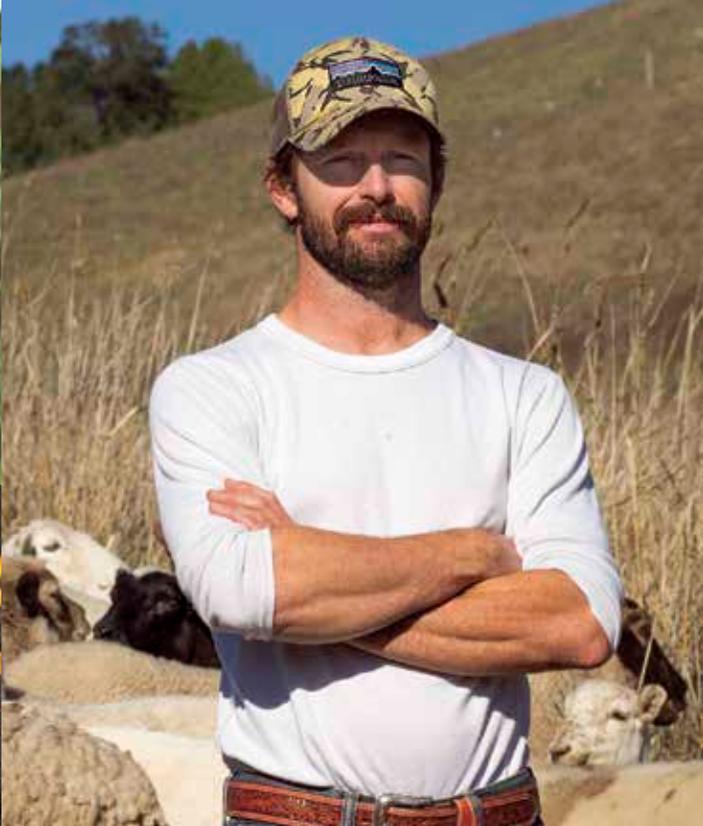


Community Education



URBAN AGRICULTURE

Explore our new Modern Shepherd and Mushroom Cultivation classes on pages 25 and 26.



NEW YEAR NEW YOU

Enroll in
one of our
new classes!

- BEGINNING FENCING
- SQUARESPACE.COM
- INTRODUCTION TO IPHONE
- SCRIPTWRITING
- FORENSIC PSYCHOLOGY
- LIFE REVIEW IN WORD AND IMAGE
- MINDFULNESS AND BIOLOGY
- THE HERO'S JOURNEY
- THE MODERN SHEPHERD
- MUSHROOM CULTIVATION
- LOW FAT FICTION
- INTERPERSONAL EFFECTIVENESS
- IRANIAN CINEMA
- STRESS REDUCTION STRATEGIES
- JUMPSTART WEIGHT MANAGEMENT

Contents | Winter 2017

College of Marin Community Education

ONLINE REGISTRATION

MarinCommunityEd.com

HOURS AND CONTACT INFORMATION

Mon-Thurs 9am-noon, 1-4pm

Fri 9am-Noon (Subject to change)

Phone: (415) 485-9305

Fax: 1 (415) 456-5065

Email: info@MarinCommunityEd.com

Facebook: facebook.com/

MarinCommunityEd

OFFICE LOCATIONS

Kentfield Campus

Student Services Building, Room 145

Kentfield, CA 94904

Indian Valley Campus

Building 7, Room 194

Novato, CA 94949

MAILING ADDRESS

835 College Avenue

Kentfield, CA 94904

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About

College of Marin Community Education offers a variety of short-term courses designed to meet the lifelong learning needs of the community. This fee-based program is developed for individuals who wish to explore their personal interests or enhance their careers. College credit is not given and there are no grades or tests. We are self-supporting; your fees pay for costs associated with our courses.

ESCOM Courses offer low-fee classes for older adults who wish to discover new interests, reconnect with lifetime passions, and find engaging interaction with like-minded individuals.

Refund Policy

We will gladly process your refund request if it is received in our office by 4pm, three (3) business days prior to the starting date of the class. Membership fees are not refundable. Submit your request and view details at MarinCommunityEd.com.



FOUR EASY WAYS TO REGISTER

1. Online: MarinCommunityEd.com

2. Phone: (415) 485-9305

3. Mail (Registration form p. 28)
Community Education
835 College Avenue
Kentfield, CA 94904

4. In Person
Kentfield Campus
Student Services Building, Room 145
Kentfield, CA 94904

Indian Valley Campus
Building 7, Room 194
Novato, CA 94949

HOURS

Mon-Thurs 9am-Noon, 1pm-4pm
Fri 9am-Noon (Subject to change)

College Campuses

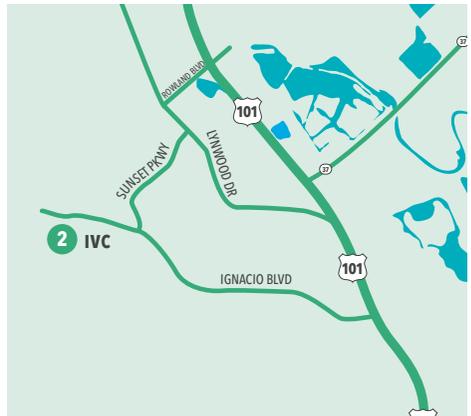
1

Kentfield Campus
835 College Ave
Kentfield, CA 94904



2

Indian Valley Campus
1800 Ignacio Blvd
Novato, CA 94949



Parking Information

Parking permits can either be purchased in-person or by phone at (415) 485-9305. If you purchase by phone, you will receive an email confirmation. A temporary parking permit will be sent to you by regular US Postal Mail within 3 business days once your enrollment and/or membership information has been verified. Permits must be clearly displayed or you will be cited.

Classes

How to read our class listings.

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

Visit MarinCommunityEd.com to view the full class description.

Class title
ESCOM Courses
Featured class

Class description

Class ID, instructor, campus location, building, room number

Days, times, dates

Course fee, ESCOM member discounted fee, materials fee

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

0051 | Cohn | **KTD** | FA 301
6 Wednesdays, 2:40-5:30pm | Sept 3-Oct 8
\$105 (MF \$24) | **ESCOM \$85 (MF\$24)**
Course cost includes materials fee.

What our symbols mean

KTD = Kentfield Campus
IVC = Indian Valley Campus
OFF = Off Campus
AC = Academic Center
EC = Emeritus College

FA = Fine Arts Center
LRC = Learning Resources Center
MF = Materials Fee
PA = Performing Arts
PE = Physical Education Center

RM = Room
SF = Special Fee
SMN = Science Math Nursing
SS = Student Services Center
VS = Village Square

Art

Figure Painting

This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student's choice, while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations, and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos. Bring your own supplies to the first class and be ready to start working.

2420 | Bencich | **KTD** | FA 301
5 Saturdays 9:10am-1pm | Feb 4-Mar 11
1 Saturday 9:10am-5:30pm | Mar 18
(No class Feb 18)
\$243 (Includes MF \$66)

EC | Abstracting Landscapes in Acrylics

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

2416 | Healey | **KTD** | FA 301
4 Tuesdays 2:40-5:30pm | Feb 7-28
\$84 (MF \$1) | **ESCOM \$64 (MF \$1)**
Course cost includes materials fee.

Drawing with Chalk Pastels

From sketches and dark and light studies to fully developed drawings and paintings, explore the full range of chalk pastels. First time students will have a full introduction to the chalks, surfaces, and techniques. Continuing students will work on 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 cost from \$90-\$150 and will be discussed during the first class.

2431 | Lawrence | **KTD** | FA 215
6 Fridays 1:10-4pm | Feb 3-Mar 17
(No class Feb 17)
\$101

Amazing Pet Portraits in Pastels

Capture not just the look of your pet but your pet's personality as well. Starting with just the right photo to work from, in just a short time you will be well on your way to creating vibrant, life-like portraits. We will start with the basics in dark and light, then follow with pastels. You will learn about shapes, values, line, and movement. What makes a piece jump off the page? Lecture and demos will get you started. Then we will critique, discuss, and adjust accordingly. You will be amazed. Bring clear, sharp, large photos and drawing materials to the first class. Materials will cost from \$90-\$150 and will be discussed during the first class.

2552 | Lawrence | **KTD** | FA 215
7 Tuesdays 2:10-5pm | Jan 31-Mar 14
\$113

EC | Watercolor Basics and Beyond

An all levels class, however, beginners will receive the very basics. More advanced students are encouraged to work on their own projects, or, if desired, the instructor will provide specific assignments. How to 'control' the paint or let it 'flow,' color mixing, and composition will be covered. We will work from still lifes and landscapes. Come and paint in a very supportive atmosphere.

2413 | Meade | **OFF** | San Geronimo*
6 Fridays, 10:10am-1pm | Feb 3-Mar 24
(No class Feb 17)
\$117 (FF \$16) | **ESCOM \$97 (FF \$16)**
Course cost includes facility rental fee.
* 6350 Sir Francis Drake Blvd San Geronimo

2412 | Johnson | **KTD** | FA 215
6 Saturdays, 10:10am-1pm | Feb 4-Mar 18
(No class Feb 18)
\$101 | **ESCOM \$81**

NEW | EC | The Flow of Watercolor: Trees, Lakes, and Snow

You love nature and want to paint it in a way that is unique to you. Learn how to create trees that feel alive, and paint beautiful, tranquil lakes that show reflections and movement with watercolor. Use the white of your paper with animated shadows to invoke the snow scenes you remember or wish to see in the mountains. If you want to paint up a “storm,” mist white gouache over your watercolor scene! All levels are welcome. Continuing students may choose to work independently. Individual attention will be given as time allows.

2438 | Cohn | KTD | FA 301
6 Wednesdays 2:40-5:30pm | Feb 1-Mar 8
\$109 (MF \$8) | ESCOM \$89 (MF \$8)
Course cost includes materials fee.

Mixed Media Art Books

This class will introduce you to the inspiring and creative world of handmade art books. Using mixed media such as altered papers, photos, collage, metal, and fabric, you will discover how to create unique art books and journals. We will cover how to combine monotyping, stitching, photo-transfer, free-form calligraphy, and a variety of binding techniques to create a different type of book each week. A materials fee will cover supplies for the first class. Students will purchase additional materials as needed.

2419 | Jucker | KTD | FA 215
6 Tuesdays 7:10-9:30pm | Feb 7-Mar 14
\$122 (Includes MF \$30)

Jewelry and Metalsmithing

The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student's personal design ideas.

BEGINNERS/BEGINNERS PLUS

2441 | Haiman | KTD | FA 123
7 Tuesdays 7:10-10pm | Jan 31-Mar 14
\$138 (includes MF \$25)

INTERMEDIATE/ADVANCED

2442 | D'Agostino | KTD | FA 123
7 Wednesdays 9:10am-4pm | Feb 1-Mar 15
\$248 (includes MF \$25)

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 will create their own painting after the first class and improve their painting skills and creativity throughout the session.

2424 | Cheng | KTD | FA 301
7 Mondays 9-10:30am | Jan 30-Mar 20
(No class Feb 20)
\$105 (Includes MF \$25)

See page 9 for more courses offered by the Marin Chinese Cultural Association.

Spontaneous Painting: Watercolor and Fluid Acrylic Wet-into-Wet

Discover the nature of these poetic and spontaneous mediums, and learn how to handle them. Enhance your current painting techniques or start with beautiful atmospheric and textural effects. Color mixing and saturation, rhythmic composition, and intuitive resolution will be emphasized. Freedom of expression is encouraged. Abstract, representational, or combined approaches and all levels of skill are welcome. Bring a playful spirit and watercolor supplies to the first class. Suggested materials list will be emailed to you by the instructor.

2415 | Duchamp | KTD | FA 312
6 Wednesdays 2:10-5pm | Feb 8-Mar 15
\$101

NEW | Drawing and Painting Workshop

Develop your skills in drawing and painting while discovering and nurturing your unique expression. Composition, color, spatial relationships, layering, adding and subtracting will be addressed as a means for creating the images that you want. Accepting the unpredictable will be encouraged. Subject matter can be taken from nature, the imagination, photographs, poetry, music, film, the news, anything. Students will be asked to keep a visual and written journal of source material. Understanding and appreciating one's own mark-making and perspective will be at the core of this class as well as improving hand-eye skills. Instructor will give visual presentations and bring books for class discussion. Materials will be discussed in the first class.

2476 | Yokell | **KTD** | FA 215
6 Wednesdays 10:10-1pm | Feb 8-Mar 15
\$101

Business/Career Development

Four Steps to a Better Job

With the job market opening up, now is the time to find more rewarding work. Whether you are looking for your first career, considering a major job change, or returning to the job market after an absence, this course is designed to help you find the right job for who you are today. Using respected career tools, you will identify your strongest skills and match them to potential career paths. You'll also clarify your ideal work environment and interests to focus your search. In just four nights, you will have created your ideal career profile and developed your next steps toward getting the job you want.

2524 | Tenison-Scott | **KTD** | SMN 217
4 Wednesdays 6:10-9pm | Feb 1-Feb 22
\$94 (Includes SF \$15)

What is Your Gold, Silver, and Jewelry Worth?

If you've inherited jewelry, silver or coins, if you love to treasure hunt, want to add to your income, have some jewelry to sell or are just curious about how precious metals are valued, please join us for a four hour workshop. Learn the secrets of the trade, including how to identify jewelry made of precious metals, determine its value, and sell it in the right place for maximum profit. Learn how to read karat marks and hallmarks, identify items of historical or antique value, and where to get metals price quotes. Instruction will also be provided in using the tools of the jewelers' trade, including the magnifier called the 'jeweler's loupe', the weight scale, and testing equipment. A professional jeweler's loupe and the instructor's companion book *The Urban Gold Miner* are included. Hank Friedman has 40 years of experience buying from private sellers, second hand stores, flea markets, antique shops, and on the internet and is a charter member of the Jewelers Trade Network. Students should bring up to two pieces for evaluation to the workshop.

2562 | Friedman | **KTD** | AC 237
1 Saturday 9am-1pm | Feb 11
\$78 (Includes MF \$30)

CREATIVE WRITING

Thomas Centolella

Thomas Centolella is a former Stegner Fellow in poetry at Stanford University and the recipient of the American Book Award, the California Book Award, the Northern California Book Award, and the Lannan Literary Award. His poems have been featured on Garrison Keillor's "The Writer's Almanac" and in numerous anthologies. His newest book, *Almost Human*, won the Dorset Prize from Tupteo Press and is due this year. He has taught creative writing in the Bay Area for 30 years.

For more instructor bios visit MarinCommunityEd.com.



Computer

Squarespace.com: Fast, Easy Web Site Creation

Design and construct your own website using Squarespace, a fully hosted, completely managed environment for creating and maintaining a website, blog or portfolio. Allowing point-and-click control over every design element, this platform is perfect for personal or small business websites. Squarespace is completely web browser based and works with all popular web browsers.

In this course we will cover site set-up and page style template selection, customization of style templates, creating page content and links and much more.

2444 | Salzman | **IVC** | Bldg 7 Rm 192
3 Mondays 7-10pm | Feb 27-Mar 13
\$119

Introduction to iPhone/iPad/iPod Touch Apps

Transform your iPhone or iPad into the true mobile computer it has become and access full internet capabilities and mobile connectivity. During this class, we will view applications from the Apps Store ranging from Books and Business to Social Networking, Sports, and Travel. We will also look at iTunes U with a large number of free audio and video courses from leading colleges and universities around the world. There will be plenty of time for

class discussion and questions. Bring your iPhone or iPad to class.

2445 | Salzman | **IVC** | Bldg 7 Rm 192
3 Saturdays 1-4pm | Feb 4-25
(No class Feb 18)
\$119

Contemporary Science

NEW | **EC** | Forensic Psychology

This course introduces forensic psychology to anyone interested in the criminal justice system. Unlike a course in forensic sciences which focuses on scientific issues such as toxicology, ballistics, fingerprints, etc., forensic psychology deals with the psychological issues related to topics such as lie-detection, hypnosis, false confessions, criminal responsibility, profiling, victimology, mental competence, the death penalty, eyewitness identification, psychological autopsies, jury deliberations, line-ups, and interviewing victims, witnesses, and suspects.

2536 | Cavanaugh | **KTD** | LC 39
7 Tuesdays 2- 4pm | Jan 31-Mar 14
\$91 | **ESCOM FREE**
(Sponsored by the Haddie Fund)

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.

Beginning Conversational Mandarin Chinese

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

2514 | Peng | **KTD** | PE 91
7 Tuesdays 6:40-8:30pm | Jan 31-Mar 14
\$91

Intermediate Conversational Mandarin Chinese

This course is designed to teach an intermediate level of listening and speaking in Mandarin Chinese. Students will expand their vocabulary and develop the ability to engage in conversations that focus on basic personal information, some daily activities, personal preferences, and shopping. Students will continue to practice basic sentences and develop oral fluency in conversation.

2515 | Peng | **KTD** | PE 91
7 Wednesdays 6:40-8:30pm | Feb 1-Mar 15
\$91

FREE | MCCA Advanced Mandarin Chinese

Prerequisite: Successful completion of Beginning and Intermediate Conversational Mandarin, offered by College of Marin Community Education. To register or for more information, call Emily Peng at 415.342.5224 or email misspeng.emily@gmail.com. Meeting time: Every Monday, 5:15-7:15pm Location: Indian Valley Campus 1800 Ignacio Blvd. Novato, CA 94949

See page 14 for more exciting language classes.

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 currently being considered by 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, but its primary emphasis is on current issues. We will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

2558 | Krause | **KTD** | VS 5A
6 Tuesdays 11:10am-1pm | Jan 31-Mar 7
\$85 (\$2 MF) | **ESCOM \$65 (\$2 MF)**
Course cost includes materials fee.

Dance

Traditional Hawai'ian Dance

This course offers an introduction to classic choreography in two styles of Hawai'ian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will explore the effect of pre-missionary era Hawai'ian history and culture on social protocols, and their relationships to the Hula.

2522 | Saunders | **KTD** | PE 22
7 Thursdays 7-8:30pm | Feb 2-Mar 16
\$89 (includes SF \$9)

EC | International Folk Dance

Come learn dances from all over the world including Serbia, Turkey, Romania, 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 are 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.

2494 | Friedman | **KTD** | PE 22
7 Wednesdays 2:10-3:30pm | Feb 1-Mar 15
\$74 | **ESCOM \$54**

Drama/Stage and Screen

Introduction to Voice Acting

This is a chance to have time on the mic with a critique from Terry McGovern, as well as to learn everything you've ever wanted to know about the business and marketing of voice acting. This experiential and informational workshop includes a guest speaker from the industry. Scripts provided! There will be a one-hour lunch break.

2446 | McGovern | **KTD** | SMN 226
2 Saturdays 10am-5pm | Feb 25 & Mar 4
\$99 (includes MF \$2)

Financial Planning

EC | Increase Your Home Value with a Junior Unit

Your home is your biggest investment, and it should be working for you. Come learn how the creation of a legal accessory dwelling can benefit you and your community. Topics will include types of units, zoning and legal requirements, financing, and a new, simpler permitting process to turn a bedroom into a "junior" unit.

2496 | Ginis | **KTD** | PE 91
2 Wednesdays 2:10-4pm | Feb 15 & 22
\$53 | **ESCOM \$35**

Wi\$e Up: Financial Education for Women

This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence, and create a road map to reach your financial goals. Each week, students will review information to build a foundation in the following: money, credit, debt, savings, insurance, investments, and financial security.

2436 | Abe | **KTD** | AC 248
4 Thursdays 6:15-8:15pm | Mar 2-Mar 23
\$73 (includes MF \$8)

Reverse Mortgage 101

Are you a homeowner, 62+ who would like to utilize the equity in your home without having a required monthly repayment? Then the HECM FHA-government insured loan may be the answer. We will discuss pros and cons, eligible properties and candidates, options for receiving your money and more pertaining to reverse mortgages. This class will be of importance if you are a senior homeowner, have elderly parents, or are a Financial Planner/CPA preparing a retirement plan for a client. This course is informational and educational only. No sales products will be presented.

2523 | Schwartz | **IVC** | Bldg 27 Rm 118
1 Saturday 12:30-4:30pm | Mar 4
\$53

Life and Retirement Planning Today

This course is designed to teach you how to build wealth and align your money with your values to accomplish your goals. Whether you plan to retire in 20 years or have just recently retired, the information you learn in this class will deliver rewards throughout your lifetime. Spouses can attend at no additional cost. Please come to the first class 15 minutes early to register.

2556 | Hall | **IVC** | Bldg 5 Rm 188
2 Saturdays 9am-noon | Feb 25 & Mar 4
\$59

2561 | Hall | **KTD** | VS 11
2 Tuesdays 6-9pm | Mar 7 & Mar 14
\$59

Food and Wine

Wine Tasting Fundamentals

As a wine lover have you ever wondered about the aromas and flavors in your glass? Be introduced to the world of wine by an instructor with over 24 years of experience in the wine industry, including as an internationally published wine writer and wine judge. This class will cover the basics of the process of wine making and wine tasting. We will explore different types of wines, where they come from, "wine talk" and what it really means, and some basics of food and wine pairing. Students should bring 2-3 wine glasses to each class, and must be at least 21 years old.

2447 | Sandri | **KTD** | SS 111
1 Saturday 9am-3pm | Feb 11
\$88 (includes MF \$13)

History of Wine in 150 Minutes!

Wine has been around for thousands of years, but do you know the history of it? This class will explore it all---in 150 minutes!!! Tasting will be part of this worthwhile whirlwind historical tour, so please bring 2-3 wine glasses with you as well as a taste for adventure. Students must be at least 21 years old.

2448 | Sandri | **IVC** | Bldg 13 Rm 226
1 Saturday 10am-12:30pm | Mar 4
\$57 (includes MF \$7)

Beer and Cider Tasting Fundamentals

Beer and Cider is growing in popularity, but how do you identify what you are tasting? This class will cover basics of production, how to taste and what to taste for, and basics of food pairing. Students should bring 2-3 drinking glasses to each class, and must be at least 21 years old.

2449 | Sandri | **KTD** | SS 111
1 Saturday 9am-3pm | Mar 11
\$86 (includes MF \$13)

The Wines of Luxury: Exploring Champagne and Port

When most people seek out wine for special occasions they find a fitting Champagne or Port. This class will explore these sparkling and fortified wines of the world, highlighting their traditional homes as well as diverse global expressions. Students should bring 2-3 wine glasses to each class, and must be at least 21 years old.

2450 | Sandri | **IVC** | Bldg 13 Rm 226
2 Wednesdays 6:30-9pm | Mar 8 & 15
\$88 (includes MF \$15)

Health Education

NEW | Jumpstart Weight Management

Learn how to change your eating and exercise behaviors and adopt a healthy lifestyle. No gimmicks; pure evidence-based nutrition, exercise, and health behavior change methodology. LoseMore(SM) Jump Start combines the use of meal planning and exercise best practices with expert behavior change counseling. This class offers distinct advantages because of the high level of accountability, skilled facilitation by a Master's Degree holding health education professional, and the supportive social network that forms and keeps you aligned with your goals.

2546 | Lahey Huff | **KTD** | AC 105
6 Saturdays 10am-11:30am | Feb 4-Mar 18
(No class Feb 18)
\$76 (includes MF \$5)

Health Sciences

NEW | Stress Reduction Strategies for Helping Professionals: Nurses, Teachers, Health Care Workers and Others

This experiential course presents skills to successfully manage stress. Each student in this course will: develop awareness of habitual stress responses, practice mindfulness meditation, learn one-minute stress busters, explore the benefits of meditation practice, discover compassion practices, and develop a self-care plan. Teaching methods include lecture, discussion, and guided meditations. This course references the work of Jon Kabat-Zinn, PhD, founder of Mindfulness-Based Stress Reduction (MBSR). (CEUS available for RNs.)

2547 | Lefkowitz | **KTD** | PE 22
1 Sat 1 Sun 9:30am-4:30pm | Feb 25-26
\$93 (includes MF \$10)

History

EC | The History of the Jews From Spain

The history of Spanish Jews dates back 2,000 years to when the Romans destroyed the Second Temple in Jerusalem, and brought Jews with them back to Europe. Since that time, the Jews of Spain experienced times of oppression and hardship, as well as periods of unprecedented growth and renewal.

Join us in discovering the origins and evolution of the Jews from Spain, presented within the background of Spanish History from their arrival to the time of their expulsion in 1492 by the Spanish Inquisition and supported by the monarchs Isabella of Castile and Ferdinand of Aragon. The class will end

with the return of the Jews to Spain in 1858, and their present situation. Class format will include lectures and Power Point presentations.

2418 | Harkins | **KTD** | AC 102
7 Mondays 2:10-4pm | Jan 30-Mar 20
(No class Feb 20)
\$92 (MF \$1) | **ESCOM \$72 (MF \$1)**
Course cost includes materials fee.

Home and Garden

Natural Floral Design: Flower Carpets/Pavés

A flower carpet or Pavé is a flat, textural arrangement of flowers made in a shallow container of water. Europe has a rich history of Pavé style flowers and examples of exquisite arrangements are easy to find. In this class students will learn about the Pavé technique, look at sample arrangements, and then create their own arrangement. Students will walk away with new skills as well as great ideas for making additional, varied table arrangements. The instructor will provide flowers and tape, and students are asked to bring a low container for their arrangement. The instructor will e-mail container recommendations or, if desired, purchase a low-cost container for you.

2551 | Nardo | **KTD** | FA 312
1 Saturday 10am-noon | Feb 11
\$89 (Includes MF \$28)

Languages

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

Program Timeline

FIRST YEAR LEVEL A	QTR 1	QTR 2	QTR 3	QTR 4
SECOND YEAR LEVEL B	QTR 5	QTR 6	QTR 7	QTR 8

A = BEGINNER, B = INTERMEDIATE, A/B = BEGINNER/INTERMEDIATE

Course Listings and Schedule

CLASS ID	COURSE TITLE	LEVEL	DATES	SESSIONS	TIME	DAY	ROOM	FEE	INSTRUCTOR
2508	CONVERSATIONAL FRENCH	A3	1/30-3/13 [^]	6	6:40-8:30PM	M	VS 1A	\$85	LEBAS
2509	CONVERSATIONAL FRENCH	B7	2/1-3/15	7	6:40-8:30PM	W	AC 246	\$91	LEBAS
2488	CONVERSATIONAL ITALIAN	A3	2/1-3/15	7	7:10-9PM	W	AC 249	\$91	CANTARUTTI
2489	CONVERSATIONAL ITALIAN	B	2/2-3/16	7	7:10-9PM	TH	AC 245	\$91	CANTARUTTI
2521	CONVERSATIONAL ITALIAN	B7	1/31-3/14	7	2:10-4PM	T	VS 3	\$93*	SALOMONE-SMITH
2493	CONVERSATIONAL GERMAN	A3	2/2-3/16	7	6:40-8:30PM	TH	FA 201	\$91	EMAMI
2502	CONVERSATIONAL SPANISH	A3	1/31-3/14	7	2:10-4PM	T	VS 7	\$91*	HAIN
2511	CONVERSATIONAL SPANISH	A	2/2-3/16	7	7:10-9PM	TH	AC 247	\$91	MCINNES
2490	CONVERSATIONAL SPANISH	B7	2/3-3/17 [^]	6	2:10-4PM	F	AC 102	\$84*	DIBENEDETTO
2514	CONVERSATIONAL MANDARIN	A	1/31-3/14	7	6:40-8:30PM	T	PE 91	\$91	PENG
2515	CONVERSATIONAL MANDARIN	B	2/1-3/15	7	6:40-8:30PM	W	PE 91	\$91	PENG
2532	BEGINNING LATIN	A	2/1-3/22 [^]	7	6-8 PM	W	AC 102	\$91	STOCKER

TEXTBOOKS: WHEN THE PURCHASE OF A TEXTBOOK IS RECOMMENDED, THAT TEXT WILL BE USED FOR THE ENTIRE SERIES. COSTS OF TEXTBOOKS VARY. *ESCOM MEMBERSHIP DISCOUNTS APPLY. [^]SKIP DATES APPLY. VISIT WWW.MARINCOMMUNITYED.COM FOR MORE DETAILS.

Italian in the Kitchen

Buon appetito! Have fun learning a language through Italian food and culture. Be introduced to recipes in class, cook Italian food at home, and share what you've cooked with your classmates. All class activities will be conducted in Italian, of course!!! Beyond words and recipes, this class will also introduce relevant Italian cultural tidbits. No previous knowledge of Italian or cooking ability needed.

2557 | Labriola | **IVC** | Bldg 27 Rm 233
6 Wednesdays 3:10-5pm | Feb 1-Mar 15
\$84 (Includes MF \$1)

See page 14 for more exciting language classes.

Literature/ Humanities

EC | *Fault Lines*, A Novel by Nancy Huston

Join us in reading excerpts and analyzing and discussing this captivating novel by one of France's most talented writers. *Fault Lines* won the Prix Femina and confirmed Nancy Huston's literary fame in her adopted France. Written in French and published in France, the novel sold 400,000 copies before being translated into English by the Canadian-born author.

The themes in *Fault Lines* are self-exploration and quest for belonging. The protagonists are children of four generations of the same family, tracing their history from California to New York, from Haifa to Toronto to Munich. This is a fascinating tale in which love, music, and faith confront evil.

2452 | Harkins | **KTD** | AC 104
7 Wednesdays 2:10-4pm | Feb 1-Mar 15
\$92 (MF \$1) | **ESCOM \$72 (MF \$1)**
Course cost includes materials fee.

NEW | **EC** Iranian Cinema

Iranian films are known globally for their outstanding storytellers, industry leaders and scholars whose diverse, innovative voices enlighten, engage, and inspire change for a better world. In this course students will be introduced to prominent Iranian directors and producers who have been creating masterpieces of cinematography under decades of restrictions and censorship. Iranian cinema has gained international acclaim in the last 20 years, with films receiving prizes at the prestigious film festivals of Cannes, Venice, Berlin, Locarno, London, and San Sebastian, as well as Golden Globes and Academy Awards. Students will view and discuss award-winning films as well as the circumstances in which they were created.

2549 | Dadgar | **KTD** | SMN 215
7 Wednesdays 10:10-12pm | Feb 1-Mar 15
\$89 | **ESCOM \$69**

Marin Adventures

Exploring Ship Operations in the Bay

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

2533 | Thomas | **KTD** | SMN 227
1 Saturday 9:10-11:30am | Feb 11
\$51 (MF \$1) | **ESCOM \$33 (MF \$1)**
Course cost includes materials fee.

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.

2505 | Lack | **KTD** | VS 3
4 Thursdays 7:10-9pm | Feb 16-Mar 16
1 Saturday 8-10am | Feb 18*
2 Saturdays 8am-noon | Mar 4 & Mar 18**
(No class Mar 9 & Mar 11)
\$194 (includes MF \$6)
*Civic Center Lagoon **Field Trips

EC | Bird-Watching in Marin: A Field Exploration

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. Instructor will send itineraries on the first day of class.

2504 | Hug | **KTD** | LC 53
1 Tuesday 9:10am-1pm | Feb 7
4 Tuesdays 8:30am-12:30pm | Feb 14-Mar 7*
\$112 | **ESCOM \$105**
*Field Trips

EC | Meandering in Marin

If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. The instructor will send field trip itineraries to enrolled students before the first class.

2491 | Dreskin | **OFF** | TBA
6 Mondays 9:45am-1:45pm | Jan 30-Mar 13
(No class Feb 20)
\$122 | **ESCOM \$103**
2548 | Dreskin | **OFF** | TBA
7 Tuesdays 9:45am-1:45pm | Jan 31-Mar 14
\$142 | **ESCOM \$120**

Hiking Marin Trails

Explore some of the many open spaces in our county on these four to six-mile hikes. Along the way, we'll discuss plants, birds, insects, and whatever else may catch our eyes. This is not a beginning course. The instructor will send field trip itineraries to enrolled students before the first class.

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 100 feet of elevation gain.

2483 | Barnett | **OFF** | TBA
5 Saturdays 10am-2pm | Feb 4-Mar 11
1 Saturday 10am-4pm | Mar 18
(No class Feb 18)
\$118

Music

Rock 'n' Roll: The First 25 Years

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

2535 | Unterberger | **KTD** | LC 53
7 Tuesdays 7:10-9pm | Jan 31-Mar 14
\$94 (includes MF \$3)

Piano Classes for Beginners to Advanced

Four different levels of piano instruction in both classical and popular music (chords and melody) are offered in a relaxed, supportive and friendly environment. **See online schedule for details about the different class levels. Students will be required to buy music at an approximate cost of \$25.** If you are unsure about your placement, visit MarinCommunityEd.com for the full course description. Early registration is strongly recommended.

2485 | Bauman | **KTD** | PA 188

Jan 31-Mar 16

Level A: 7 Tue 7:40-9pm

Level B: 7 Tue 6:10-7:30pm

Level C: 7 Thu 7:40-9pm

Level D: 7 Thu 6:10-7:30pm

\$90

Beginning Folk and Blues Harmonica

Breathing is our foundation as we take simple folk and pop melodies and rhythms and invigorate them with easy but powerful techniques to make any song deeply expressive! We then dive into the blues and learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail to get you jammin'. Both puckering and tongue blocking approaches are taught. No experience necessary! Students need a "C" major diatonic harmonica. Call instructor at 916.996.5222 for more details.

2560 | Broida | **KTD** | VS 6

1 Thursday 6:10-8pm | Mar 28

\$44 (Includes MF \$20)

EC | Musical Snapshots: Jazz Pianists

The piano has been an integral part of the jazz idiom since its inception, in both solo and ensemble settings. In this class we will listen to and see some of jazz's most virtuosic and compelling piano players. Through the use of audio and video recording as well as live demonstrations we will look at their influence, style, and uniqueness. Included will be Jelly Roll Morton, James P. Johnson, Fats Waller, Art Tatum, Mary Lou Williams, Thelonious Monk, Bud Powell, Oscar Peterson, Bill Evans, Herbie Hancock, Chick Corea, Keith Jarrett, and others.

2495 | Frohmader | **KTD** | PA 178

5 Saturdays 10:10am-noon | Feb 11-Mar 18

(No class Feb 18)

\$77 | **ESCOM \$57**

EC | Chorus Emeritus

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

2512 | Paul | **KTD** | PA 72

7 Thursdays 2:30-4:20pm | Feb 2-Mar 16

\$114 (MF \$25) | **ESCOM \$94 (MF \$25)**

Course cost includes materials/service fees.

Contemporary Vocal Technique for Jazz and Pop Singers: Part 1

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

2510 | Daria | **KTD** | PA 177

6 Saturdays 10am-noon | Feb 4-Mar 11

\$128

Piano Duet

Playing piano duets is a thrilling musical experience. Combining your intermediate (or higher) classical piano skills with another pianist on one or two pianos while exploring the music of the great masters brings an enormous sense of communication and accomplishment.

Music for two or more pianists will be studied in this eight week class with an optional performance. You do not need to have a partner to join the class.

Final concert at 12:30 p.m. on Monday, March 27th in PA 75.

If you have not taken the class before please contact Paul Smith (pianosmith@aol.com) to arrange an interview and for repertoire suggestions.

2529 | Smith | **KTD** | PA 75
7 Mondays 12:10-2pm | Feb 6- Mar 20
(No class Feb 20)
\$85

EC | Marin Men's Chorus

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. The treasurer will collect an additional \$75 at the first class meeting for materials/accompanist fees.

2478 | Allee | **OFF** | St. Stephen's Church*
7 Tuesdays 7-9pm | Jan 31-Mar 14
\$91 | **ESCOM \$48**
*3 Bayview Ave., Belvedere

Personal Enrichment

EC | Mind Body Empowerment and Mindful Biology

In this course you will learn two complementary methods for growing mindfulness and self-compassion. Mind-Body Empowerment teaches us to be more mindful, attuned, and empowered during daily life. Mindful Biology helps us feel more familiar, loving, and at ease with our bodies and minds. Co-taught by a former mind-body clinician and a former surgeon, class sessions include brief talks about the human body, guided mindfulness, gentle physical grounding and centering practices, and group discussion. Many students keep coming back because of the improved well-being and sense of community they have gained from the class.

2423 | Berkelhammer & Meecham | **KTD**
| PE 22
7 Thursdays 1:10-3pm | Feb 2-Mar 16
\$90 (MF \$1) | **ESCOM \$70 (MF \$1)**
Course cost includes materials fee.

NEW | EC | The Whole Picture: Life Review in Word and Image

Looking over the landscape of your life, what do you see? Where has the path taken you? What have you learned? Through using a variety of expressive exercises you will create a journal that charts your life journey. This exploration can lead you to deeper insight and understanding, as you explore a unique form of creative self-expression. No art or writing experience required! Please bring a blank journal to the first class. See anniedanberg.com/journal-supplies. E-mail connecting@anniedanberg.com with questions.

2422 | Danberg | **KTD** | FA 215
6 Wednesdays 1:30-4pm | Feb 8-Mar 15
\$102 (MF \$10) | **ESCOM \$82 (MF \$10)**
Course cost includes materials fee.

EC | Visual Journaling: Self-Discovery through Creative Play

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

2477 | Danberg | **KTD** | FA 215
6 Saturdays 1:30-4pm | Feb 11-Mar 25
(No class Feb 18)
\$102 (MF \$10) | ESCOM/ \$82 (MF \$10)
Course cost includes materials fee.

NEW | Interpersonal Effectiveness

What enables us to be our best selves in relationship? Come and explore the science and psychology behind interpersonal effectiveness. Learn the practices that will strengthen your communication and connection with others. Identify the obstacles that tend to get in the way - the judgment, the fears, the reactivity. Experience a hands-on workshop that integrates a number of therapeutic skills in the service of developing a healthier relational life. Learn about and actualize remarkable health and relationship benefits.

2480 | Gustin | **KTD** | AC 105
5 Thursdays 6:10-7:30pm | Feb 2-Mar 9
(No class Feb 16)
\$70 (includes MF \$7)

Course scholarships are available for students 55 and over!



Apply for a \$50 Haddie Scholarship! **See page 30 for details.**

THANK YOU

The Haddie Fund has been made possible through the generosity of an anonymous donor. The fund provides financial support allowing a greater number of older adults to partake in Community Education ESCOM Courses.

NEW | EC | Come Home to Your Body with Mindful Biology

Have you ever wanted to feel more at ease with your body? Have you ever wished you could feel less critical and more appreciative of it? Then this one-day meditation retreat is for you. In the serene environment of Indian Valley Campus, you will learn basic facts about your body during brief, colorful slide presentations. You will then be guided to directly experience your own biology with easy-to-learn mindfulness techniques. This combination of factual information and sensory exploration will help you feel more comfortable, grounded, and at home in your body.

2482 | Meecham | **IVC** | Bldg 5 Rm 188
1 Saturday 10:10am-4pm | Mar 11
\$62 (MF \$5) | **ESCOM \$45 (MF \$5)**
Course cost includes materials fee.

NEW | The Hero's Journey

This course is based on Joseph Campbell's teaching, and the instructor's personal experience with pilgrimage and over 20 years as a professional educator in the Humanities, History, and Indigenous Studies, and as a Native American cultural practitioner. In this course students will engage in a variety of interdisciplinary activities. These activities include identifying powers such as "totem animals," journal reflection, walking mindfulness, sitting mindfulness, and creative writing. This course is designed to be helpful to the lifelong learner that is interested in self discovery, personal psychology, storytelling, poetry, philosophy, pilgrimage, recovering the sacred, Indigenous or Native studies, Ethnic Studies, Classic Western Traditions, World Mythology, and those that are curious about finding their voice, interests, obstacles, and sharing their uncertain journeys with strangers.

2553 | Horowitz | **KTD** | FH 120
Saturday 9:30am-3pm | Feb 11
\$58 (Includes \$1 MF)

2554 | Horowitz | **KTD** | FH 120
Saturday 9:30am-3pm | Mar 11
\$58 (Includes \$1 MF)

Photography

Up and Rolling with Adobe Photoshop Lightroom

Students will learn how to organize, edit, print, and publish photo web galleries using Adobe Photoshop Lightroom. Students will establish a workflow for downloading, backing up, rating, renaming, grouping, archiving, optimizing, maintaining, thinning, and exporting photographs. Using sophisticated color, tone, contrast, and brightness tools, students will improve and enhance their photos. Students will explore generating slide presentations, creating printing templates, and developing image galleries for exporting to websites. Proficiency with a computer is recommended.

2434 | Thaler | **KTD** | SMN 217
4 Tuesdays and 4 Thursdays 7:10-9:30pm |
Jan 31-Feb 23
\$115 (includes MF \$5)

Macro Photography

Come celebrate the natural world and learn how to photograph up close, where the inside of a flower becomes a world of its own. In the spirit of the late photographer Ernest Braun, we'll practice "wet elly" photography--the art of laying down prone, seeing and feeling the magic before you, and letting time drift away as you photograph and push yourself to explore visually in new ways.

Students will receive group and individual support, with time split between learning the tools and techniques of macro photography and shooting in the field.

You will need a camera that can focus to within a few inches of the lens, extension tube or close up lenses, a tripod (one that can be extended to lay close to the ground is best) and patience to explore, practice, and play.

2435 | Thaler | **KTD** | SMN 217
1 Saturday 10:10am-4:30pm | Mar 4
\$62 (includes MF \$5)

Physical Fitness

NEW | Beginning Fencing

Fencing is the art and science of the sword. Practicing swordsmanship refines focus, improves dexterity, and makes flexible the mind and body. Students will train in fencing with the 19th century French foil starting with the fundamental footwork and body position and ending with basic attacks and defenses. Swords are provided and no previous fencing experience is required. A protective jacket, mask, and glove must be individually purchased by week three of the class. The course is open to teenagers and adults of all ages, and swordsmanship favors no gender, body type, or ability. Required equipment will cost approximately \$120.

2542 | Bowles | **KTD** | PE 60
7 Tuesdays 6:35-8:30pm | Jan 31-Mar 14
\$89

EC | Restore and Improve Your Balance

Learn how balance works, why your balance may be deteriorating, and how you can safely implement very simple exercises to train your balance. Improve your stability and prevent falls; regain your confidence and independence. Please bring water and any one or two pound weights you may already have to class.

2479 | Attardi | **KTD** | PE 22
7 Tue & Thu 12:10-1pm | Jan 31-Mar 16
\$90 (MF \$1) | ESCOM \$15 (MF \$1)
Course cost includes materials fee.
(Sponsored by the Haddie Fund)

Joy of Tennis

Joy of Tennis eliminates the biggest obstacle to learning this challenging sport—competition. Playing competitively before developing competence in the basic skills, which is how we all have learned, inhibits performance, limits potential, undermines self-esteem, and diminishes enjoyment. Begin undoing those past limitations ingrained from the competitive learning system. Joy of Tennis is a great workout—physically, mentally, and emotionally. You'll have more fun than you ever thought possible! The nurturing, supportive environment enables you to be your best, on and off the court.

For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor, Brent Zeller, before enrolling. Call 415.717.5446 or e-mail effortlesstennis@comcast.net.

BEGINNING

2539 | Zeller | **KTD** | Tennis Courts
8 Tuesdays 9:40-11am | Jan 31-Mar 21
\$124 (MF\$8)

INTERMEDIATE 1

2540 | Zeller | **KTD** | Tennis Courts
8 Tuesdays 11:10am-12:30pm | Jan 31-Mar 21
\$124 (MF\$8)

INTERMEDIATE 2

2541 | Zeller | **KTD** | Tennis Courts
8 Wednesdays 9:40-11:30 am | Feb 1-Mar 22
\$163 (MF\$8)

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 six 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.

Students must have the ability to swim.

2550 | Wilson | **KTD** | Pool
7 Wednesdays 7:30-9:30pm | Feb 1-Mar 15
\$113 (includes MF/SF \$23)

EC | The Feldenkrais Method for the Active Older Adult

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people to look and feel better, and to move with more confidence, coordination, and balance. To participate in this class it is necessary to be able to raise and lower yourself from the floor.

2487 | Binnings | **KTD** | PE 60
6 Wednesdays 12:40-2pm | Feb 1-Mar 15
(No class Feb 15)
\$80 | **ESCOM \$60**
(Tuition scholarships available, see page 30)

EC | Movement and Music for the Older Adult: A Universal Language

This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing, coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

2503 | Hain | **OFF** | Whistlestop*
6 Mondays 11am-noon | Jan 30-Mar 13
(No class Feb 20) \$60 | **ESCOM \$43**
* 930 Tamalpais Ave., San Rafael
(Tuition scholarships available, see page 30)

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@gmail.com or 415.388.1549.

BEGINNER
2530 | Stewart | **KTD** | PE 60
6 Saturdays 10-11:30am | Feb 4-Mar 18
(No class Feb 18)
\$74

INTERMEDIATE
2531 | Stewart | **KTD** | PE 60
6 Saturdays 8-9:45am | Feb 4-Mar 18
(No class Feb 18)
\$80

EC | Gentle Yoga

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

2492 | Elston | **IVC** | Bldg 15 Rm 170
8 Tuesdays 9:30-10:20am | Jan 31-Mar 21
\$63 | **ESCOM FREE**
(Sponsored by the Haddie Fund)

Introduction 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. Be sure to arrive on time for warm ups to prevent injury.

2506 | Laws | **KTD** | PE 22
7 Tuesdays 10:10-11am | Jan 31-Mar 14
\$60

WRITING

Melanie Vetter

Melanie Vetter is a Certified Guided Autobiography Instructor, Certified Legacy Coach, and Certified Senior Advisor®.

Melanie, a Harvard trained attorney, brings a unique blend of knowledge and warmth as an instructor, helping people connect with their sense of purpose through writing and intergenerational sharing.

See marincommunityed.com for details.

**For more instructor bios visit
MarinCommunityEd.com.**



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 equipment and props such as stretch bands and stability balls. 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 and wear supportive shoes

2507 | Laws | **KTD** | PE 22

7 Tuesdays 11:10am-noon | Jan 31-Mar 14

\$60

EC | Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1,700 years old. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

2497 | Govrin | **KTD** | PE 60

6 Fridays 10:40am-noon | Feb 3-Mar 17

(No class Feb 17)

\$76 (MF \$1) | **ESCOM \$56 (MF \$1)**

Course cost includes materials fee.

2498 | Govrin | **KTD** | PE 60

7 Tuesdays 2:10-3:30pm | Jan 31-Mar 14

\$81 (MF \$1) | **ESCOM \$67 (MF \$1)**

Course cost includes materials fee.

EC | Advanced Wild Goose Qigong

In this Advanced class, we will learn the second Set of 64 movements of the Wild Goose series. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care. Knowledge and memory of the first Set of 64 movements is required.

2499 | Govrin | **KTD** | PE 22

6 Fridays 12:40-2pm | Feb 3-Mar 17

(No class Feb 17)

\$76 (MF \$1) | **ESCOM \$56 (MF \$1)**

Course cost includes materials fee.

EC | Wisdom Healing Qigong

Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals disease, activates more life energy, enhances mental clarity and promotes emotional stability.

2500 | Govrin | **IVC** | Bldg 15 Rm 170

7 Thursdays 2:10-3:30pm | Feb 2-Mar 16

\$81 (MF \$1) | **ESCOM \$16 (MF \$1)**

Course cost includes materials fee.

(Sponsored by the Haddie Fund)

EC | Energy Warm-Ups for the Active Older Adult

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

2516 | Riswold | **KTD** | PE 22
7 Tue & 6 Fri 9:10-10am | Jan 31-Mar 17
(No class Feb 17)
\$86 | **ESCOM \$15**
(Sponsored by the Haddie Fund)

EC | Joy of Tai Chi

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

BEGINNERS
2519 | Rolston | **KTD** | PE 22
7 Mondays 3:40-5pm | Jan 30-Mar 20
(No class Feb 20)
\$81 (MF\$1) | **ESCOM \$61(MF\$1)**
Course cost includes materials fee.

INTERMEDIATE/ADVANCED
2520 | Rolston | **KTD** | PE 22
7 Wednesdays 10:45am-12:15pm | Feb 1-Mar 15
\$80 | **ESCOM \$60**
(Tuition scholarships available, see page 30)

EC | Strength, Flexibility, Balance, and Agility Training for Adults and Older Adults

This beginner/intermediate class is designed for you to get stronger and more flexible along with improving your posture, balance, and response time.

2486 | Best-Martini | **KTD** | PE 22
7 Wed & 5 Fri 7:30-9am | Feb 1-Mar 15
(No class Feb 17)
\$113 | **ESCOM \$93**

EC | Strength and Fitness Training

Improve your quality of life, prevent—or even reverse—typical trends of aging, and have fun along the way. For adults of all ages. This class provides sensible

and safe exercises for improving your strength, cardio-respiratory endurance, flexibility, body composition, posture, and balance. The instructors help you with a personalized and independent fitness program to meet your individual needs and goals. Contact Hazel@StridebyStride.com or call Jim Owens at 415-827-3987 to learn more about the class.

2513 | Wood & Owens | **KTD** | PE 20/22
7 Tue & Thu 7-8:45am | Jan 31-Mar 16
\$125 | **ESCOM \$106**

EC | Zumba® Gold I

Join the Party! Zumba®Gold is a fusion of Latin and other international music and dance that creates a dynamic, exciting, and effective total body workout, specifically designed for active older adults, including those who have tried Zumba and would like a similar experience with lower impact and intensity, and/or those just beginning their journey to a fit and healthy lifestyle. Movements can be modified for individuals who use a chair. Zumba Gold I is a beginning class.

2525 | Scranton | **KTD** | PE 60
7 Tue & Thu 2:10-3pm | Jan 31-Mar 16
\$89 | **ESCOM \$69**

EC | Zumba® Gold with Toning

Zumba®Gold with Toning offers easy-to-follow dance-fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults, for individuals beginning their journeys to a fit and healthy lifestyle, or anyone looking for a low-impact dance-fitness program. Movements can be modified for individuals who use a chair. This class offers optional use of 1-2.5 pound Zumba® Toning sticks in the latter portion of the class for those students who want to focus on muscle conditioning. (Instruction on basic strength training safety will be discussed prior to toning.)

2527 | Scranton | **IVC** | Bldg 15 Rm170
6 Mon & 7 Wed 3:40-4:30pm | Jan 30-Mar 15
(No class Feb 20)
\$86 | **ESCOM \$66**

2528 | Scranton | **KTD** | PE 22
7 Tue & 7 Thu 5:10-6pm | Jan 31-Mar 16
\$89 | **ESCOM \$69**

EC | Zumba® Gold II with Toning

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. This class offers optional use of 1–2.5 pound Zumba® Toning sticks in the latter portion of the class for those students who want to focus on muscle conditioning. (Instruction on basic strength training safety will be discussed prior to toning.)

2526 | Scranton | **KTD** | PE 60
7 Tue & 7 Thu 3:10–4pm | Jan 31–Mar 16
\$89 | **ESCOM \$69**

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, increase your muscular and cardio endurance, engage your core, and tone and strengthen both your upper and lower body. Exercises are tailored to student's level of fitness. One-on-one training and style development provided as time allows. **This is a movement class and there is NO CONTACT involved.**

2501 | Green | **KTD** | PE 22/60
7 Tue (PE 22) & 7 Thu (PE 60) 6:40–8pm | Jan 31–Mar 16
\$113

Wado Ki Kai Karate

This 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 of this class.

2481 | Baker & Bell | **KTD** | PE 60
6 Mon & 7 Wed 6:40–8pm | Jan 30–Mar 15
(No class Feb 20)
\$119

EC | Aqua Exercise for Older Adults

The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. You must be able to get in and out of the pool on your own. No assistance is available.

2517 | Robles | **KTD** | Pool
6 Mon & 7 Wed 9:40–11am | Jan 30–Mar 17*
6 Fridays 10:40am–noon
(No class Feb 17 & 20)
\$148 | **ESCOM \$64**
(Sponsored by the Haddie Fund)

2518 | Robles | **IVC** | Bldg 21 Pool
7 Tue & 7 Thu 9:10–10:30am | Jan 31–Mar 17
6 Fridays 2:10–3:30pm
(No class Feb 17)
\$148 | **ESCOM \$64**
(Sponsored by the Haddie Fund)
(Tuition scholarships available, see page 30)

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 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com.

Urban Agriculture

NEW | The Modern Shepherd

This is an introduction to both the theory and practice of modern day shepherding broken down into four main categories: natural history of California and its shepherds; animal husbandry; land stewardship with a focus on soil health; and modern technology and its application in the sheep and land management industries. This course is ideal for people interested in both land stewardship and animal husbandry but would be of interest to land owners and policy advocates as well.

2543 | Gilliam | **IVC** | Bldg 3 Rm 154
1 Saturday 1–5pm | Feb 11
\$59 (Includes \$5 MF)

NEW | The Modern Shepherd Part II

This course will get into the specifics of land management in relation to livestock with real life examples of various land use practices. We will explore some of what modern technology has to offer land stewards and animal husbands. We will go over low stress stockmanship and natural flock management and how they affect both the land and your bottom line. We will witness herding dogs in action with a flock of sheep and discuss the appropriate use of guardian animals and other types of predator-friendly flock protection. This is a field experience course held at a local ranch.

2544 | Gilliam | **OFF** | Monkey Ranch*
1 Saturday 1-5pm | Feb 25
\$66 (Includes \$5 MF)
*5223 Red Hill Road, Petaluma

NEW | Mushroom Cultivation

Ready to have fun with fungi? In this course students will learn about the life cycle and morphology of fungi as well as their role in ecological systems. Beyond basic concepts and vocabulary, the focus of this course is working with fungi hands-on. Students will learn how to collect them, grow them, identify them, and experiment with them. Amaze your friends and family with your ability to identify delicious edible mushrooms (and steer clear of the unappetizing and poisonous!) and learn simple and innovative cooking methods for them. This course includes a field trip to a local mushroom farm.

2484 | Halula | **IVC** | Bldg 3 Rm 154
7 Mondays 1:10-3pm | Jan 30-Mar 20
(No class Feb 20)
\$138 (Includes \$49 MF)

Writing

EC | Elements of Creative Writing

"There are three rules for writing well. Unfortunately, no one knows what they are."
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you're just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres.

2425 | Centolella | **OFF** | Redwoods*
7 Mondays 5:30-8:30pm | Jan 30-Mar 20
(No class Feb 20)
\$120 | **ESCOM \$100**
*40 Camino Alto, Mill Valley

EC | Poetry Writing Master Class

"Poetry is language at its most distilled and most potent." Rita Dove

Poets attempt to say the unsayable—an ambition that should never be "all work, no play." In this lively workshop, a master poet will play Virgil to your Dante, guiding the way to your unique vision and voice. Bring your works-in-progress, or the optional weekly assignment, for encouraging, in-depth feedback. To jumpstart inspiration, each meeting will begin with the discussion of a notable poem, occasionally followed by a fun in-class exercise—all supplemented by examinations into poetic forms (ancient to contemporary), the art of revision, and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

2426 | Centolella | **KTD** | AC 102
7 Wednesdays 2:10-5pm | Feb 1-Mar 15
\$120 | **ESCOM \$100**

NEW | Low Fat Fiction

“If I had more time, I’d write a shorter story.”

Mark Twain

Strive for sinewy prose and stories that charge the moment. Practice the art of low fat fiction, a cousin of poetry, where less is more and stories are defined by what’s left. Write fiction pieces between 100 and 1,000 words. Enjoy the pleasure of discovery, as well as the earnest work of craft.

2427 | Biederman | **KTD** | AC 238

1 Saturday 10am-1pm | Feb 4

\$48

EC | The Poetic Pilgrimage: Writing Poetry As Spiritual Practice

Winter’s Theme: The Narrative Poem

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.

For Winter’s theme, *The Narrative Poem*, we will explore the art of storytelling in its richly condensed poetic form. We will listen in on good poems (including our own!) to discover story-lines both open and subtle and to mine poetry’s myriad devices for creating resonance and meaning. As always, we will welcome the unexpected into our work, and we’ll read and write to our hearts’ content. All experience-levels and styles welcome.

2428 | Sereno | **KTD** | AC 245

8 Tuesdays 2:10-4:30pm | Jan 31-Mar 21

\$112 (MF \$2) | **ESCOM \$92 (MF \$2)**

Course cost includes materials fee.

EC | Legacy Writing

Learn how to share your wisdom, blessings, values, love, and hopes and dreams for the future with those who matter to you. In this class you will learn about and write Legacy Letters. Writing to those you care about is an enjoyable and meaningful experience that leaves the writer feeling fulfilled and the recipients thankful.

Any time is a good time to write a Legacy Letter, especially times of transition such as graduations, births, special birthdays, and weddings. Whether you want to include a Legacy Letter to your loved ones with your Legal Will or celebrate your child’s graduation from high school, a Legacy Letter is often considered to be the most cherished and meaningful gift you can give.

Using a step-by-step workbook and guided writing exercises in a supportive atmosphere, you will learn to write Legacy Letters to those you love. Writing tips and creative exercises will help make the process informative, fun and meaningful.

2429 | Vetter | **KTD** | VS 11

4 Tuesdays 10:10am-noon | Jan 31-Feb 28

(No class Feb 21)

\$82 (MF \$8) | **ESCOM \$62 (MF \$8)**

Course cost includes materials fee.

EC | Guided Autobiography: Writing Your Life Stories Two Pages at a Time

Write your life stories—two pages at a time—using tested themes such as family, career and work, and health. Priming questions will help evoke memories of events and people. Writing and sharing life stories with others is an enjoyable way to gain a growing appreciation of your life and the lives of others, as well as put the past into perspective.

Each class will include creative exercises, discussion of the week’s theme, writing tips, writing, and sharing of stories. All levels of writing experience (from no experience to expert) are welcome and encouraged to join.

2430 | Vetter | **KTD** | PE 91

5 Tuesdays 1:10-3pm | Jan 31-Mar 7

(No class Feb 21)

\$94 (MF \$2) | **ESCOM \$74 (MF \$2)**

Course cost includes materials fee.

EC | Guided Autobiography Two: Writing Your Life Stories Two Pages at a Time Continued

This course is a continuation of the journey of life story writing for students who have taken a Guided Autobiography course with the Instructor. In this class you will continue to write your life stories—two pages at a time—with completely new themes.

Each class will include creative exercises, discussion of the week's theme, writing tips, writing, and sharing of stories. In addition, more writing and editing skills will be incorporated into the class.

Pre-requisite: Guided Autobiography class with the instructor.

2443 | Vetter | KTD | VS 11
 5 Wednesdays 1:10-3pm | Feb 8-Mar 15
 (No class Feb 22)
 \$94 (MF \$2) | **ESCOM \$74 (MF \$2)**
 Course cost includes materials fee.

EC | Guided Autobiography Three: Writing Your Life Stories Two Pages at a Time Continued

Pre-requisite: Guided Autobiography 2 class with the instructor.

2559 | Vetter | **KTD** | VS 11
 5 Wednesdays 4:10-6pm | Feb 8-Mar 15
 (No class Feb 22)
 \$94 (MF \$2) | **ESCOM \$74 (MF \$2)**
 Course cost includes materials fee.

NEW | Scriptwriting

In this innovative, interactive, supportive workshop-style course students will discover their stories and learn to dramatize them by constructing a coherent and compelling three-act play. Receive helpful critiques from other students, revise your work given group feedback, and learn to see your work through the eyes of actors, directors, and production crew members.

2537 | Winograd | **KTD** | AC 105
 7 Thursdays 3:10-5pm | Feb 2-Mar 16
 \$94 (Includes MF \$5)

COMMUNITY EDUCATION SERVICES REGISTRATION FORM

Mail-in information on page 4.



All mail-in registration must be paid by check. Please write a separate check for each course. Community Education can accept credit card payments in person, over the phone, or online. Visit MarinCommunityEd.com for more information.

_____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
FIRST NAME	CURRENT ESCOM MEMBER	
_____	_____	
LAST NAME	BIRTH DATE (MONTH/DATE/YEAR)	
_____	_____	
ADDRESS	EMAIL (REQUIRED)	
_____	_____	
CITY	STATE	ZIP
_____	HOME PHONE	
DAY PHONE	_____	

CLASS ID	DAYS	CLASS TITLE	FEE

CHECKS PAYABLE TO COLLEGE OF MARIN. PLEASE PROVIDE A SEPARATE CHECK FOR EACH COURSE.

STUDENT SIGNATURE

I HAVE READ, UNDERSTAND AND AGREE TO THE CANCELLATION, DROP AND REFUND POLICES AS NOTED ON PAGE 4. I DECLARE THE FOLLOWING STATEMENTS OF FACT PROVIDED BY ME ON THIS FORM ARE TRUE AND CORRECT.

 SIGNATURE

 TODAY'S DATE

OFFICE USE ONLY

_____	_____
ENTERED BY	DATE

ESCOM



ESCOM is the student organization of Marin's mature adults affiliated with the College of Marin Community Education Department. Founded in 1974, ESCOM provides diverse opportunities for lifelong learning, lifelong doing, and lifelong friends.

JOIN US! ESCOM Annual Membership (\$15 membership fee) provides valuable benefits:

- Special discounted course fees—typically \$15-\$20 lower than regular price—for dozens of College of Marin Community Education ESCOM Courses. ESCOM Courses offer first-rate instructors and high-quality educational experiences and are designed with the needs and interests of older adults in mind.
- Access to over 25 ESCOM Clubs focusing on a wide variety of activities, from bridge to books to philosophy.
- Access to ESCOM Centers that incorporate Humiston Reading Room Libraries, vibrant communal spaces for learning and social activity at both the Kentfield and Indian Valley College campuses.
- Invitations to ESCOM Art Exhibits and Member Socials.
- Volunteer opportunities, including the ESCOM Council, various committees, or staffing the ESCOM Center desk.
- 10% discount at the College of Marin Kentfield campus cafeteria.
- Pride in supporting lifelong learning.

To become an ESCOM member visit MarinCommunityEd.com or connect with an ESCOM volunteer by visiting or calling an ESCOM Center.

Scholarship Opportunity for Older Adults!

The Haddie Scholarship makes Community Education classes more accessible to older adults living and learning with limited income.

- Any adult age 55 or older who can demonstrate financial need should apply!
- All scholarships for Winter 2017 have a \$50 value.
- Each \$50 scholarship will be applied in advance of a student's enrollment in an ESCOM/EC College of Marin Community Education class in Winter 2017. (If a class costs more than \$50, the student will pay the remainder of the course fee.)
- Pick up an application in person at a Community Education office or ESCOM Center or find an application online at www.marincommunityed.com (under ESCOM Lifelong Learning).
- One scholarship per student per term.

Apply now to take advantage of this great opportunity! Scholarships awarded on a first come first serve basis. Limited scholarships available. Last day for scholarships application submissions is January 13, 2017 (Noon).

Free, Nominal Fee, and Low Fee Classes.

Thanks to the generosity of the Haddie Fund, Community Education continues to offer Free, Nominal Fee, and Low Fee ESCOM/EC Haddie classes each term. These courses change on a rotating basis. The ESCOM Curriculum Committee advises Community Education in the selection of Haddie classes.

Winter 2017 Free, Nominal Fee, and Low Fee Classes include:

- NEW! Forensic Psychology (#2536), Free
- Gentle Yoga (#2492), Free
- Restore and Improve Your Balance (#2479), Nominal Course Fee of \$15
- Energy Warm-Ups for the Active Older Adult (#2516), Nominal Course Fee of \$15
- Wisdom Healing Quigong (#2500), Nominal Course Fee of \$15
- Aqua Exercise (#2517), Low Course Fee of \$64
- Aqua Exercise (#2518), Low Course Fee of \$64

Haddie Scholarships and Haddie Classes are made available by the Haddie Fund, which has been made possible through the generosity of an anonymous donor. The fund provides financial support allowing a greater number of older adults to partake in Community Education ESCOM/EC courses.

ESCOM Centers

KENTFIELD CAMPUS

ESCOM Center Kentfield
Student Services Bldg, Rm 146-147
College of Marin
Kentfield, CA 94904
(415) 485-9652
Hours: Monday through Friday,
9:30am-3:30pm.

INDIAN VALLEY CAMPUS

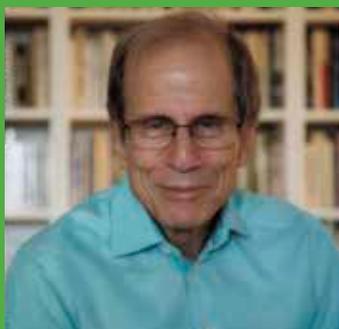
ESCOM Center Indian Valley Campus
Building 10, Rm 140
1800 Ignacio Blvd.
Novato, California 94949
(415) 457-8811, ext. 8322
To schedule use of Emeritus North, please
call (415) 883-7805.



Friday Afternoon Author Series

Free Fridays | 1-2:30pm

Presented by Emeritus Students College of Marin, Book Passage, COM Library and COM Community Education



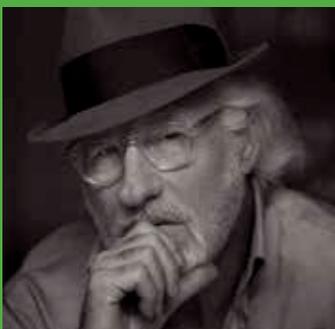
MICHAEL KRASNY

Let There Be Laughter: A Treasury of Great Jewish Humor and What It All Means

Feb 10

**College of Marin Academic Center, Room 255
Kentfield Campus**

From the host of NPR affiliate's Forum with Michael Krasny, a compendium of Jewish jokes that packs the punches with hilarious riff after riff and also offers a window into Jewish culture.



JOEL SELVIN

Altamont: The Rolling Stones, the Hells Angels, and the Inside Story of Rock's Darkest Day

Mar 24

**College of Marin Library
Kentfield Campus**

Celebrated rock journalist Joel Selvin tells the definitive history of the Rolling Stones' infamous Altamont concert in San Francisco, the disastrous historic event that marked the end of the idealistic 1960s.



PHIL COUSINEAU

The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred

April 28

**College of Marin Library
Kentfield Campus**

Award-winning writer and filmmaker and host of the PBS Global Spirits series, Phil Cousineau weaves stories, myths, parables, and quotes from famous travelers with practical suggestions and accounts of modern-day pilgrims to show that there is something sacred waiting to be discovered in virtually every journey.

Free Admission. Books are available for purchase at all events and signings will follow each lecture. This event is sponsored by the Haddie Fund.





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KENTFIELD, CA 94904-2590

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**For more information on new and continuing courses
visit MarinCommunityEd.com.**