FROM THE DIRECTOR

Dear Friends:

On behalf of the Community and International Education staff and faculty, I’d like to extend greetings of the season and warmest wishes for the holidays!

As we approach the New Year, we reflect with the deepest gratitude on the enduring support you have given us to continue offering quality, cultural enrichment and lifelong learning opportunities to our community members. I would like to especially thank members of the Emeritus Students College of Marin (ESCOM) Council, ESCOM Curriculum Committee, and our incredible volunteers. We are very proud of your commitment and service to the College of Marin.

The New Year 2014 marks the 40th year ESCOM has been serving older adults in Marin County. After a year of planning and hard work, we will soon unveil an enhanced Emeritus College program called Gold Card Advantage. This exciting new program will offer you a variety of low-cost benefits and discounts. More detailed information about the program will be announced in a future schedule. In addition, stay tuned as we will soon be launching a completely redesigned online registration system to further enrich your experience. We look forward to celebrating many more milestones with you!

We wish all of you and your loved ones safe holidays and a Happy New Year.

Dr. Jason Lau
Director
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## New for Winter 2014

**New at Kentfield Campus**

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**CHORUS EMERITUS**

Featured on the cover are Chorus Emeritus members (from left) Helen Harper, Susan Herley,  
Martin Malkin, and Shelley Daniels. This popular Community Education class is taught and directed  
by Jeffrey Paul. He has been an integral part of the Bay Area music scene for the past decade through  
directing choirs, performing musical theater, and accompanying. If you like to sing or think you would  
like to sing, come and join the Chorus Emeritus! For more information, see page 32.  
Special thanks to: Saint John’s Episcopal Church, 14 Lagunitas Avenue in Ross, for providing the location for  
the cover photo.
Weekend Workshops

Invest in yourself and do something just for you on the weekend! Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date shown below is the start date for the class.

Jan. 25:
- Get Ready To Paint..................................................................................5
- California Indian Baskets.......................................................................14

Feb. 1:
- Figure Painting.......................................................................................5
- Watercolor Basics and Beyond.............................................................6
- iPhone/iPad Touch................................................................................12
- Creative Voice Acting: Game Voice......................................................17
- How to Make Your Own Organic Herbal Salve....................................24
- Hiking Marin Trails...............................................................................29
- Musical Snapshots: Ella Fitzgerald, The First Lady of Song..................30
- Sow Your Wild Notes: A Workshop for Songwriters and Composers....30
- Contemporary Vocal Technique for Jazz and Pop Singers..................31
- For Veterans: Reset Your Future and Thrive.......................................34
- Yoga for Every Body............................................................................36
- Write On! Writing Workshop...............................................................41

Feb. 8:
- Exercise for Adults with Special Needs Instructor Certification Class....22
- Natural Floral Design Flower Carpets-Pave’s........................................24

Feb. 22:
- Intermediate Excel.............................................................................11

Mar. 1:
- Core Class III: Overview of California Indian Culture and History........15
- Basics of Banking...............................................................................19

Mar. 8:
- Digital Photography for Travelers.....................................................34

Mar. 15:
- 2010 Excel Expert!...............................................................................11
- Successfully Landscaping Your Marin Home......................................24
- Voice Overs: The Big Picture.............................................................18

Mar. 22
- Introduction to Paleotechnology.......................................................15
- Build and Rebuild Your Credit..........................................................19
Art

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

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

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

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

6 Saturdays, 9:10am–1pm
Feb. 1-Mar. 15 (No class Feb. 15)
Extended class on Mar. 22, 9am-3:30pm
Kentfield Campus, Fine Arts Center 301
Fee $231 (Includes $53 models fee)
CRN# 15061

GET READY TO PAINT: BEGINNERS REALLY WELCOME!
This class is an orientation for enthusiastic but novice painters who want to paint with acrylics. Learn the scoop about brushes, supports, mediums, how to prep a canvas, and basic color mixing. Through presentation and hands-on activities you will “get ready to paint” in a supportive, relaxed setting. Following this materials & terms introduction, you’ll be ready to jump into your favorite painting class, be it landscape, still life, abstract or other genre.

You must get your supplies prior to this one-day workshop. See http://www.maryvalente.com/workshops.html

Mary Valente
Saturday, 10am–3pm
Jan. 25
Kentfield Campus, Fine Arts Center 301
Fee $65 (Includes $2 materials fee)
CRN# 15141 EC

NEW PAINTING SCENES IN ACRYLICS INSPIRED BY EARLY CALIFORNIA ARTISTS
Class work will focus on painting the grandeur of the newly discovered landscapes from Yosemite Valley to the Pacific shoreline. Learning to paint Clouds, Water, Lakes, Surf and Cliffs along the Pacific Coast. Ongoing demonstrations will progress throughout the course through completion of workshop subjects.

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

Artist/Instruction Bernard Healey studied at the San Francisco Art Institute, is a graduate of the Academy of Advertising Art San Francisco, and a signature lifetime member of the Marin Society of Artists.

6 Tuesdays, 9:10am-12noon
Jan. 28-Mar. 4
Kentfield, 9am-12noon
Jan. 28-Mar. 4
Kentfield Campus, Fine Arts Center 301
Fee $117 (Includes $1 materials fee)
CRN# 15063

NEW 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, but not sure what it is? This course is a good starting point or a must for people interested in going to the next level. You will learn about shapes, values, line, and movement. What makes a piece jump off the page? We will start with the basics in dark and light - study the beautiful Japanese prints that inspired the masters on impressionism. Any medium is accepted but we will all start out in black and white.

In this class, we will KEEP IT SIMPLE in order to truly grasp the principles. No matter where you are on your journey, if you are dissatisfied at any time with your art this class could be just what is missing. This class will continue with the satisfaction of color applications.

Barbara Lawrence began her art training early with her father, a devoted artist and loving teacher. That influence helped create Barbara’s motto: Art is not essential for life, it IS life. She has been teaching and exhibiting in Marin for many years.

7 Wednesdays, 1:10-4pm
Feb. 5-Mar. 19
Kentfield Campus, Fine Arts 312
Fee $94
CRN# 15146 EC

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
**DRAWING WITH CHALK PASTELS**
From sketches and dark and light studies to fully developed drawings/paintings, explore the full range of chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Classes include information about materials, demonstrations, and discussions about color and composition. Emphasis is on individual expressiveness. First time students will have a full introduction to the chalks, surfaces, and techniques. Continuing students will continue with expanded projects emphasizing the expressive use of the medium. Bring pencil and paper and any pastels you have, and a good photo to work from. Materials will be discussed in the first class.

**Barbara Lawrence** began her art training early with her father, a devoted artist and loving teacher. That influence helped create Barbara’s motto: Art is not essential for life, it IS life. She’s been teaching and exhibiting in Marin for many years.

- **7 Fridays, 1:30-4pm**
  - Kentfield Campus, Fine Arts 215
  - Jan. 31-Mar. 21 (No class Feb. 14)
  - Fee $113
  - CRN# 15066 EC

**WATERCOLOR BASICS AND BEYOND**
A comprehensive class welcoming all skill levels. For those just starting out, the basics are covered: color mixing, washes, wet-dry approaches — just handling the paint itself! More advanced students are welcome to bring in their own projects or to consult with the instructor for direction.

We work from studio still life and landscape setting. Once your drawing is in place, you will be able to approach painting in some beautiful ways unique to watercolor. Simplify your compositions and combine beautiful shapes and colors that delight your senses. Showcase shadow and light on your favorite buildings, and employ subtle and colorful gradations to simplify their shapes. Show scale within your composition by painting simple figures near the buildings.

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

**Julie Cohn** has been an exhibiting painter and teacher for over 25 years, and studied with artists Elmer Bischoff and Joan Brown at UC Berkeley.

- **7 Wednesdays, 2:10-5pm**
  - Feb. 5-Mar. 19
  - Kentfield Campus, Fine Arts Center 301
  - Fee $101 (includes $7 materials fee)
  - CRN# 15068 EC

**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 collage. Learn about the variety of materials that can be used, like printed papers, fabric, metal leaf, photos, and found objects. More advanced students are welcome to bring in their own projects or consult with the instructor for direction.

**NEW WATERCOLOR BASICS AND BEYOND-EVENING CLASS**

**Marty Meade**
- **6 Thursdays 6:30-9:30pm**
- Jan. 30-Mar. 6
- San Geronimo Valley Community Center
- 6350 Sir Francis Drake Blvd.
- San Geronimo
- Fee $98 (Includes $16 special fee)
- CRN# 15066 EC

**NEW THE FLOW OF WATERCOLOR: BEAUTIFUL BUILDINGS, FROM ORDINARY TO EXTRAORDINARY**
There are so many ways to honor and enhance the look of architecture in the painting format. Learn how to draw buildings in perspective and how to place them within the perspective of a larger landscape setting. Once your drawing is in place, you will be able to approach painting in some beautiful ways unique to watercolor. Simplify your compositions and combine beautiful shapes and colors that delight your senses. Showcase shadow and light on your favorite buildings, and employ subtle and colorful gradations to simplify their shapes. Show scale within your composition by painting simple figures near the buildings.

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

**Julie Cohn** has been an exhibiting painter and teacher for over 25 years, and studied with artists Elmer Bischoff and Joan Brown at UC Berkeley.

- **7 Wednesdays, 2:10-5pm**
- Feb. 5-Mar. 19
- Kentfield Campus, Fine Arts Center 301
- Fee $101 (includes $7 materials fee)
- CRN# 15068 EC
A list of materials will be provided in class. Materials may cost $35-$40.

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

7 Tuesdays, 7:10-9:30pm  
Feb. 4-Mar. 18  
Kentfield Campus, Fine Arts Center 301  
Fee $101  
CRN# 15067

**NEW** FROM DIEGO RIVERA TO BANKSY: MURALS AS CIVIC SELF-EXPRESSION

Some of the most innovative art work being made today will not be found in galleries and cannot be bought or sold, it is out there for you to discover, free. Widely referred to as Street Art, this art work includes exciting styles like murals, stencil art, wheat pasting and photography, and involves adding unsanctioned art to public spaces. This visual form of public dialogue is happening all over the World and is gaining momentum as one of the most important art movements of the 21st century.

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

**Stephanie Jucker**, MFA  
7 Thursdays, 2:10-3:30pm  
Jan. 30-Mar. 13  
Kentfield Campus, Fine Arts Center 201  
Fee $60  
CRN# 15147 EC

**TRADITIONAL CHINESE BRUSH PAINTING**

Chinese painting is one of the oldest continuous artistic traditions in the world! Students will learn how to use a Chinese brush and ink to paint different animals, flowers, leaves, and bamboo. The connection of the brush and ink to the paper is both satisfying and challenging. Students create their own painting after the first class, and improve their painting skills and creativity throughout the session.

**Alan Cheng S-Lun** began studying Chinese brush painting over 40 years ago under Master Chow Yat-Fung. Mr. Cheng was named Fellow of the Study of Chinese brush painting at the University of Hong Kong, and Commissioner of the Antiquities Advisory Board of Hong Kong.

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

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

6 Thursdays, 6:10–9:30pm  
Feb. 6-Mar. 13  
Kentfield Campus, Fine Arts Center 301  
Fee $113  
CRN# 15102

**NEW** WATERCOLOR & FLUID ACRYLIC WET-INTO-WET

“Your thoughtful teaching, cheerful encouragement, and experimental approach have been really helpful. I loved your style and the demos. Learning to trust the paint and intuition is a big step for me. Thank you.”—Jane

Discover the nature of these poetic and spontaneous mediums, 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. Abstract, representational or combined approaches are encouraged to suit the individual expressive needs of each artist. Connect with your inner artist, enjoy imaginative approaches to image making, and learn how to mix your mediums. All levels welcome.

Mark Your Calendars

COMMUNITY ED PREVIEW DAYS

**Kentfield Campus**  
Saturday, Mar 1, 9:30am–12noon  
Cafeteria, Student Services Bldg  
Indian Valley Campus  
Saturday, Mar 8, 10:30am–12noon  
Indian Valley Campus Community Education, Bldg 7

- Find out about our new Gold Card Advantage Program
- Meet Comm Ed instructors
- Explore new Comm Ed classes
- Learn about Emeritus College
- Discover ESCOM clubs

Free Event * Free Parking * Snacks

This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
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. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques.

Class size is limited to 20; early enrollment advised. See Note regarding materials under Art heading above.

A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 31 years.

BUSINESS/CAREER DEVELOPMENT

FOR REGISTRATION INFORMATION PLEASE SEE PAGE 44
Computers

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

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

COMPUTER LABS

There are two labs in Building 7 on the Indian Valley Campus for Community Education computer classes: Room 192 (the PC lab) and 199 (the Mac lab). See map at the back of this schedule. It is two miles to the nearest eatery from IVC; we recommend that you bring something to eat and drink.

For information about registering, parking, and other important information, please turn to page 44.

TEXTBOOKS FOR COMPUTER CLASSES

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

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

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

IMPORTANT INFORMATION

You are expected to have:

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

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

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

Hands-On Computer Classes

Computer Fundamentals ...........................................9
Dreamweaver CS5.5, Intro & Interim .........................12
Excel 2010, Intro & Intern ......................................11
2010 Excel Expert! .....................................................11
Illustrator CS.6, Intro & Interm ............................13
InDesign CS5.5, Intro & Interm ..............................12, 13
iPhone/iPod Touch/iPad Apps, Intro ......................12
Macintosh, Intro & Interm .....................................10
Intro to Windows .....................................................10
Word 2010, Intro and Interm .................................10
Social Media 101 .......................................................11

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

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

Levi Allen
2 Mondays, 1:10-4pm
Jan. 27 & Feb. 3
Indian Valley Campus, Bldg. 7, Rm 192
Fee $92 (Includes $11 materials/special fee) CRN# 15117

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.
INTRODUCTION TO THE MACINTOSH
Become productive with the Mac in the shortest time possible! This course is designed for the beginning computer user. We cover how RAM chips and hard disks work together; opening, closing, and resizing windows; Finder/desktop navigation; creating a navigational alias; creating and saving documents; accessing online help; file organization and backup; using the find utility; exploring System Preferences.

This is a beginning class and no prior computer experience is expected.
Recommended text: Pogue, David. OS X Mountain Lion: The Missing Manual O'Reilly Media; August 21, 2012
Steve Salzman
3 Tuesdays, 7–10pm
Jan. 28-Feb. 11
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee) CRN# 15118

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

This course builds upon skills that are learned in Intro to the Macintosh. Recommended text: Seibold, Chris. Mac OS X Lion Pocket Guide: The Ultimate Quick Guide to Mac OS X. O’Reilly Media 2011.
Steve Salzman
3 Tuesdays, 7–10pm
Feb. 18-Mar. 4
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee) CRN# 15119

INTRODUCTION TO WORD 2010
If you are looking for a job in today’s market, this is the software program to learn. This course explores techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text. This course uses the Windows Operating System.

Levi Allen
3 Wednesdays, 1:30–4:30pm
Jan. 29-Feb. 12
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee) CRN# 15120

INTERMEDIATE WORD 2010
This course helps you become more productive with the program. We review basic Word, then turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your Word documents.

Levi Allen
3 Wednesdays, 1:30–4:30pm
Feb. 19-Mar. 5
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee) CRN# 15121

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

Tom Millard
3 Mondays, 1:30-4:30pm
Feb. 24-Mar. 3
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee) CRN# 15122

Please see information regarding Textbooks for Computer Classes on page 9.
INTRODUCTION TO EXCEL 2010
A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course, you learn the basics of creating, modifying, formatting, and printing worksheets. In addition, you work with basic formulas and functions. This course uses the Windows Operating System.

Your personal laptop computer with appropriate software is permitted in this class. If you have a laptop with said software, please bring it to class. Your cooperation in this way may permit a students on the wait list to join the class. Wait-listed students with laptop and appropriate software will be seated if a seat is available.


Levi Allen
3 Mondays, 6:10-9pm
Jan. 27-Feb. 10
Indian Valley Campus, Bldg. 7, Rm 192
Fee $129 (Includes $10 special fee) CRN# 15123

INTERMEDIATE EXCEL 2010
In this course you learn how to become more productive using Excel’s financial and logical functions. You learn how to create tables, apply custom and conditional formats, use protection features, and create templates for printing worksheets. You also create links, hyperlinks, and explore quick and easy chart techniques.

This class builds upon skills that are learned in Intro. to Excel 2010.


Susan Henning
2 Saturdays, 9am-12noon
Feb. 22-Mar. 1
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee) CRN# 15124

2010 EXCEL EXPERT!
Become an Excel expert! Topics include: importing data, creating a database query, data validation, pivot tables, using the ‘What If,’ data analysis tools, nesting functions, using the LOOKUP function, Goal Seek and Solver tools, Macros, and how to work with the Scenario Manager.

This course builds upon techniques presented in the Intermediate Excel 2010.


Susan Henning
Saturday, 9am-4pm
Mar. 15
Indian Valley Campus, Bldg. 7, Rm 192
Fee $91 (Includes $10 special fee) CRN# 15125

Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.

SOCIAL MEDIA 101
Do you want to catch up with old friends or long-lost family? Wish you knew what a tweet was? This course will give you an overview of the most popular social networking sites, including Facebook, Twitter, YouTube, LinkedIn, and Blogging. Learn how to build your personal profile, upload family photos, and connect with colleagues and friends.

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

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

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

2 Tuesdays, 6-9pm
Mar. 4 & 11
Indian Valley Campus, Bldg 7, Rm 192
Fee $91 (Includes $10 special fee) CRN# 15126
INTRODUCTION TO IPHONE/IPOD TOUCH/IPAD APPS
Transform your iPhone, iPad or iPod into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this class, we view applications from the Apps Store in many categories, including Books, Business, Education, Entertainment, Healthcare, Medical, Music, Photography, Sports, and Travel. We also look at iTunes U with free audio and video courses from colleges and universities around the world.
There will be plenty of time for Q&A. Bring your iPhone, iPad, or iPod Touch to class. You will receive a disc with links to iTunes Apps.
Recommended text: Pogue, David. iPhone: The Missing Manual: Covers iOS 6 software and iPhone 5 plus older models O’Reilly Media; Sixth edition (November 8, 2012).
Steve Salzman
3 Saturdays, 1–4pm
Feb. 1-Feb. 22 (No class Feb. 15)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15127

INTRODUCTION TO DREAMWEAVER CS5.5
This course introduces the fundamentals of the leading software for creating and maintaining websites in one well-integrated package. The course is for anyone who wants to design visually compelling websites without having to hand-code their pages. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your website.
Steve Salzman
3 Wednesdays, 7–10pm
Jan. 29-Feb. 12
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15128

INTERMEDIATE DREAMWEAVER CS5.5
Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build and script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.
This class builds upon skills that are learned in Intro. to Dreamweaver.
Steve Salzman
3 Wednesdays, 7–10pm
Feb. 19-Mar. 5
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15128

INTRODUCTION TO INDESIGN
Learn the professional layout and design tool used by most graphic designers, magazine, book, and newspaper publishers, and ad agencies around the world. InDesign is tightly integrated with Adobe’s Photoshop, Illustrator, and Dreamweaver applications. Learn to set up master pages, create style sheets, import photos and graphics, and employ effects such as drop shadows and blending modes, gradient tones, and drawing — all in one program. By the end of the course, you will have created either a small brochure or ebook.
Lynda Banks
3 Thursdays, 6:30–9:30pm
Jan. 30-Feb. 13
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15130
COMPUTERS

INTERMEDIATE INDESIGN
In this class, we learn the book feature that makes managing long documents a breeze, explore many typographic refinements, create tables for both data and visuals, add animation and interactivity, and how to export documents to a PDF with customized presets and package files for the printer or as interactive files.
This course builds upon skills that are learned in Intro. to InDesign.

Lynda Banks
3 Thursdays, 6:30–9:30pm
Feb. 20–Mar. 6
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15167

INTRODUCTION TO ILLUSTRATOR CS6
In this course, you learn essential skills such as basic approaches to creating graphics and art for print and the internet, typography, the toolbox, graphic tools, Bezier curves, layers, effects such as distortions and drop shadows, color treatments, brushes, patterns, and type-on-a-path. Learn the appearances panel and how to manage multiple art boards.

Lynda Banks
3 Fridays, 6:30-9:30pm
Jan. 31-Feb. 21 (No class Feb. 14)
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15132

INTERMEDIATE ILLUSTRATOR CS6
We cover symbols and the use of symbol tools, customizing brushes and patterns, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, gradient mesh, 3-D, perspective, and other tools and techniques to create spectacular art.
This course builds upon skills that are learned in Intro. to Illustrator.

Lynda Banks
3 Fridays, 6:30-9:30pm
Feb. 28-Mar. 14
Indian Valley Campus, Bldg. 7, Rm 199
Fee $138 (Includes $19 special fee)
CRN# 15133
Take Computer Fundamentals if you are unfamiliar with the mouse, keyboard, and opening and saving files.

Mark Your Calendars
COMMUNITY ED PREVIEW DAYS

Kentfield Campus
Saturday, Mar 1, 9:30am–12noon
Cafeteria, Student Services Bldg

Indian Valley Campus
Saturday, Mar 8, 10:30am–12noon
Indian Valley Campus
Community Education, Bldg 7
• Find out about our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs

Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).

A REGISTRATION FORM IS AT THE CENTER OF BOOKLET.
Cultural and Ethnic Studies

Registration
Register with College of Marin. Go to www.marin.edu/CommunityEducation or see page 44 in this schedule for complete information. There is a registration form at the center of this schedule which can be mailed or faxed. Classes will fill; early registration is advised.

Registration for Community Education’s Spring Quarter 2014 begins on or around February 24. Put it on your calendar!

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 listed below. If you wish to obtain a Certificate of Completion, please see following Certificate Requirements.

The California Indian Studies Certificate Program started with a big kickoff at the Kule Loklo Big Time Festival in July 2012. Our first Certificate of Completion Award Ceremony was held at Big Time on July 20, 2013, and the next one will be in July 2014. The required class, Overview of California Indian Culture and History, is scheduled three times each year with a different emphasis. Electives are offered once during each academic year. Classes are listed in the Community Education brochures which come out three times a year. The year-long overview is available on the MAPOM website, (www.MAPOM.org).

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

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

Electives may include but are not limited to the following (any four):
• Basketweaving with Lucy and Julia Parker
• California Indian Baskets

• Indigenous Cultural Practices
• Introduction to Paleotechnology
• Beginning and Intermediate Flintknapping
• Petroglyphs and Introduction to Coast Miwok Cultural History
• Present State of Tribal Affairs
• Weaving a Pomo Style Coiled Willow and Sedge Basket
• Traditional Jewelry Making, Storytelling, Tule Crafts and Cultural Wisdom
• Traditional Acorn Preparation

NEW CALIFORNIA INDIAN BASKETS

Take advantage of this rare opportunity to see two of the finest private California Indian basket collections in the world. Join us to experience these large and fine collections, and learn more about California Indian basket weaving past and present. The instructor shares his extensive knowledge and understanding of the art, uses and importance of this still-vibrant tradition based on his decades of experience. Learn about cultural history, methods of analysis and aesthetic appreciation, as well as current efforts to maintain and expand the basket weaving tradition both locally and throughout the state.

Ralph Shanks is the president of the Miwok Archeological Preserve of Marin (MAPOM) and is widely regarded as a leading authority on California Indian baskets. As an anthropologist, he teaches at the university level. Ralph is the author of the first two books in a series of three on baskets from each of the three general regions of this state and Oregon: Volume I: “Indian Baskets of Central California”: Art, Culture and History (2006) and Volume II: “California Indian Baskets” (2010). Both books are recommended texts for the class and will be available in class.

Basket collections generously exhibited by Ralph Shanks, Lisa Woo Shanks and Bob Brewer.

Saturday, January 25, 10am-12noon
Kentfield Campus
Science/Math/Nursing Center 106
Fee $75
CRN# 15001
CORE CLASS III: OVERVIEW OF CALIFORNIA INDIAN CULTURE AND HISTORY
Renowned COM anthropologist Betty Goerke offers an overview of the variety and complexity of Native populations in California and their marked differences in five major regions. She presents visual evidence that illustrates the wide diversity in geography and environment for specific tribes, which in turn influenced their cultural response through art, ceremonies, storytelling, architecture, status, and spirituality. Up-to-date information on the “First Americans,” the paleo Indians, in California will also be discussed. In the last hour, John Littleton provides a hands-on presentation of traditional artifacts including games, hunting tools, baskets, crafts, plants, tool-making and food-producing techniques.

Betty Goerke, MA, has been teaching anthropology at College of Marin for over thirty years. She has conducted archaeological fieldwork in California, Colorado, Greece, Holland, Kenya and India, produced several videos including “Archaeology: Questioning the Past,” and authored numerous articles and books, including Chief Marin: Leader, Rebel and Legend: A History of Marin County’s Namesake and His People (2007), and Discovering Native People at Point Reyes (2012).

John Littleton, MA in Education and Cultural Anthropology, serves as the vice-president of MAPOM. John developed many of his approaches helping both young people and adults understand the connection between Native Peoples and the natural world.

Saturday, March 1, 9am-12noon
Kentfield Campus
Science/Math/Nursing Center 106
Fee $90
CRN# 15002

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 spearthrowers 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.

Tamara Wilder has been practicing, teaching and demonstrating “paleotechnics” (art and technologies of early peoples) since 1989 and has been offering school programs across Northern California since 1998. She regularly teaches at the California School of Herbal Studies, Occidental Arts and Ecology Center, Point Reyes National Seashore and the Mendocino Art Center. She’s coauthor of the book Buckskin, and demonstrates ancient living skills for museums, fairs and schools. She is also featured on the History Channel in the Modern Marvels show entitled “Leather.” Check out her website at: www.paleotechnics.com.

Saturday, March 22, 9am-4pm
Kule Loklo in the Point Reyes National Seashore
Fee: $99 (includes $10 materials fee)
CRN# 15074
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.

FROM DYNASTY TO DEMOCRACY: HOW CHINATOWN CHANGED AMERICA AND THE WORLD

Chinese sojourners were critical to the development of early California, establishing our state as an agricultural powerhouse and paying unfair taxes that funded up to 50% of California's state budget. Yet, Chinese are the only group to be specifically banned from immigrating to America, and hundreds of Chinese communities across the western U.S. were attacked and burned down in order to drive Chinese out. This eye-opening course details the hidden history of Chinese in California and offers an ultimately inspiring story of how we have progressed from brutally competitive times to an era of increasing human rights.

Darin Ow-Wing is the Director of Education for the Chinese Culture Foundation in San Francisco. He has developed community-based educational programs in San Francisco for over 30 years, and is a recipient of the Daniel E. Koshland Civic Unity Award from the San Francisco Foundation and the Enola Maxwell Lifetime Service Award.

2 Thursdays, Mar. 6 and Mar. 13
Mar. 6, 9am-12noon:
Kentfield Campus
Learning Resource Center 36
Mar. 13, 9:30-11:30am
Tour of Chinatown
Meet at the Chinese Culture Center
San Francisco
750 Kearny St. 3rd Floor (inside Hilton)
Fee $47
CRN# 15166

Current Events

CURRENT ISSUES BEFORE THE UNITED STATES SUPREME COURT

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

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

5 Thursdays, 11:10am–1pm
Jan. 30-Feb. 27
Kentfield Campus, Portable Village 6
Fee $61 (Includes $2 special fee)
CRN# 15097 EC

Dance

INTERNATIONAL FOLK DANCE

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

Carol Friedman
7 Wednesdays, 2:10–3:30pm
Jan. 29-Mar. 12
Kentfield Campus
Physical Education Center 22
Fee $60
CRN# 15006 EC
TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
Enjoy an evening workout using a combination of Samba and Capoeira, two traditional Afro-Brazilian art forms, and Lambada, a partner dance from the Caribbean Islands. These movement styles blend music, dance, and exercise to promote health and well-being. The warmup consists of the Tai Chi-like stretching exercises of Capoeira and then moves into the aerobic Samba circle dance. Classes are accompanied by traditional Brazilian instruments.

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

7 Mondays, 7:10–8:30pm
Jan. 27-Mar. 17 (No class Feb. 17)
Kentfield Campus
Physical Education Center 22
Fee $80
CRN# 15009

ARGENTINE TANGO: BEGINNING CLASS AND PRACTICA
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! This course is designed to accommodate both novice tango dancers and those with more experience. It provides an introduction to the social form of Argentine Tango as danced in Buenos Aires and will teach you a code of movement that will get you started with this improvised dance. The class includes an optional, guided Practica where you can practice what you’ve learned.

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

4 Wednesdays, 6-7pm
(Optional, guided Practica: Fridays 8-10pm)
Mar. 5-26
Alma del Tango Studio
(in Knights of Columbus Hall)
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 15007

ALSO OF INTEREST ..

TRADITIONAL HAWAIIAN DANCE
Now you too can learn Hula: the traditional dance of Hawai’i. In the classic choreographies to be presented, we will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of our 50th state.

Lisa “Pua” Saunders, MA (Ethnic Dance), is a kumu of a professional hula performance company, Hula Manu O’o. She is a national presenter of indigenous dance for the American Orff-Schulwerk Association and has studied with some of the world’s most renowned culture-bearers and Hula masters including Nona Beamer and George Naope.

7 Thursdays, 7:30-9pm
Jan. 30-Mar. 13
Kentfield Campus
Physical Education Center 22
Fee $80
CRN# 15008

NEW BOLLYWOOD!
See page 35

CREATIVE VOICE ACTING: GAME VOICE!
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, Terry McGovern is the man who can show you the way. His voice can be heard on hundreds of games, educational videos and animated projects. The voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for” from Star Wars, and the voice of Sega NFL, Terry will show you the skills necessary for success. There will be a one-hour lunch break.

Many of Terry’s students have gone on to sign with talent agencies and have found work in voiceover and animation. Let Terry show you how!

Terry McGovern
2 Saturdays, 10am-5pm
Feb. 1 & 8
Kentfield Campus
Science/Math/Nursing Center 229
Fee $99 (includes $2 materials fee)
CRN# 15154
VOICE OVERS: THE BIG PICTURE
This is a chance to have time on the mic with a critique from Terry McGovern, as well as learn everything you’ve ever wanted to know about the business and marketing side of being a successful voice over actor.

This experiential and informational workshop includes a guest speaker from the industry. Scripts provided! There will be a one-hour lunch break.

Terry McGovern
2 Saturdays, 10am-5pm
Mar. 15 & 22
Kentfield Campus
Science/Math/Nursing Center 229
Fee $99 (includes $2 materials fee)
CRN# 15010

Film Appreciation

NEW FILM APPRECIATION: I HAVE A DREAM - SCALING ONES OWN PRIVATE MOUNTAIN
The need to fulfill a dream is so powerful in some people that it can mute all other concerns in their lives. Obsession or passion? Inspiring or an object lesson in what not to do? It all depends on the dream, the dreamer and who we are when we encounter them. Three films for this session will be: The World’s Fastest Indian (2005), The Milagro Bean Field War (1988) and Vera Drake (2004).

Suresa Dundes, MFA (Theatre) and MA (Education), has worked as a literary manager, director and designer in films, video and theatre. Experienced in teaching acting, voice, film appreciation and art direction, she writes fiction, screenplays and creative nonfiction.

7 Thursdays, 2:10-5pm
Jan. 30-Mar. 13
Kentfield Campus
Learning Resources Center 53
Fee $97 (Includes $1 materials fee)
CRN# 15094 EC

NEW CINEMA AND PSYCHE: ARCHETYPAL PATTERNS IN FILM NOIR
In this course we’ll use an archetypal framework to view and discuss six essential postwar (1946-1951) films noir. Archetypes are the universal, symbolically rich patterns and principles of human experience. They permeate art, story, culture, and connection.

Film noir is a defining cinematic movement steeped in an existential mood, morally ambiguous characters, and iconic brilliant visual style. Explore an American art form which blends expressionist art, existential philosophy, depth psychology, cultural history, and dark beauty. Delve into noir characters struggling with timeless mythic dilemmas. Examine how director, cinematography, production design and screenplay bring archetypal patterns to life. Films include: The Killers, Out of the Past, and Ace in the Hole.

Terry Ebinger, MS, brings nearly three decades as a depth psychological educator, dream consultant, and group leader to unique programs bridging film studies, archetypal psychology, and cultural anthropology.

6 Mondays, 2:10-5pm
Jan. 27-Mar. 10 (No class Feb. 17)
Kentfield Campus
Learning Resources Center 53
Fee $103
CRN# 15095
Financial Planning

WISE 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. Each week students go through basic information on each module, discuss case studies, and leave with action plans to begin their own planning. Modules cover topics such as financial math, credit, savings, insurance, risk management, investing, and achieving financial security.

The Wi$e Up Program came about as a result of focus group discussions held by the Women’s Bureau of the U.S. Department of Labor with women from across the United States.

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

4 Wednesdays, 6:30-8:30pm
Feb. 26-Mar. 19
Kentfield Campus
Learning Resource Center 53
Fee $73 (Includes $8 materials fee)
CRN# 15077

BASESICS OF BANKING
Is this your first time handling money? Are you ready to become financially independent? Do you want to save money? This course teaches the basics of handling money, understanding how banks process transactions, and ways to avoid paying bank fees and hidden fees. You will learn how to balance your bank statement, how to write checks and verify the accuracy of bank statements. You will become knowledgeable about bank products and how to create positive relationships with financial institutions.

Kim Ngo has an MBA in Finance from Golden Gate University. She is currently a bank manager with over ten years’ experience in the financial industry.

Saturday, Mar. 1, 9:00am-12noon
Kentfield Campus
Science/Math/Nursing Center 229
Fee $55 (includes $5 materials fee)
CRN# 15089

BUILD AND REBUILD YOUR CREDIT
Do you want to rebuild your credit and reputation? Are you ready to make big purchases but do not have enough credit? This course will teach the basics of handling your credit score and credit report and how to correct your credit scores with the three major credit bureaus. You will discover ways to build your credit, ways to save money, and ways to cut unnecessary expenses. You will become more confident with your money and create positive relationships with financial institutions.

Kim Ngo
Saturday, Mar. 22, 9am-12noon
Kentfield Campus
Austin Center 176
Fee $55 (includes $5 materials fee)
CRN# 15090

GETTING READY FOR RETIREMENT: LIVING A LIFE OF FINANCIAL INDEPENDENCE
When you are getting ready to retire, you are faced with important long term financial decisions. What will your lifestyle be in retirement? When can you afford to retire? This course is designed to help you determine when to take Social Security, how to take your pension, which Medicare plan is right for you. We design a system for cash management and planning your investments in retirement. Additionally, we discuss how to plan for all the eventu-lities of your older years.

Barbara Bachelder is a Certified Financial Planner and owner of a financial planning, investment management, and insurance firm.

6 Mondays, 6:40-8:30pm
Jan. 27-Mar. 10 (No class Feb. 17)
Kentfield Campus,
Science/Math/Nursing Center 224
Fee $86 (includes $1 materials fee)
CRN# 15153
Foods/Wine/Artisan Cheesemaking

Artisan Cheesemaking Program

The Artisan Cheesemaking Program at Indian Valley Campus is offered in the fall, winter, and spring quarters. The program trains beginning cheesemakers in the art and science of making artisan cheese. Through lectures and hands-on workshops with experienced cheese professionals, students gain the knowledge and skills needed to identify, evaluate, and produce artisan cheese. Students who complete six required courses may earn the Artisan Cheesemaking Certificate in Dairy Arts.

The program has been developed in collaboration with the California Artisan Cheese Guild and UC Cooperative Extension.

Certificate Requirements

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

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

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

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

A FULL INTRODUCTION TO ARTISAN CHEESE AND ITS TRADITIONS

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

Note: Each class includes a tasting of artisan cheeses with wine and beverage accompaniments.

Judy Creighton is a Certified Cheese Professional, cheese educator and consultant who has owned two San Francisco cheese shops, served as a judge at American Cheese Society. She is Cheese Program Director at Lavender Ridge Vineyard in the Sierra Foothills, and currently serves on the board of the California Artisan Cheese Guild, is guest lecturer at School of Restaurant Hospitality, City College of San Francisco, and Cheese School of San Francisco.

4 Mondays, 6:10–9pm
Jan. 27-Feb. 24 (No class Feb. 17)
Indian Valley Campus, Bldg. 3, Rm 154
Fee $274 (Includes $104 materials fee)
CRN# 15091

PRINCIPLES AND PRACTICES OF CHEESEMAKING

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

Marc Bates has over 40 years of experience in the food industry including Creamery Operator and Manager for the Washington State University Creamery for 28 years and 12 years as a food industry consultant specializing in cheesemaking.

Maureen Cunnie has been the lead cheese maker at Cowgirl Creamery for twelve years and has served on the board of the California Artisan Cheesemilk as President and Co-Chair for Education Committee.
A registration form is at the center of booklet.

**HANDS-ON BURRATA**
When is Cheddar not a cheese? When it’s a verb! Cheddar is the #1 most popular cheese in the US, and is made by cheddaring curd. Want to learn how to do it and make your own cheddar to take home? Come join Sacha Laurin for this extended class to explore the complexities of this famous process and the craft of artisanal cheesemaking.

*Sacha Laurin*
Wednesday, 6:15–9pm
Feb. 5
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 15138

**HANDS-ON GORGONZOLA**
We’ll use a traditional Gorgonzola recipe to take you through the transformation of white milk into very blue cheese that you can make at home with just a few simple ingredients.

*Stephanie Soleil*
Wednesday, 6:15–9pm
Feb. 12
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 15139

**NEW HANDS-ON MAKING AND BAKING WITH RICOTTA**
Ricotta ("twice-cooked" in Italian) is traditionally made from cooking the whey left over in cheese making. Ricotta is one of the most versatile cheeses there is, perfect as a dip, on a cheese plate, in salads, pasta, fillings and any baking. In this hands-on class, you will learn the art of creating whole milk ricotta and then use it to make delicious appetizers and desserts with French instructor Stephanie Soleil.

*Stephanie Soleil*
Wednesday, 6:15–9pm
Feb. 19
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 15140

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

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

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

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

**HANDS-ON CHEDDAR**
When is Cheddar not a cheese? When it’s a verb! Cheddar is the #1 most popular cheese in the US, and is made by cheddaring curd. Want to learn how to do it and make your own cheddar to take home? Come join Sacha Laurin for this extended class to explore the complexities of this famous process and the craft of artisanal cheesemaking.

*Sacha Laurin*
Wednesday, 6:15–9pm
Jan. 29
Indian Valley Campus, Bldg. 3, Rm 154
Fee $85 (Includes $9 materials fee)
CRN# 15137
**WINE TASTING FUNDAMENTALS**

Have you ever wanted to know more about the aromas and tastes in your wine glass? This class will cover: the basics of the process of winemaking, wine tasting, explore different types of wines, talk about “wine talk” and what it all really means, and some basics of food and wine pairings. Students should bring 2-3 glasses to each class.

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

2 Thursdays, 6:40-9pm
Jan. 30 & Feb. 13 (No class Feb. 6)

**Indian Valley Campus, Bldg. 3, Rm 154**
Fee $69 (includes $13 materials fee)
CRN# 15098

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**EXPLORING WHITE WINES**

From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes. Please bring 2 or 3 wine glasses with you for class.

**David Sandri**

2 Thursdays, 6:40-9pm
Feb. 20 & 27

**Indian Valley Campus, Bldg. 3, Rm 154**
Fee $71 (includes $15 materials fee)
CRN# 15099

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**EXPLORING RED WINES**

With their varying hues and bodies, red wine brings hundreds of subtle flavors and nuances. Discover the different red wine varieties, their characteristics and tastes. Please bring 2 or 3 wine glasses with you for class.

**David Sandri**

2 Thursdays, 6:40-9pm
Mar. 6 & 13

**Indian Valley Campus, Bldg. 3, Rm 154**
Fee $71 (includes $15 materials fee)
CRN# 15100

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**Health Education**

**EXERCISE FOR ADULTS WITH SPECIAL NEEDS INSTRUCTOR CERTIFICATION COURSE**

Designed to train students, certified personal fitness instructors, activity coordinators, recreational therapists, and occupational therapists interested in becoming certified fitness/wellness leaders specializing in exercise with the frail elderly and adults with special needs. Special needs include disorders ranging from Parkinson’s Disease, Arthritis, Cardiac Issues, COPD, Physical and Sensory Deficits, and Dementia Specific Needs.

Upon successful completion of this training, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional $35 fee for the SFA certification, and current CPR and First Aid are needed for certification.)

Students participate in exercise activities in class. There is an hour lunch break each class.

Text: Exercise for Frail Elders, Best-Martini & Botenhagen (currently Jones), Human Kinetics, 2003, ($36) is available at the college bookstore. The materials fee covers a 150-page syllabus to be distributed in class.

**Betsy Best-Martini, MS** (Recreational Therapy), SFA certified

4 Saturdays, 9am-5pm
Feb 8 & 22 and Mar 1 & 15

**Kentfield Campus**

Physical Education Center 91 (9am-5pm)
Physical Education Center 22 (12-5pm)
Fee $117 (Includes $2 materials fee)
CRN# 15155
History

NEW HISTORY OF THE OTTOMAN EMPIRE
The Ottoman Empire was founded in the 13th century by Osman I, and ruled by his descendants until its dissolution after World War I. One of the most powerful states in the world, it spanned more than 600 years. Between 1520 and 1565 its momentum seemed unstoppable. The Ottoman army was the largest in Europe, and Istanbul was five times the size of Paris. The empire included Hungary, Serbia, Bosnia, Romania, Greece, Ukraine; Iraq, Syria, Israel, Egypt; North Africa, Algeria, and the Arabian Peninsula. The non-Muslims living in their areas were absorbed into the Empire as protected subjects. The great Ottoman victories of Kosovo (1389) and Nikopol (1396) awakened Europe to the Ottoman danger. Join us in learning about the history of this fascinating Empire and the effects it had on European history and culture.

Erika Harkins, MA, received her degrees at the University of Paris and in Bucharest.

7 Mondays, 2:10-4pm
Jan. 27-Mar. 17 (No class Feb. 17)
Kentfield Campus
Fusselman Hall 110
Fee $72 (Includes $1 materials fee)
CRN# 15003 EC

NEW THE LOIRE VALLEY CASTLES
The history of the Loire Valley is closely related to the Kings of France. Join us in discovering the fascinating historical background of certain important castles in the Loire Valley: Chinon, Chambord, Chaumont, Blois, Chenonceau, Amboise, and Azay le Rideau. The XIV century saw the beginning of the “One Hundred Years War,” prompted by England’s desire to conquer France. After the defeat of Agincourt, Charles VII and the French nobility moved to the Loire Valley. The XVI century witnessed French kings fighting in Italy. Their return to France marked the beginning of a historical period called “French Renaissance.” King Francois I and Leonardo Da Vinci chose this region for their permanent home. Between the XVI and XVIII centuries, French kings and the aristocracy continued relocating to the Loire Valley. During this class we shall discuss the political and personal dramas taking place in each castle throughout the centuries. Hope to see you again for a new time-travel adventure.

Erika Harkins, MA
7 Mondays, 2:10-4pm
Jan. 27-Mar. 17
Kentfield Campus
Fusselman Hall 110
Fee $72 (Includes $1 materials fee)
CRN# 15004 EC

NEW MASTERWORKS OF LUXURY
Join us in this entertaining class to admire and learn about the origins, history and whereabouts today of certain “Masterworks of Luxury” created throughout the centuries by the most gifted artisans. We shall discuss the history of Baccarat crystals and admire the beauty of several pieces; the famous coral covered with 5000 precious stones belonging to Frederic August, Elector of Saxe; the Faberge Eggs; Marie Antoinette’s cameos; and Napoleon’s watches. We will talk about the largest jewel ever created in the world by the brothers Cartier in 1928 for the Maharaja of India. Our discussion will include the furniture ordered by King Louis XIV of the cabinetmaker Charles Boulle, and the new luggage designed by Louis Vuitton to fit the fashion created by Empress Eugenie in 1853.

Erika Harkins, MA
7 Thursdays, 2:10-4pm
Jan. 30-Mar. 13
Indian Valley Campus, Bldg. 27, Rm. 116
Fee $72 (Includes $1 materials fee)
CRN# 15005 EC
Home and Garden

SUCCESSFULLY LANDSCAPING YOUR MARIN HOME

Join us for a dynamic and interactive design course, going beyond the theory to walk you through the process of creating an overall landscape design. One lucky student will have their garden randomly chosen for our field trip so that everyone will have the experience of applying what you learn in a garden. Bring Photos of your garden and any questions about design to the first Saturday. You may also wish to prepare for the class by filling out “The Landscape Questionnaire” which is available for free download at: http://www.mysticallandscapes.com/Design.html. Students are responsible for their transportation.

Dane Rose has been a landscape professional since 1991. He authored Successfully Landscaping Your Marin Home, a comprehensive and invaluable guide for homeowners who would like to design and install their own landscapes. The text is covered by the materials fee and will be distributed in class.

Saturday, Mar. 15, 1:40–5pm
Kentfield Campus
Austin Center 176
Plus field trip to a local garden:
Saturday, Mar. 22, 1:40-6pm
Fee $139 (Includes $20 materials fee)
CRN# 15142

NEW HOw To MAKE YOUR OWN ORGANIC HERBAL SAlVE

Many people are looking for ways to avoid synthetic ingredients in their personal skin care. In this hands-on class, students will learn to make infused oils and healing salves from organic herbs that can be easily grown at home, or purchased at farmers markets. The class will include a background and description of the common herbs and oils used in skincare. We will then continue to explore ways of extracting their medicinal properties. By the end of the class, students will have concocted their own wound-healing salve, and will have a copy of the recipe to make more at home.

Katja Gruenheit has been around medicinal plants all of her life. Her deep love for the healing power of nature is reflected in the herbal medicine she creates. Katja has studied with herbalists Catherine Abby Rich and Cheryl Fromholzer who are the inspiration for her dedication to homemade medicine.

2 Saturdays, 9:10am-1pm
Feb. 1 & 8
Kentfield Campus, Austin Center 184
Fee $71 (Includes $6 materials fee)
CRN# 15149

NEW NATURAL FLORAL DESIGN FLOWER CARPETS- PAVE’S

A Pave’ is a flat arrangement of flower heads or succulents made in a low, shallow vase. The flowers are so close together that no space shows between them. You have probably seen this technique used on a wall to display tightly clustered succulents, but it’s also used with flowers. There is rich history of the using flowers in the pave style in Europe to make “flower paintings” as street art, where this style may have originated. We’ll learn a little about this history before we take the plunge and make our own pave’ arrangements with flowers.

Student brings: A low shallow waterproof container (Note: Teacher will email a photo example, you can bring your own or order one from the teacher), clippers and a low box to bring your arrangement home.
Teacher will provide: Flowers and other plant materials and floral tape.

Celebration of Spring To follow!

MaryAnn Nardo is an organic gardener and freelance floral designer for weddings and large events. Her philosophy is that any plant material is worthy for inclusion in an arrangement, whether store-bought flowers or garden-grown, or even humble “weeds” or branches considerately foraged from the roadside!

Saturday, Feb. 8, 10am-12:00noon
Kentfield Campus, Fine Arts Center 214
Fee: $68 (includes $15 materials fee)
CRN# 15096
Intensive English Program (IEP)

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

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

SPRING Semester 2014
Session C: January 21- May 16 (16-week program required for F-1 students)
$2500 (*F-1) (20 hours) (CRN 15104)
$2325 Other full-time students (CRN 15105)
$1925 (15 hours) (CRN 15106)
$1425 (10 hours) (CRN 15107)
$775 (5 hours) (CRN 15108)
Session A: January 21-March 14 (8 weeks)
Session B: March 18-May 16 (8 weeks)

$1175 for 8 weeks (20 hours) (CRN Session A/B 15109/15113)
$975 (15 hours) (CRN 15110/15111)
$725 (10 hours) (CRN 15111/15115)
$375 (5 hours) (CRN 15112/15116)
Courses meet 5 hours per week:
Session B: March 18-May 16 (8 weeks)
Writing with Reading
Tuesday/Thursday 9:10-11:35
Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45
Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35
Idioms and TOEFL Preparation
Wednesday/Friday 12:30-2:45

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

Languages

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

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

NEW FRENCH CLASSES AVAILABLE

SAY IT IN FRENCH

Through short stories, dialogs, short novels, and recipes, this class is designed for intermediate/advanced French students who wish to gain more fluency and self-confidence in speaking French. This class helps students express themselves freely in discussions, expand their knowledge in writing and vocabulary, and deepen their understanding of the written language.

Anne-Marie Lebas is a native of France who has taught in the Bay Area for over 20 years. She teaches with great enthusiasm and energy and creates a lively and comfortable learning environment for students at any level. A bientot!

7 Tuesdays, 6:40-8:30pm
Jan. 28-Mar. 11
Kentfield Campus, Portable Village SB
Fee $91
CRN# 15143
CONVERSATIONAL FRENCH: FIRST YEAR, THIRD QUARTER
These sequential courses are designed for those who have no or very little knowledge of French. We work with pronunciation, vocabulary enrichment, and short conversations. See Note at the beginning of the Languages section.

Anne–Marie Lebas
7 Mondays, 6:40–8:30pm
Jan. 27-Mar. 17 (No class Feb. 17)
Kentfield Campus, Austin Center 168
Fee $91
CRN# 15011

CONVERSATIONAL FRENCH: SECOND YEAR, THIRD QUARTER
These second year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. Venez apprendre avec plaisir!

Anne–Marie Lebas
7 Wednesdays, 6:40–8:30pm
Jan. 29-Mar. 12
Kentfield Campus, Austin Center 125
Fee $91
CRN# 15012

CONVERSATIONAL GERMAN: FIRST YEAR, THIRD QUARTER
This is the third quarter of the beginning class; students have already had 27 hours of class time.

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


Hamid Emami is a native German speaker with a Master’s degree from Universität Hamburg and has taught German in the Bay Area for over 10 years. Auf bald! Come and join us!

7 Thursdays, 6:40–8:30pm
Jan. 30-Mar. 13
Kentfield Campus, Austin Center 130
Fee $92 (Includes $1 materials fee)
CRN# 15013

CONVERSATIONAL ITALIAN: FIRST YEAR, THIRD QUARTER
Learn basic conversational Italian, including pronunciation, vocabulary, and command of idiomatic expressions and colloquialisms. Emphasis will be on speaking and comprehension through oral drills.


Lido Cantarutti, MA
7 Wednesdays, 7:10–9pm
Jan. 29-Mar. 12
Kentfield Campus, Austin Center 133
Fee $91
CRN# 15014

Ilia Salomone–Smith
7 Tuesdays, 1:10–3pm
Jan. 28-Mar. 11
Kentfield Campus, Portable Village 3
Fee $73 (Includes $2 materials fee)
CRN# 15015 EC

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

Recommended Text will be discussed during first class meeting.

Lido Cantarutti, MA
7 Thursdays, 7:10–9pm
Jan. 30-Mar. 13
Kentfield Campus, Fusselman Hall 110
Fee $91
CRN# 15059

CONVERSATIONAL ITALIAN: SECOND YEAR, THIRD QUARTER
Join other students who have completed Conversational Italian: First Year, First through Fourth Quarters, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Italian, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills.

CONVERSATIONAL SPANISH: FIRST YEAR, THIRD QUARTER
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The stress is on developing the ability to converse. See Note at the beginning of the Languages section.
Textbook for N. McInnes: Spanish Now!, Level 1, 7th Ed. with CDs
Textbook for M. Hain: Cómo Se Dice, 8th edition. Please see Note above regarding Textbooks.

Nancy McInnes
7 Thursdays, 7:10–9pm
Jan. 30–Mar. 13
Kentfield Campus, Austin Center 190
Fee $91
CRN# 15018

Milt Hain
7 Tuesdays, 2:10–4pm
Jan. 28–Mar. 11
Kentfield Campus
Temporary Building 101
Fee $71
CRN# 15019 EC

CONVERSATIONAL SPANISH: SECOND YEAR, THIRD QUARTER
Join this continuing class with other students who have completed Conversational Spanish: First Year, First through Fourth Quarters, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Spanish, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. See Note at the beginning of the Languages section.
Textbook: Cómo Se Dice, 9th edition. Please see Note above regarding Textbooks.

Luci Di Benedetto is a native Spanish speaker. She earned a Masters degree from the Universidad de Leon in Spain in Teaching Spanish to Speakers of Other Languages.

7 Fridays, 2:10–4pm
Jan. 31–Mar. 21 (No class Feb. 14)
Kentfield Campus
Temporary Building 101
Fee $72 (Includes $1 materials fee)
CRN# 15159 EC

BEGINNING LATIN
The study of Latin illuminates the ideas and stories of the ancient Romans, whose civilization left a lasting mark on many of today’s cultures, but it also provides a foundation for all Romance languages, expands English vocabulary through recognition of Latin roots, and develops an understanding for (and appreciation of) grammar.
No prior Latin experience is necessary. This course is designed for beginning students as well as for students who are interested in revisiting the language. During this quarter, students will develop basic reading and writing skills in the Latin language by developing knowledge of vocabulary and an understanding of grammar. Instruction is provided simply and clearly to ensure that students have the essential tools they need to study and practice at home successfully following each session. However, it is important to note that, in order to cover sufficient content to make the course meaningful, this is an intensive course of study; motivated students should anticipate spending several hours outside of class each week practicing new concepts so that they are prepared to move forward in each weekly session. This course emphasizes language development; the cultural component typical of modern language study is very limited in Latin.

Christy Stocker taught Latin through the Advanced Placement level along with other courses related to classics and art in the Seattle area for 10 years. She is principal of Nicasio School.

7 Wednesdays, 6:10–8:00pm
Feb. 5–Mar. 19
Kentfield Campus,
Physical Education Center 91
Fee $93 (includes $2 materials fee)
CRN# 15093
Literature/ Humanities

NEW CHARLES DICKENS: GREAT EXPECTATIONS AND HARD TIMES

Great Expectations and Hard Times are two marvelous Dickens novels which show the great novelist at the height of his creative powers and yet have the advantage of being fairly short. They are expressions of Dickens great imagination at its best, and they demonstrate brilliantly his ability to create memorable characters, to fashion unforgettable scenes and to construct great dramatic moments. They are also works which show Dickens as a critic of his society and that indicate how he describes some of the social problems of his day.

William Wallace, EdD, MA (English)
7 Tuesdays, 1:10–3pm
Jan. 28-Mar. 11
Kentfield Campus
Austin Center 105
Fee $74 (Includes $3 materials fee)
CRN# 15135 EC

NEW A WILD SPIRITUALITY OF NATURE: ON THE TRAIL OF JOHN MUIR AND JOHN BURROUGHS

Early crops of environmentalism were firmly planted by Thoreau, Emerson, Whitman and others before the conservation and preservation harvest in (the Scots-Californian) Muir, (the New Yorker) Burroughs and their influential friends like (the Rough Riding President) Roosevelt. Our network of National Parks is only one result of their collaborative vision and action.

This course is open to theists and non-theists drawn to the naturalistic philosophies of Muir and Burroughs who delighted in a direct experience of Nature. Through a close reading of their major works, we will investigate the roots of what could be called either a natural spirituality or a sacred secularity in relation to the cosmos. We will open and engage the wildest of “living scriptures,” through the eyes of two whose classroom and cathedral was Nature.

Readings will be provided both online and in handouts.

Chris Highland received his B.A. in Philosophy and Religion from Seattle Pacific University and his M.Div. from San Francisco Theological Seminary. He has taught at Dominican University, the Graduate Theological Union and Cherry Hill Seminary. Chris is the author of Meditations of John Muir, Meditations of John Burroughs and eight other books. Check out his website at www.chighland.com.

7 Thursdays, 10:40a-12noon
Jan. 30-Mar. 20 (No class Feb. 20)
Kentfield Campus, Portable Village 5A
Fee $62
CRN# 15165 EC

Marin Adventures

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

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

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. Learn the magic of the 3 P’s: Preparation, Position, and Presentation on moving or still water.

The class includes Saturday field trips to local waters such as Lake Lagunitas and Putah Creek.

Class is limited to 14 students. Gear will be provided to those who need it, and equipment will be discussed in class. A supply list will be distributed.

Larry Lack, MA, with 37 years of experience teaching science, is a licensed Fly Fishing Guide for California, specializing in teaching beginners. His manual, From Start to Fish, will be distributed in class along with other handouts.
A registration form is at the center of booklet.

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

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

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

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

**Orientation:** Tuesday, Jan. 28, 9:10am–1pm

**Kentfield Campus**
Learning Resources Center 53
Plus 4 field trips:
Tuesdays, 8:30am–12:30pm
Feb. 4–25
Fee $105
CRN# 15022 EC

**Hiking Marin Trails**
(formerly Beginning Hiking)
Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our county on these four- to six-mile hikes. Along the way, we discuss plants, birds, insects, and whatever else may catch our eyes. Please note: 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.

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

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

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

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

7 Mondays, 9:45am–1:45pm
Jan. 27–Mar. 17 (No class Feb. 17)
Fee $120
CRN# 15023 EC

**CRN# 15024 EC**

**CRN# 15025**
Music

**NEW 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 in the 1960s and 1970s. The Rolling Stones were among the most rebellious and individualistic figures in twentieth-century arts and entertainment, and the course will also examine their massive effect on the popular music and culture of their era.

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

7 Tuesdays, 7:10-9pm
Jan. 28-Mar. 11
Kentfield Campus
Learning Resources Center 53
Fee $94 (Includes $3 materials fee)
CRN# 15080

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

Richie Unterberger
7 Thursdays, 7:10–9pm
Jan. 30-Mar. 13
Kentfield Campus, Learning Resources Center 53
Fee $94 (Includes $3 materials fee)
CRN# 15081

**NEW MUSICAL SNAPSHOTS: ELLA FITZGERALD, THE FIRST LADY OF SONG**
“One of the most distinctive and influential voices of the 20th Century", this class tells the dramatic but true story of an ambitious girl who raised herself out of poverty to become the most accomplished vocalist of all time. From the Apollo Theater to her unparalleled success on the stage and screen you recognize her voice instantly. Ella was the undisputed queen of jazz singing and American popular song. Her immeasurable contributions will be demonstrated with both live, recorded music, and video.

Jerry Frohmader taught in the Music department at College of Marin for 15 years. He has produced music for television and film, and his musical compositions have been performed in cities, festivals and universities throughout the U.S. and Europe.

4 Saturdays, 10:10am-12noon
Feb. 1-Mar. 1 (No class Feb. 15)
Kentfield Campus, Performing Arts 178
Fee $47
CRN# 15156 EC

**NEW SOW YOUR WILD NOTES: A WORKSHOP FOR SONGWRITERS AND COMPOSERS**
Calling aspiring composers and songwriters! Have you ever wanted to write your own songs and instrumental music but wondered how to bring it from your imagination into the world? Come grow and share your music in a friendly, non-judgmental environment, and find out what makes a song or instrumental piece of music successful. We’ll start with the basics and explore the creative musical process, from your initial ideas, through creative blocks, to the completion of a short piece of music and its performance. Gathered around the piano, we will share our music and receive individual feedback and instruction, learning from each others’ music. We’ll also learn about music notation software and other tools of the trade. Students should be able to read basic music notation.

Marcia Bauman, Ph.D. (Music Composition), has taught courses in film music history and appreciation at the San Francisco Academy of Art University, and currently teaches music composition at Sonoma State University.
NEW RUSSIAN MUSIC: OPERA & BALLET

Join us for an inside view of the world of Russian opera and ballet. The creation of the music, the composer’s life, ideas, and experiences, plus descriptions of Russian life at the time of the work’s setting. Score selections of particular interest are illustrated on the piano, to be better understood and enjoyed later when the entire performance is shown on video. These recordings are the best available of the ballet or opera being studied. The staging, costumes, manners and behavior are exactly according to the style of the time; all absolutely authentic.

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

7 Fridays, 12:10–1:30pm
Jan. 31–Mar. 21 (No class Feb. 14)
Kentfield Campus, Performing Arts 72
Fee $75
CRN# 15028 EC

CONTEMPORARY VOCAL TECHNIQUE FOR JAZZ AND POP SINGERS

Singing is an extension of speaking! Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. This class covers vocal exercises that balance the registers, increase range and strengthen your voice. 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. You’ll leave with valuable tools to help you sing effortlessly!

Daria, an acclaimed jazz/pop vocalist and recording artist, studied with jazz greats Bobby McFerrin and Mark Murphy. Her training includes healthy techniques of singing and all popular styles of music including Jazz, Brazilian, Blues, and Pop. She has performed and toured worldwide.
BEGINNING BLUES AND FOLK HARMONICA
Breathing is our foundation as we take simple folk and pop melodies and rhythms and invigorate them with easy but powerful techniques to make any song deeply expressive! 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.

Dave Broida has 25 years of experience as a teacher, student, and performer. He loves to share music with all, especially those who don’t consider themselves musical. Questions about harmonicas? Call the instructor at 916.996.5222.

1 Thursday, Feb. 27, 6:10-9:30pm
Kentfield Campus
Learning Resources Center 53
Fee $75 (includes $30 materials fee)
CRN# 15101

ADVANCED PIANO DUET
The study, rehearsal and performance of music for one piano/ four hands (piano duet) by advanced pianists who are comfortable with public performance.

At the end of the course, there will be multiple free concerts throughout Marin County: concert times, dates and locations will be posted on the online schedule, when determined.

Admission is by audition only: please contact instructor at pianosmith@aol.com, or call 415-485-9460.

Paul Smith studied at the Royal College of Music in London, the Vienna Academy, and Dominican University. He is a faculty member at College of Marin, Artistic Director of the Contemporary Opera Marin, and the founder and Artistic Director of the Music From Marin Summer Festival.

Kentfield Campus
Performing Arts 75

Intermediate
9 Mondays, 11:10-12noon
Jan. 27-Mar.31 (No class Feb. 17)
Fee $76
CRN# 15157

Advanced
9 Mondays, 12:40-2pm
Jan. 27-Mar. 31 (No class Feb. 17)
Fee $88
CRN# 15158

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 class will culminate in public performances. No audition required. A $20 materials fee helps cover the costs of music.

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

7 Thursdays, 3:10-5pm
Jan. 30-Mar. 13
Kentfield Campus, Performing Arts 72
Fee $49
CRN# 15026 EC

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

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

7 Tuesdays, 7–9pm
Jan. 28-Mar. 11
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $48
CRN# 15088 EC
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. This class will reduce the anxiety that parents often experience as their children go through adolescence. Knowing how to de-escalate conflict, minimize power struggles, set limits, and gracefully acknowledge your teen’s strengths will help reduce tension in your family and make this transition something to celebrate. Gary Gross, MFT, is the father of two young adults and a marriage and family therapist with over 40 years of practical experience working with teenagers and their families.

Personal Enrichment

START LIVING YOUR LEGACY
What will you be remembered for? The time is now to start living your life with purpose and in a way that people will remember you. If your actions all have meaning, most likely your life will begin to as well. This class will provide the tools you need to tap into your own uniqueness and those actions needed to live your own legacy. Class will be fun and lively. The purpose of this course is for people to make their lives as meaningful as possible and to live in such a way that they are proud of, and act in a way that part of them lives on long after they are gone.

Janet Benjamin
4 Wednesdays, 6:10-8pm
Jan. 29-Feb. 19
Kentfield Campus, Austin Center 124
Fee $48 (Includes $1 materials fee)
CRN# 15079 EC

Mark Your Calendars
COMMUNITY ED PREVIEW DAYS

Kentfield Campus
Saturday, Mar 1, 9:30am–12noon
Cafeteria, Student Services Bldg
Indian Valley Campus
Saturday, Mar 8, 10:30am–12noon
Indian Valley Campus
Community Education, Bldg 7
• Find out about our new Gold Card Advantage Program
• Meet Comm Ed instructors
• Explore new Comm Ed classes
• Learn about Emeritus College
• Discover ESCOM clubs
Free Event * Free Parking * Snacks
This event is co-sponsored by COM Community Education and Emeritus Students College of Marin (ESCOM).
NEW FOR VETERANS: RESET YOUR FUTURE AND THRIVE

In this course, you will identify your strengths and learn to work from them. You will clarify your goals, and create a strategic plan to reach them. This course teaches you strategies to monitor adjust and adapt your plan as necessary for success. Your new self-knowledge will allow you to package yourself to be more attractive to employers, or you may decide to become your own boss. 30 minutes of individual coaching is included and available upon completion of the course. This program incorporates thought-provoking questions, discussion, creative expression, and tools to support you in moving forward with your life and resetting your future!

Please bring a pen and a notebook or journal with you to class.

Marilyn Spoja has been a businesswoman, entrepreneur and life coach, aiding people through meaningful and successful transitions for 32 years.

Ann Moreno has been doing business coaching in the areas of marketing and business goals for the past 16 years, and has a Masters in Spiritual Psychology.

4 Saturdays, 9:10am-12noon
Feb. 1-Mar. 1 (No class Feb.15)
Kentfield Campus, Fine Arts Center 201
Fee $47 (Includes $5 materials fee)
CRN# 15148

DIGITAL PHOTOGRAPHY FOR TRAVELERS

The course is for those who want to take better pictures while traveling. It is strongly recommended that you have a solid understanding of your camera’s basic features and functions. We cover buying the right camera for the right trip, utilizing more advanced camera settings, composing better images, using natural and artificial light, capturing people in candid situations, and why you need personal articles insurance.

Please bring your digital camera and its manual, a notepad, and pen to class. The second meeting is a field trip/camera walk to practice what we’ve learned. (Students are responsible for their own transportation.) During the third meeting, we view and discuss photographs taken on the field trip in the classroom.

Text: Hank Miller’s Digital Photography for Travelers Notebook will be distributed in class.

Hank Miller is a professional photographer and freelance writer, and was awarded artist in residency with the Nantucket School of Art and Design (a division of RISD)

Saturday, Mar. 8, 10am-1pm and
Mon. Mar. 10, 6:40-8:30pm
Kentfield Campus
Student Services Building 111
Field trip: Sunday, Mar. 9, 10am-1pm
A Taste of Rome Cafe,
1001 Bridgeway, Sausalito
Fee $87 (Includes $5 materials fee)
CRN# 15163

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.

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

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

Jed Manwaring’s most recent book is co-authored with Brenda Tharp and was released in August 2012 titled Extraordinary Everyday Photography: How to Awaken Your Vision to Create Stunning Images Wherever You Are.

4 Wednesdays, 7:10–10pm
Feb. 19-Mar. 12
Plus 2 Saturday field trip/class meetings:
Sat., Mar. 1, field trip 8-11am, followed by classroom session 1-4pm;
Sat., Mar. 8, classroom session 1-4pm, followed by field trip 6-9pm.
Indian Valley Campus, Bldg. 7, Rm 192
Fee $124 (Includes $2 materials fee)
CRN# 15162
Physical Fitness

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 415.485.9305, press 4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 46.

NEW 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. Underwater Hockey is a co-ed sport in which men and women compete on equal terms. It’s not about strength; it’s about teamwork and skill. No matter what your skill level, UWH is a great way to get fit, have lots of fun, and make new friends. Participants must be at least 12 years old.

Materials fee covers the cost of guidebook and other items. Other swim gear will be provided in class. Contact the instructor at jszvanut@gmail.com or call 415-559-3032 for a list of swim gear.

Jason Zvanut has been playing underwater hockey (UWH) with the San Francisco Sea Lions since 2001, and has earned various medals at regional and National tournaments. He is certified SCUBA instructor and has taught for National Association of Underwater Instructors.

7 Wednesdays, 7:30-9:30pm
Jan. 29-Mar. 12
Kentfield Campus, Pool
Physical Education Center
Fee $118
(Includes $28 materials/special fee)
CRN # 15160

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

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

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

7 Tuesdays & 7 Thursdays, 12:10-1pm
Jan. 28-Mar. 13
Kentfield Campus
Physical Education Center 22
Fee $72 (Includes $1 materials fee)
CRN# 15029 EC

7 Mondays & 7 Wednesdays, 9:10-10am
Jan. 29- Mar. 17 (No class Feb. 17)
Ends on a Monday
Indian Valley Campus, Bldg. 20, Room 106
Fee $72 (Includes $1 materials fee)
CRN# 15030 EC

NEW BOLLYWOOD!
Bollywood! is a dance fitness class designed to make you sweat! With music from the latest Bollywood hits, this class consists of easy to learn classical and folk Bhangra dance movements and routines. Whatever your goals, these energetic, vibrant moves will strengthen your core, improve flexibility and breath, relieve stress or just make you feel good. All ages and levels are welcome to experience this amazing culture of happy music and rhythms. Comfortable clothes and workout shoes are suggested. Come dance your way to fitness, Bollywood! style...it will make you smile!

The materials fee covers a music CD, which will be distributed in class.

Zeena Quinn has a lifetime of experience in dance, professional performance, choreography and teaching. She has toured the bay area presenting a variety of dance styles. Zeena brings the authenticity of technique into her vibrant teaching style! She is certified in AFAA /Group Training, and, Zumba® dance fitness.

7 Tuesdays, 6:40-8pm
Feb. 11-Mar. 25
Kentfield Campus, Physical Education 22
Fee $82 (Includes $2 materials fee)
CRN# 15150

FOR MORE INFORMATION CALL 415.485.9305 35
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.
Erik Riswold
8 Tuesdays & 6 Fridays, 9:10–10am
Jan. 28–Mar. 18 (No class Feb. 14)
Ends on a Tuesday
Kentfield Campus
Physical Education Center 22
Fee $69
CRN# 15034 EC

MOVEMENT AND MUSIC FOR THE OLDER ADULT: A UNIVERSAL LANGUAGE
This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.
Diane Hain
7 Mondays, 11:10am–12noon
Jan. 2–Mar. 17 (No class Feb. 14)
Whistlestop
930 Tamalpais Ave., San Rafael
FREE
CRN# 15033 EC

THE FELDENKRAIS METHOD FOR THE ACTIVE OLDER ADULT
The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity.
To participate in this class it is necessary to be able to raise and lower yourself from the floor. Please bring a mat and two bath towels for comfort.

TERESA HANSON, CFP
Celeste Binnings, GCFP
Kentfield Campus
Physical Education Center 60
FREE
8 Wednesdays, 12:40pm-2pm
Jan. 29–Mar. 19
CRN# 15151 EC

TRANSFORMATIONAL FELDENKRAIS MOVEMENTS
Learn how The Feldenkrais Method™ can help you improve your functioning, balance, flexibility, coordination, posture, and sense of well-being. These lessons increase the capacity for easier and more effective movement in everyday activities.
Each class includes time for discussion. Handouts will be distributed. You must be able to lower and raise yourself from the floor independently.
Kay Pepitone
7 Thursdays, 1:10–2pm
Jan. 30–Mar. 13
Kentfield Campus
Physical Education Center 22
Fee $44 (Includes $1 materials fee)
CRN# 15032 EC

YOGA FOR EVERY BODY, YOGA FOR EVERY MIND
Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer. Note: If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@gmail.com or 415.388.1549.

Susy Stewart has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.
7 Saturdays
Feb. 1–Mar. 22 (No class Feb. 15)
Kentfield Campus
Physical Education Center 60
Beginner
10–11:30am
Fee $80
CRN# 15035
INTERRODUCTION TO PILATES
This popular mind/body exercise conditioning program was developed by Joseph 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. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury.
Please bring your own mat to classes at the Indian Valley Campus. Be sure to arrive on time for warm ups to prevent injury.

MinJae Laws
7 Tuesdays, 10:10am–11am
Jan. 28-Mar. 11
Kentfield Campus
Physical Education Center 22
Fee $68
CRN# 15039

CARDIO PILATES
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using various equipment and props such as stretch bands, stability balls, and more. The second half of the class focuses on alignment, flexibility, and deep core strengthening with Pilates mat work.
Be sure to arrive on time for warm ups to prevent injury. Please wear supportive shoes to class.

MinJae Laws
7 Tuesdays
Jan. 28-Mar. 11
Kentfield Campus
Physical Education Center 22
11:10am-12noon
Fee $68
CRN# 15041
5:40-6:30pm
Fee $68
CRN# 15042
WILD GOOSE QIGONG
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

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

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

7 Fridays, 10:40am–12noon
Jan. 31-Mar. 21 (No class Feb. 14)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 15043 EC

7 Tuesdays, 2:10-3:40pm
Jan. 28-Mar. 11
Indian Valley Campus, Bldg 15, Rm 170
Fee $66
CRN# 15044 EC

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

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

Dove Harris Govrin, MS, BC-DTR
7 Fridays, 12:40–2pm
Jan. 31-Mar. 21 (No class Feb. 14)
Kentfield Campus
Physical Education Center 60
Fee $66
CRN# 15045 EC

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

Katherine Rolston
7 Thursdays, 10:45am–12:15pm
Jan. 28-Mar. 11
The Redwoods
40 Camino Alto, Mill Valley
Fee $16 (Includes $1 materials fee)
CRN# 15048 EC

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

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

Tom Mayock was a performing artist with El Teatro Danza Contemporanea De El Salvador (modern, indigenous and classical dance), attended Cornish College of the Arts, and has performed with ballet, jazz, and modern companies, and for film. He is Zumba®-certified, and his web page is www.tommayock.com.
PHYSICAL FITNESS

7 Wednesdays, 7:10–8:30pm
Jan. 29–Mar. 12
Kentfield Campus
Physical Education Center 22
Fee $81 (includes $1 materials fee)
CRN# 15049

ALSO OF INTEREST ...

TRADITIONAL SAMBA AND CAPOEIRA WORKOUT
See page 17

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.

Unlike Zumba, Zumba Gold considers the anatomical and physiological needs of the older adult when developing choreography. However, like Zumba, it provides the same friendly dance party atmosphere. While exploring a medley of easy-to-follow dance rhythms and variations, along with elements of fitness, Zumba Gold is accessible to most everyone, regardless of age or skill level, and can be modified for individuals who use a chair. No dance experience is necessary.

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

Zumba Gold I is a beginning class. Please e-mail the instructor at diana.scranton@marin.edu for more information.

Diana Scranton, MA (Education), is American Senior Fitness Association-certified and is a Zumba®, Zumba® Gold, Zumba® Gold Toning and Dance for Parkinson's Disease Instructor.

7 Tuesdays & 7 Thursdays, 2:40–3:30pm
Jan. 28–Mar. 13
Kentfield Campus
Physical Education Center 60
Fee $69
CRN# 15164 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.

Diana Scranton
7 Tuesdays and 7 Thursdays, 3:40-4:30pm
Jan. 28–Mar. 13
Kentfield Campus
Physical Education Center 60
Fee $69
CRN# 15154 EC

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

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

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 20 years. Hursey is certified by the American Teachers Association of Martial Arts and the American Aerobics and Fitness Association, as a group exercise instructor.

7 Mondays & 7 Wednesdays, 6:40–8pm
Jan. 27–Mar. 17 (No class Feb. 17)
Ends on a Monday
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 15053
**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. This class does not include contact.

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

7 Tuesdays & 7 Thursdays, 6:40–8pm
Jan. 28–Mar. 13
Kentfield Campus
Physical Education Center 60
Fee $124
CRN# 15054

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

Skill levels must be appropriate for the class. For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor before enrolling. The instructor may be reached by phone at 415.717.5446 or by e-mail at effortlesstennis@comcast.net.

Brent Zeller has been playing tennis for 46 years, teaching the game for 40 years, and has an extensive background in psychology, philosophy, and learning theory. Kentfield Campus, Tennis Courts

Beginning
8 Tuesdays, 9:40–11am
Jan. 28–Mar. 18
Fee $124 (Includes $8 materials fee)
CRN# 15085

Intermediate 1
8 Thursdays, 10:10-11:30am
Jan. 30-Mar. 20
Fee $124 (Includes $8 materials fee)
CRN# 15086

Intermediate 2
8 Wednesdays, 12:40-2pm
Jan. 29-Mar. 19
Fee $124 (Includes $8 materials fee)
CRN# 15087

**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. Starting with mat work that includes core exercises, we progress to standing strengthening exercises, then focus on balance and agility movements. 15 minutes of luxurious stretching finishes off the routine. Students leave feeling energized, strong, flexible, and relaxed.

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

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

8 Wednesdays & 6 Fridays, 7:30–9am
Jan. 29-Mar. 19 (No class Feb. 14)
Ends on a Wednesday
Kentfield Campus
Physical Education Center 22
Fee $94
CRN# 15055 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. The class is for advanced students. Feel free to contact Hazel@StridebyStride.com to learn more about the class.
Hazel Wood, SFA-certified  
Jim Owens, SFA-certified  
7 Tuesdays & 7 Thursdays, 7-8:45 a.m.  
Jan. 28-Mar. 13  
Kentfield Campus  
Physical Education Center 20 (7-8am)  
Physical Education Center 23 (8-8:45am)  
Fee $99  
CRN# 15056 EC

AQUA EXERCISE  
FOR OLDER ADULTS  
The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active adults especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance, and the whole cardiovascular system. Enjoy your body in movement, floating weightless while meeting others in a playful environment.  
You must be able to get in and out of the pool on your own. No assistance is available.  
Russell Robles  
7 Mondays & 8 Wednesdays, 9:40–11am  
6 Fridays, 10:40-12noon  
Jan. 27-Mar. 19 (No class Feb. 14 & 17)  
Ends on a Wednesday  
Kentfield Campus, Pool  
Fee $15  
CRN# 15057 EC  
8 Tuesdays & 7 Thursdays, 9:10–10:30am  
6 Fridays, 2:10–3:30pm  
Jan. 28-Mar. 18 (No class Feb. 14)  
Ends on a Thursday  
Indian Valley Campus, Bldg 21 Pool  
Fee $15  
CRN# 15058 EC  

Writing  

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 receives thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.  
Thomas Centolella is a former Stegner Fellow in Creative Writing at Stanford University. Among his honors are an American Book Award, a California Book Award, and a Lannan Literary Fellowship. He is the author of three books, and his work has been featured on NPR and in many anthologies.  
7 Mondays, 5:30–8:30pm  
Jan. 27-Mar. 17 (No class Feb. 17)  
Fee $119  
The Redwoods  
40 Camino Alto, Mill Valley  
CRN# 15084 EC  

WR I T E O N ! WORKSHOP: CREATIVE WRITING THAT NURTURES WELL-BEING THROUGH SELF-EXPRESSION  
We write to reveal ourselves to ourselves and to others. WR I T E O N ! creates a non-judgmental context where a person’s deeper truths are uncovered and may be shared. Sensing, stretching, and breathing bring us into the moment. This creative learning and training process rekindles self-esteem, bringing us the confidence to lead a more effective life. While the focus of the workshops is not on writing techniques, students find their writing improves in depth and resonance.  
Among the topics discussed are personal history, fictional derivatives of that history, loss, health/aging, birth/rebirth, the nature of love, and transitions. Constructive criticism has its place, but not in this class; here only positive reflections are shared.  
Published poet Robert-Harry Rovin developed and has led WR I T E O N ! for nine years.  
7 Saturdays, 2-4pm  
Feb. 1-Mar. 22 (No class Feb. 15)  
Kentfield Campus, Fine Arts 201  
Fee $119  
CRN# 15136 EC
Winter’s Theme: Pathways to the Interior

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 winter, as winter always prods us to do, we will explore pathways to our interiority, calling on such inwardly rich world-poets as Mirabai, Tomas Transtromer and Harry Martinson. As always, we will practice the Art of Being Surprised by Our Own Poems, and we’ll read and write to our hearts’ content. All experience-levels and styles welcome.

Co-taught by Prartho Sereno, MFA, whose award-winning poetry books include Causing a Stir and Call from Paris, and Catlyn Fendler, MFA (Poetry), MA (Interdisciplinary Consciousness Studies)

8 Tuesdays, 2:10–4:30pm
Jan. 28–Mar. 18
Kentfield Campus
Austin Center 104
Fee $91 (Includes $2 materials fee)
CRN #15082 EC

Emeritus College

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

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JOIN EMERITUS For the Joy of it. Emeritus Students Activities Application

LAST NAME FIRST MIDDLE INITIAL

STREET ADDRESS

CITY STATE ZIP

PHONE NUMBER

EMAIL

☐ Female ☐ Male ☐ 55 or Over ☐ Under 55

PLEASE CHECK THE APPROPRIATE BOX

☐ New ☐ Renew

SIGNED

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

EMERITUS COLLEGE
AT COLLEGE OF MARIN

LIFELONG LEARNING,
LIFELONG DOING,
LIFELONG FRIENDS

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.

LIFELONG FRIENDS

EMERITUS CENTER
Kentfield Campus: Students Services Building Room 146. Phone 415.485.9652
Indian Valley Campus: 415.457-8811 ext. 8322

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Emeritus Council is Looking for Writers, Artists, Accountants, Desk Volunteers and People Who Want to Lead.
Call 415.485.9652 Become a Member. Join ESCOM. Lifelong Learning Lifelong Doing Lifelong Friends

Emeritus Students College of Marin (ESCOM)

A Student Organization for Marin’s Mature Adults
Join Emeritus Students of College of Marin (ESCOM), established in 1974, and discover a world of opportunity to support lifelong learning and network with like-minded individuals. Members are from all social and educational backgrounds.

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

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, Friday, January 17.

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

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

Other Ways to Apply
You may also apply in person or by mail by completing and submitting the Noncredit/ Community Services Application for Admission, available on campus and found at the center of this Community Education schedule of classes. You can also print out the online form and bring it with you to pay in person.

Registration Information

REGISTRATION BEGINS
Thursday, January 2
For more information, call 415.485.9305.

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

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

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

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

To Register for Classes
On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are tabs, including Home, Student, and Tutorials. Click the Student tab. On the left hand side of the screen, it gives you several options. Click: Register, Add or Drop Classes. Select a term. Example: Winter 2014 Community Ed. (Term must include words Community Ed.) Click Submit. The next screen will say Add or Drop and will give you 10 boxes in which to add classes. Enter the Course Registration Number (CRN) for each class selected. Once you have entered your classes, click on Submit Changes to register. Community Education classes may not be dropped online.

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

Registration fees are due at the time of registration. Nonpayment will result in being dropped from your class.

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

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

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

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

Additional Information

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

Materials and Special Fees
Materials fees cover the cost of supplies and duplicating distributed to students in class. Special fees cover additional costs and may include rental fees, other supplies, and in the case of computer classes, software licenses, computer replacement fund, and other equipment fees.

Confirmation of Enrollment
A confirmation of enrollment may be obtained through the MyCOM Portal at https://MyCOM.marin.edu.
Waitlist Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If you are allowed into the class by the instructor, please request an Authorization Code from the instructor and register with it, using any of the registration procedures described here.

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

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

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

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

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

Textbooks
If an instructor wishes to recommend a textbook to students, that information will be included in the course description. If the instructor has requested, texts will be available at the College Bookstore, 415.485.9394, and are available to order online at http://marin.bncollege.com (Note: Select “C ED” under Department).

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

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

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

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

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

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

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

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

Purchase Your Parking Permit Online

Winter 2014 Parking Permits are available now for online purchase only.
Please be advised that you must be enrolled for Winter 2014 classes in order to be eligible to purchase a student Parking Permit. A nominal processing fee of $3.50 applies to all online Parking Permit orders.

Follow these easy steps:
1. Click on the Parking Permit link in the Student Records Channel (bottom left corner of the portal page)
2. Fill out the form & follow directions
3. Print Temporary Parking Permit (paper) You will receive your Term Parking Permit in the mail (decal). Please note: Discount for eligible financial aid students will be applied to online orders.

Directory
Community Education Main Office
415.485.9305
Intensive English Program
415.457.8811, ext. 8579
International Education Office
415.457.8811, ext. 7740
Admissions & Records Office
415.457.8811, ext. 8822
Emeritus Center, Kentfield
415.485.9652
Emeritus Center, Indian Valley Campus
415.457-8811, ext. 8322
Counseling
415.485.9432
Bookstore
415.485.9394
Library Services
415.485.9656
Media Center/Language Lab
415.485.9645
Disabled Students Program
415.485.9406

Community Education
College of Marin Superintendent/President
David Wain Coon, Ed.D.
Executive Dean
Indian Valley Campus & Workforce Development
Nanda Schorske

Community Education Services Staff
Director, Community Education, Lifelong Learning, and International Education
Jason Lau, Ph.D.
Program Specialists
Cheryl Carlson, Jesse Klein
Intensive English Program (IEP) Coordinator
Sara Oser
Administrative Assistant
Valerie Marckwordt
Community Education Office Technician
Heather Peitz
International Education Office Technician
Rebecca Freeland
Intensive English Program (IEP) Office Aide
Brady Meyring
Work-Study Students
Yuliya Ghosh, Michelle Grijalba

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

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

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


College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review. College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

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

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

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

Open Enrollment Policy

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

Admissions and Records
SS 254, 415.457.8811 ext. 8822

Assessment and Testing Office
SS 230, 415.485.9469

Bookstore
LC, First Floor; 415.485.9394

CalWORKs
LC 160, 415.485.9605

CalWORKs Employment Counseling
LC 31, 415.485.8711 ext. 7616

Campus Police
TB 1, Rm. 105, Lost and Found and other
non-emergencies 415.485.9455

In case of emergency, dial 911

Child Study Center
1144 Magnolia Ave. (see map below); 415.485.9468

Counseling
SS 212; 415.485.9432 (appointments)
415.485.9431

Disabled Students Program and
Services (DSPS)
LC 115; 415.485.9406

Distance Education Support Center (DESC)
LC 121, 415.457.8811 ext. 7953

Emeritus (ESCOM)
SS 146; 415.485.9652

English as a Second Language (ESL)
AC 137; Credit/Noncredit ESL; 415.485.9462

English Lab/Writing Center
LRC 120; 415.485.9609

Extended Opportunity Programs
and Services (EOPS)
LC 160; 415.485.9605

Financial Aid
SS 236; 415.485.9409

Food Service
SS 1st Floor; Fresh & Natural Café;
510.566.3339

Health Center
HS; 415.485.9458

Instructional Technology,
Distance Education
LC 126, 415.485.9540

Intercollegiate Athletics
PE 16, 415.485.9580

International Student Admissions
SS 254, 415.883.2211 ext. 7719

Job Placement
SS 206, 415.485.9410

Library
LC 2nd Floor; 415.485.9656

Math Lab
SMN 129; 415.485.9608

Media Center/Language Lab
LC 110, 415.485.9645

Outreach and School Relations
SS 232, 415.485.9663

Puente Program
SS 241; 415.485.9375
415.485.9432 counseling appointments

Single Stop
SS 124, 415.457.8811 ext. 7761

Student Affairs
SS 250; 415.485.9376

Student Ambassadors
(Campus Tours)
SS 232, 415.457.8811 ext. 7860

Transfer and Career Center
SS 202, 415.485.9671

Tutoring and Learning Center (TLC)
LC 160, 415.485.9620

Veterans Admissions Services
SS 254, 415.457.8811 ext. 7719

DIRECTIONS FROM HIGHWAY 101: Kentfield Campus, 835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight).

For Diamond Physical Education Center, Austin Science Center, Learning Resources Center (library and bookstore) and the Student Services Building (Admissions and Records), turn left on College Avenue. For Performing Arts Building (James Dunn Theatre and Fine Arts Gallery), Fine Arts Building, and Fusseman Hall, stay on Sir Francis Drake Blvd., turning left on Laurel Ave. Park in college parking lots.

For information about Parking Permits, please see page 47

FOR MORE INFORMATION CALL 415.485.9305

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Indian Valley Campus Map

Admissions and Records
Bldg. 27, East Hall, 1st Floor
415.457.8811 ext. 8822

Assessment and Testing Office
Bldg. 27, Rm. 125; 415.457.8811 ext. 7669

Bookstore
Bldg. 17, Rm. 104
415.457.8811 ext. 7394

CalWORKS
Bldg. 27, Rm. 104; 415.457.8811 ext. 7605

CalWORKS Employment Counseling
Bldg. 17, Rm. 101; 415.457.8811 ext. 7616

Campus Police
Bldg. 11, Rm. 103; Lost and Found and other non-emergencies 415.485.9696
In case of emergency, dial 911

Computer Lab
Career Study Center, Bldg. 17

Child Development Center
Bldg. 12, Rm. 105; 415.457.8811 ext. 8170

Counseling
Bldg. 27, Rm. 105 and 106
415.457.8811 ext. 7432

Disabled Students Program and Services (DSPS)
Bldg. 27, Rm. 104; 415.457.8811 ext. 7406

Early Head Start Infant Toddler Center
Bldg. 12, Rm. 120 and 121
415.457.8811 ext. 8171

Emeritus (ESC)
Bldg. 10; Rm. 140; 415.457.8811 ext. 8322

Extended Opportunity Programs and Services (EOPS)
Bldg. 27, Rm. 104; 415.457.8811 ext. 7605

Financial Aid
Bldg. 27, Rm. 107; 415.457.8811 ext. 8118

Food Service
Bldg. 27; Vending machines

Health Center
Bldg. 9, Rm. 121; 415.457.8811 ext. 7458

Intensive English Program (IEP)
Bldg. 3, Rm. 258; 415.457.8811 ext. 8579

International Student Admissions
Bldg. 27, 1st Floor East Hall
415.457.8811 ext. 8114

Job Placement
Bldg. 27, Rm. 103; 415.485.9410

Library
Bldg. 27, Rm. 124; 415.457.8811 ext. 8505

Media Center
Bldg. 27, Rm. 124; 415.457.8811 ext. 8505

Outreach and School Relations
Bldg. 17, Rm. 106; 415.457.8811 ext. 7663

Call for campus tours

Puente Program
Bldg. 27, Rm. 120; 415.485.9375
415.485.9432 counseling appointments

Student Affairs
Bldg. 27, Rm. 120; 415.457.8811 ext. 7376

Transfer and Career Center
Bldg. 27, Computer Area
415.457.8811 ext. 7671

Tutoring
Bldg. 17, 415.457.8811 ext. 7620

Veterans Admissions
Bldg. 27, East Hall, 1st Floor
415.457.8811 ext. 8114

DIRECTIONS FROM HIGHWAY 101: Indian Valley Campus, 1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit and continue on Ignacio Blvd. west (approx. two miles) to the Indian Valley Campus.

For Buildings 1, 2, 3, 4, 5, 6, 7 and 27 park in Lots 1 and 2.
For Fiscal Services, Buildings 8, 9, 10, 11, 12, 13, 14, 15, 16 and 17, park in Lots 3 and 4.
For Building 20, the pool, and the Organic Farm, park Lots 5 and 6.

For information about Parking Permits, please see page 47

50 CLASSES START MONDAY, JANUARY 27. REGISTER EARLY.
MONDAY
Club: Bridge Club
When: Mondays, 1:00 to 4:30 p.m.
Where: Cafeteria, Kentfield
Contact: Lynn Mason, 456-2508.

Club: Great Minds of Western Philosophy Club
When: 1st and 3rd Mondays of month, 10:15 a.m. to 12:15 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Arlene Stark, 925-1214, arlenestark@att.net

Club: IVC Book Forum
When: 4th Monday of month, 3:00 to 5:00 p.m.
Where: Emeritus College, IVC campus
Contact: Louise Kerr, 883-2823, LRKerr210@gmail.com

TUESDAY
Club: Moral-Ethical & Legal Issues Roundtable
When: 1st and 3rd Tuesdays of month, 10:00 a.m. to 12 Noon
Where: Emeritus College, Kentfield Campus
Contact: Cole Posard, 491-4118, colemanposard@att.net

Club: Writer’s Workshop
When: 1st Tuesday of month, 1:00 to 4:00 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Shirley Pullan, 381-6952, shirlmv@comcast.net

Club: Bocce/Petanque Ball
When: Tuesdays, 9:30 a.m.
Where: Albert Park San Rafael
Contact: Chris Cruitt, 755-8757, chriscruitt@gmail.com

Club: Great Books Discussion Group
When: 2nd and 4th Tuesdays of month, 10:00 a.m. to 12 Noon
Where: Emeritus College, IVC campus
Contact: Don Polhemus, 883-3567, dondorpol@aol.com

WEDNESDAY
Club: Opera and Beyond Club
When: Last Wednesday of month, 1:00 to 3 p.m.
Where: Emeritus College, Kentfield Campus
Contact: Gil Deane, 456-2853, gildeane@aol.com

Club: Scrabble Club
When: Every Thursday, 2:00 to 4:00 p.m.
Where: Cafeteria, Kentfield Campus
Contact: Marlene Knox, 459-1427, marlsteve@comcast.net

Club: Great Ideas in Philosophy Club
When: Every Thursday, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: Lillian Hanahan, 883-2401, dhannahman2v@verizon.net

FRIDAY
Club: Book Banter Club
When: 2nd and 4th Fridays (Sept to May), 1:00 to 3:00 p.m.
Contact: Len Pullan 381-6952, lenpullan@comcast.net

Club: Global Issues Club
When: 3rd Friday of month, 2:00 to 4:00 p.m.
Where: Emeritus College, IVC campus
Contact: Colleen Rose 898-0131, colleenrose@juno.com

SATURDAY
Club: IVC Film Noir DVD Forum
When: 2nd and 4th Saturdays of month, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: Rudy Ramirez, 491-0522, rudycarm@gmail.com

Club: Humanities Club
When: 1st and 3rd Saturdays of month, 1:00 to 3:00 p.m.
Where: Emeritus College, IVC campus
Contact: Rudy Ramirez, 491-0522, rudycarm@gmail.com

LIFELONG LEARNING
LIFELONG DOING
LIFELONG FRIENDS
emeritus
ESCOR College of Marin Emeritus College
For Active Lifelong Learners $15 Annual Membership in the Emeritus Program comes with belonging to more Clubs of your choosing than we can list, serving on the Council social events, and much, much more. Participation in all clubs requires an Emeritus Students Activities Card. More clubs are being developed. For further information, call 415.485.9652.

ANNOUNCING EXCITING NEW CLUBS:
Adventurer’s Club; Atelier Club; British & Foreign Film Club; Chess Club; Islamic Studies Club;
IVC Digital Photo Club; and Painting Club.
For more details, visit www.marin.edu/CommunityEducation/emeritus.html
Find Your Future Career Development in Marin

Beginning Spring Quarter 2014, Community Education will be offering an innovative Career Development Program for Marin residents. Whether you are looking for a job, changing careers, returning to work, or planning for a meaningful retirement, this new program will have something for you.

We are excited about this new program and welcome your participation. Sign up for one or both of the following classes and start building your career today.

**FIND THE RIGHT FIT: CAREER TRANSITIONS FOR WOMEN** (CRN # 15134)
Start your new year off by finding a career that is more fulfilling for you. Whether you are considering changing careers or returning to the job market after an absence, this course is designed to help you find the right fit for the person you are now. You’ll leave with individual action steps and job search strategies that will help you find a more fulfilling career. See page 8.

**FIND YOUR LIFE WORK AT ANY AGE** (CRN # 15076)
Discovering your right livelihood can be a fun and exciting journey. In this experiential class, we present the latest research on career satisfaction and guide you through a multi-step process of personal exploration and practical planning. When you find your life work, your life works. See page 8.

Winter 2014
Jan 27 - Mar 22

College of Marin

www.marin.edu/CommunityEducation
415.485.9305