wounded Warrior.

Delight in brilliant actors at the dawn of their careers—Stanwyck, Gable, Harlow, Lombard, Blondell, Grant, March— including Night Nurse, Red Dust, The Eagle and the Hawk, Baby Face, and Gold Diggers of 1933. Serious fun for movie lovers!

0584 | Ebinger | KTD | AU 101
6 Mondays 2:10-5:30pm | June 15–July 20
$115

Financial Planning

Wi$e Up: Financial Education for Women
This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence. By the end of the class, you will have in place a road map to achieve your most important personal financial goals.

0551 | Abe | KTD | LC 53
5 Wednesdays 6:15-8:15pm | June 17–July 22
(No class July 1)
$85 (MF $8)

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.

0553 | Sandri | IVC | Bldg 13 Rm 226
2 Wednesdays 6:30-9pm | June 17 & 24
$88 (MF $13)

0554 | Sandri | KTD | SS 111
Saturday 9am-3pm | July 18
$88 (MF $13)

NEW | Practical Wine and Food Matching- From the Farmer’s Market to your Table
Farmer’s Markets continue to bring opportunities for local growers to present wonderful food to an enthusiastic public. But, how do you pair what you get at farmer’s market with a wine you might enjoy? This class will explore this by discussing basics of food and wine pairing, participate in matching common foods available at farmer’s market, and have a practical demonstration of how to incorporate your farmer’s market finds with wine. Students should bring 2–3
glasses to each class and must be at least 21 years old.

0571 | Sandri | IVC | Bldg 13 Rm 226
2 Thursdays 6:30-9pm | July 9 & 16
$88 (MF $13)

NEW | Exploring Sparkling Wines and Port
When most people think of wines for special occasions, two words come up – Champagne and Port. This class will explore these unique wines of the world, both from their traditional homes, to expressions of sparkling and fortified wines around the world. Students should bring 2-3 glasses to each class and must be at least 21 years old.

0562 | Sandri | IVC | Bldg 13 Rm 226
2 Tuesdays 6:30–9pm | July 7 & 14
$71 (MF $15)

NEW | Exploring Sparkling Wines and Port

Health Education

EC | Bones Fit: Osteoporosis Prevention and Bone Health Workshop
In this three-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! You must be able to get up and down from the floor independently.

0586 | Kregeloh | KTD | PE 22
Thursday 9am-noon | June 18
$48 | EC/GC Members $31

Geography

NEW | EC Regional Geography Alive: Latin America and the Caribbean (Geografia Regional: Latino America y el Caribe)
In English, with Spanish references. Second in a series of five regional courses. Our study integrates essential physical and cultural geographic elements of a magnificent region exotic to some, ancestral homeland to others. The course includes thematic maps and slides of all subregions discussed.


0585 | Pometta | KTD | SMN 226
7 Tuesdays 1:10-3pm | June 16-July 28
$93 (MF $2) | EC/GC Members $73 (MF $2)

History

EC | Famous “Courtisanes” throughout the Centuries
During the Middle Ages in Italy they used to be referred as “Cortigiana Onesta” meaning “the Honest Courtisane” and they were cast as intellectuals. Throughout the ages mostly until the XX century women could not become emancipated in a male supremacist society in which marriage was more a business deal than an act of love. This was abhorrent to some women. Instead they chose a libertine lifestyle without the confines of a spouse in order to live within high standards, cultivate their minds, and show their intelligence to their contemporaries.

Join us in discussing, analyzing and comparing the lives of several famous Courtisanes. We will start with Antiquity discussing the life of Aspasia, and continue with the lives of Empress Theodora, Agnes Sorel, Veronica Franco, Marion de Lorme, Ninon de Lanclos, Lola Montez & Marie Duplessis.

0587 | Harkins | KTD | LC 38
6 Mondays 2:10-4pm | June 15-July 20
$86 (MF $1) | EC/GC Members $66 (MF $1)
Home and Garden

How to Make Store Bought Bouquets look Great!
Buying bouquets at the grocery store or supermarket is how most of us bring flowers into our homes. It’s so easy; take the wrapper off and plunk it in water. But how to make them look better? In this beginning class, we make a simple arrangement in a glass Ball jar, using store bought bouquets, supplemented with wild, foraged plant material from your yard or the great outdoors. You’ll learn how to assess the freshness of flowers, where they come from, local vs. imported, how to prepare them and compose them, and tips for making them last longer. See online schedule for specific materials to bring in class.

0552 | Nardo | KTD | FA 312
Saturday 10am-noon | June 27
$79 (MF $26)

Languages

NEW | All about French Food for Travelers
In this class, students will learn the vocabulary related to food, where to go and interact when you go food shopping, read and share recipes, and feel comfortable when ordering food or drinks at the cafe or restaurant. Through discussions and role playing, students will...
learn how to express with confidence and enhance their food related experience when travelling in France. There will be an optional field trip, with additional cost, after the session. All levels welcome!

0588 | Lebas | KTD | LC 38
6 Mondays 6:40-8:30pm | June 22-July 27
$85

NEW | Spanish: Short Films and Stories with Subjunctive Mood and Conversation
This course will provide new vocabulary for conversation by watching short films in Spanish and reading stories by well-known writers from Latin America and Spain. The grammar review will be based on the actual students’ needs at the moment of speaking about the materials covered. Designed for students who have taken the Conversational Spanish: 2nd Year, 1st-4th Quarter (Intermediate), this review will emphasize the use of the Subjunctive Mood and other verb tenses commonly used at this level.

Communication for everyday life, travel, business, etc, should be improved by this intensive conversation practice in a stress-free and fun learning environment.

0589 | DiBenedetto | KTD | AU 104
5 Fridays 2:10-4pm | June 19-July 24
(No class July 3)
$81 (MF$2) | EC/GC Members $61 (MF$2)

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.

0590 | Lack | KTD | PE 91
4 Thursdays 7:10-9pm | June 25-July 23
(No class July 9)
1 Saturday 8:30-10:30am | June 27*
2 Saturdays 8am-noon | July 18 & Aug 1**
$194 (MF $6)
*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.

0591 | Hug | KTD | LC 53
1 Tuesday 9:10am-1pm | June 16
4 Tuesdays 8:30am-12:30pm | June 23-July 14*
$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.

0593 | Dreskin | OFF (See location online)
6 Mondays 9:45am-1:45pm | June 15-July 20
$122 | EC/GC Members $103
*Field Trips; See Itineraries

EC | Easy Summer Evening Hikes
Enjoy Marin’s gorgeous summer evenings and stunning sunsets in good company. Hikes will be around four miles. Along the way we discuss plants, birds, insects, and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1,000 feet of elevation gain.

BEGINNERS

0594 | Barnett | OFF (See location online)
4 Tuesdays 6-9pm | June 30-July 21
$83 | EC/GC Members $63

INTERMEDIATE

0595 | Barnett | OFF (See location online)
4 Wednesdays 6-9pm | July 1-22
$83 | EC/GC Members $63

Surfing 101
During this introduction to surfing, you will learn basic water safety and surfing fundamentals, including an understanding of wave formation, tides and wind, surfing etiquette, and basic maneuvers, as well as surfing history and ecological and philosophical principles.
Catch a wave at an ocean beach. Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach.

0596 | Gudmundsson | KTD | PE 91
1 Saturday 9am-noon | June 27
4 Saturdays 9am-1pm | July 11-Aug 1*
$158
*Beach meetings

EC | Exploring Ship Operations in the Bay
This class will provide a general overview of commercial shipping operations in the Bay. The course includes 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!

0597 | Thomas | KTD | SMN 227
Saturday 9:10–11:30am | June 20
$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

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.

0598 | Bauman | KTD | PA 188
6 Tue & Thu 6:10-9pm | June 16-July 23
$77

NEW | EC West Coast Jazz
West Coast jazz refers to various styles of jazz music that developed around Los Angeles and San Francisco during the 1950s. It is often seen as a subgenre of “cool jazz”. Artists such as Stan Kenton, Stan Getz, Dave Brubeck, the Gerry Mulligan/Chet Baker quartet, Cal Tjader, Shorty Rogers, & June Christy were the main contributors to this new style often found in clubs such as The Lighthouse, Shelly’s Manne-hole, The Blackhawk, Keystone Corner, and Pete’s Poop Deck. The unique style of these musicians and their immeasurable contributions will be demonstrated with both live, recorded music, and video.

0599 | Frohmader | KTD | PA 178
4 Saturdays 10:10am-noon | June 20-July 18
(No class July 4)
$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.

0600 | Daria | KTD | PA 177
5 Saturdays 10am–noon | June 20-July 25
(No class July 4)
$107

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.
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. 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 more information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.

Personal Enrichment

EC | In Your Own Hands: Mindfulness-Based Practices to Optimize Wellbeing
This is an experiential skill-building class. The focus is on mindfulness-based mind-body practices to optimize wellbeing and health. The class is taught through experiential exercises and small group discussions. Daily practice of these skills enhances self-connection and self-acceptance, as well as the ability to live in harmony with others and with nature. These simple practices can be done anywhere, anytime, whether walking down the street or engaged in conversation. The goal is to cultivate inner resilience in order to grow and thrive from life’s challenges. As psychological flexibility increases, so does wellbeing and flourishing. This course integrates what is known about the mind-body connection with recent advances in positive psychology and is based on the book In Your Own Hands: New Hope for People with Chronic Medical Conditions. The course is taught by the author and is open to anyone interested in learning these mind-body practices.

Photography

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.

**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!

**0605 | Quinn | KTD | PE 22**
6 Mondays 6:40-8pm | June 15-July 20
$76 (MFS2)

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**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.

**0602 | KTD | PE 22**
6 Tue & Thu 12:10-1pm | June 16-July 23
$84 (MFS1) | EC/GC Members $64 (MF $1)

**0603 | Attardi | IVC | Bldg 15 Rm 170**
6 Mon & Wed 9:10-10am | June 15-July 27* (No class June 17)
$84 (MFS1) | EC/GC Members $64 (MF $1)
*Ends on a Monday

**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.

**0604 | Zvanut | KTD | PE 91 & Pool**
7 Wednesdays 7:30-9:30pm | June 17-July 29
$113 (MF/SF $23)

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**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.

**0606 | Binnings | KTD | PE 60**
6 Wednesdays 12:40-2pm | June 17-July 22
$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. 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.

**0607 | Friedman | KTD | PE 22**
6 Tuesdays 1:10-2pm | June 16–July 21
$57 | EC/GC Members $40

**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. New students or those registering for the Intermediate class for the first time must contact instructor before registering at susyoga2@gmail.com or 415.388.1549.

BEGINNERS
0608 | Stewart | KTD | PE 60
5 Saturdays 10-11:30am | June 27-Aug 1
(No class July 4)
$63

INTERMEDIATE
0609 | Stewart | KTD | PE 60
5 Saturdays 8-9:45am | June 27-Aug 1
(No class July 4)
$74

NEW | Restorative Yoga and Meditation—Special Summer Edition!
This class is adapted for all levels and will benefit beginner to advanced students. We will cover basic poses, detailing principles of movement, relaxation, breathing techniques, meditation, energy work and proper alignment to better your overall health and well-being. In this class, we will more thoroughly explore meditation, energy work and the physical practice of yoga. Each class will feature a new meditation.
0610 | Elston | IVC | Bldg 15 Rm 170
6 Tuesdays 10:10-11:30am | June 16-July 21
$74

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.
0611 | Laws | KTD | PE 22
6 Tuesdays 10:10-11am | June 16-July 21
$57

Cardio Pilates
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility.
0612 | Laws | KTD | PE 22
6 Tuesdays 11:10-noon | June 16-July 21
$57

EC | Wild Goose Qigong
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. This summer will be an introduction to beginners and a review for experienced students. We will practice a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.
0613 | Govrin | KTD | PE 60
3 Fridays 10:10am-noon | July 10-24
$61 (MF$1) | EC/GC Members $41 (MF$1)

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
0614 | Rolston | KTD | PE 60
5 Mondays 3:40-5pm | June 15-July 13
$64 (MF$1) | EC/GC Members $47 (MF $1)
INTERMEDIATE/ADVANCED
0615 | Rolston | KTD | PE 22
5 Wednesdays 10:45am-12:15 | June 17-July 15
$64 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

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.
0616 | Bell | KTD | PE 60
6 Mon & Wed 6:40-8pm | June 15-July 22
$107

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
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!!!

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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.

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.

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.)

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.

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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.

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.

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.

0625 | Green | KTD | PE 60  
6 Tue & Thu 6:40-8pm | June 16-July 23  
$101

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.

0626 | Robles | KTD | Pool  
7 Mon & Wed 9:40-11am | May 11- June 24  
$101 | EC/GC Members FREE  
(Sponsored by Haddie Emeritus College Fund)

0627 | Robles | IVC | Bldg 21 Pool  
4 Tue & Thu 9:10-10:30am | May 12-June 25  
$101 | 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

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. Cuba currently functions under a combination of communist, socialist, and capitalist principles; we examine current relaxations in the government’s policies, allowing for home businesses. Cuba has excelled in the performing and visual arts, as well as in medicine—we discuss how the government has helped Cuba achieve a few great things. Finally, we examine opportunities to legally travel in Cuba.

0630 | Bardwil | KTD | LC 38  
Thursday 5:30-7:30 pm | June 18  
$50

Urban Agriculture

NEW | Hugelkultur Raised Garden Bed
Hugelkultur is a raised bed built on buried wood that will save you water and fertilizer. This garden bed with the addition of grass clippings or manure, will be loaded with organic material and nutrients for years to come. Your soil will become rich and loaded with soil life. During the first several years, the wood will compost and slightly warm your soil for early planting thus extending the growing season. Vegetables taste wonderful! It’s easy to dig a ditch and fill with wood and then cover with soil... Come and learn how.

0555 | Novy | KTD | AU 104  
2 Saturdays 10am-noon | June 20 & 27*  
$58 (MF$2)  
*Field trip

Writing

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.

0559 | Centolella | OFF | Redwoods*  
6 Mondays 5:30–8:30pm | June 15-July 20  
$103 | EC/GC Members $83  
*40 Camino Alto, Mill Valley

**EC | The Poetic Pilgrimage Intensive: Poem-Making as Spiritual Practice**

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

0561 | Sereno | KTD | AU 133  
Mon thru Thur 10:10am-1pm | June 15-18  
$87 (MF$2) | EC/GC Members $67 (MF $2)

**EC | WRITE ON! Workshop:**
Creative Writing that Nurtures Well-Being through Self-Expression

We write to reveal ourselves to ourselves and to others. WRITE ON! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. See online schedue for topics.

0560 | Rovin | KTD | FA 201  
6 Saturdays 2:10–4pm | June 20-Aug 1  
(No class July 4)  
$85 | EC/GC Members $65
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 New Building 27, Room 122. 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, June 8, 2015.
Lifelong learning
Emeritus College (EC) is a unique program designed to meet the needs of Marin County’s lifelong learners, older adults who want to continue engaging in the larger world. Emeritus College classes offer a wide array of opportunities for students to discover new interests, to reconnect with lifetime passions, and to interact with like-minded individuals in a multitude of classes and activities. The Emeritus College classes offer first-rate instructors and high-quality classes that support the principles of quality of life, lifelong learning, and creative retirement.

Class subjects include but are not limited to physical fitness, hiking, art, music, writing, history, film appreciation and literature. Phone 415.485.9305 for more information or to obtain the latest Community Education schedule of classes. Your membership enables you to pay the lower registration fee listed for each class designated EC.

$15 Membership in ESCOM (Emeritus Students College of Marin) also includes joining as many of the 20+ stimulating and sociable ESCOM clubs as you wish, or starting your own club. Our Clubs include a wide diversity of activities such as bridge, books, philosophy, film, music and writing. Please call the Emeritus office at (415) 485-9652 for club information or find a complete listing of current clubs and contact information in the Emeritus Newsletter which you will receive monthly.

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.

• Join one of our Committees that suits your interests such as Hospitality, Newsletter, Curriculum, Art Shows and Tuition Grants.
• Submit an article or short story to be published in the newsletter.
• Join our staff of desk volunteers in the Kentfield office for a weekly shift, help with website development, start a new club, assist in planning our annual meetings.
• Take classes, learn new stuff, associate with interesting engaged fellow students.

Please join us - you will be in great company and we would like to know you.

EMERITUS CENTERS
Kentfield Campus
(415) 485-9652
Indian Valley Campus
(415) 457-8811, ext. 8322

PASSIONATE ABOUT SOMETHING?
Share your talent and skills in a classroom setting.

Community Education is now accepting new course proposals for the Winter Spring 2016 quarters.

Application Deadline July 31, 2015
Download application at MarinCommunityEd.com
Haddie Emeritus College

SCHOLARSHIP FUND

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.
Intensive English Program

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.

- FALL SEMESTER 2015 • AUG 18 - DEC 4, 2015
- SPRING SEMESTER 2016 • JAN 19 - MAY 13, 2016

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