

# Community Education

COLLEGE OF  
**MARIN**

## JUMPSTART YOUR FOOD BUSINESS

Learn from Michael and Charlie Kalish, Co-Founders of Food Safety Guides and Winners of Season 7 of Food Network's Great Food Truck Race.



REGISTRATION STARTS JULY 31

**NEW**

# Art and Dance in the Evening!



## Dive Into Oil Painting

This class will cover the fundamentals of painting: color, composition, palette and mixing, as well as developing an understanding of properties unique to oil paints. About the Instructor: Alexandra Bailliere works in painting, sculpture, and installation. Alexandra earned her MFA from Mills College and her BA in French with coursework in visual art and art history from Duke University.

For more information, see page 6.

Photo Credit: "Continuum" by student artist Nicole Rose



## Irish Dancing

Irish stepdance, Irish old style dance and sean-nos can be learned and danced by people of all ages. Learn to hear and dance steps "in time" to four basic rhythms of Irish music and dance: reel, jig, slip jig, hornpipe. About the Instructor: Shirleigh Brannon has been performing and teaching various types of Irish and Scottish dance for 30+ years. She currently teaches noncompetitive Irish solo and figure dance at various venues in northern California and is since 1992 the director of Bay Area Scots-Irish music and dance troupe Siamsa le Cheile.

For more information, see page 10.



## Watercolor Painting

All skill levels welcome! Beginners will ease into mixing colors and moving water on the paper. Experienced watercolorists will collaborate on the process of their latest paintings. Explore artists throughout history and in today's art scene. About the Instructor: Elizabeth Flanagan's 25 year art career includes commissioned works, solo art shows, and nine years of teaching adults the beauty and techniques of painting.

For more information, see page 6.

Photo Credit: "Water Excercise" by Elizabeth Flanagan



## Scottish Highland Dancing

Learn the essentials of Scottish Highland dance and Scottish Highland culture through the basic steps of the Fling and Highland Reel. Gain confidence and competence in these joyful dances while having fun! About the Instructor: Joshua Haiman has competed nationally in Scottish Highland Dance and taught at various Bay Area locations for several years. In 2009, he was certified as an instructor by the British Association of Teachers of Dance.

For more information, see page 10.

# Contents | Fall 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

### ABOUT THE COVER:

The cover features Michael and Charlie Kalish, the "Cheese Twins" and Co-Founders of Food Safety Guides. Do you dream of selling your food product on store shelves or getting into the food business? See page 8 for details about their new course, What Food Investors & Entrepreneurs Need to Know to Successfully Scale & Invest in Today's New Regulatory Landscape.

- 4 About
- 4 College Campuses

## CLASSES

- 6 Art
- 8 Business/Career Development
- 9 Contemporary Science
- 9 Cultural and Ethnic Studies
- 9 Marin Chinese Cultural Association
- 10 Current Events
- 10 Dance
- 11 Financial Planning
- 12 Food and Wine
- 12 Geography
- 12 Health Education
- 13 Health Sciences
- 13 History
- 14 Home & Garden
- 14 Languages
- 16 Literature/Humanities
- 17 Marin Adventures
- 17 Music
- 19 Personal Enrichment
- 21 Photography
- 21 Physical Fitness
- 26 Urban Agriculture
- 26 Writing

## PARTNER PROGRAMS

- 29 ESCOM Lifelong Learning



# 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](http://MarinCommunityEd.com).



## FOUR EASY WAYS TO REGISTER

**1. Online:** [MarinCommunityEd.com](http://MarinCommunityEd.com)

**2. Phone:** (415) 485-9305

**3. Mail** (Registration form p. 20)  
Community Education  
835 College Avenue  
Kentfield, CA 94904

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

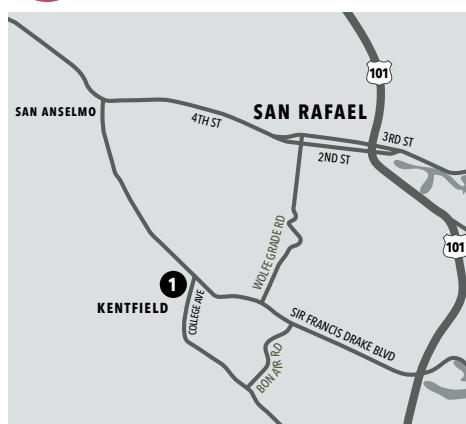
Indian Valley Campus  
Building 7, Room 194  
Novato, CA 94949

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

# College Campuses

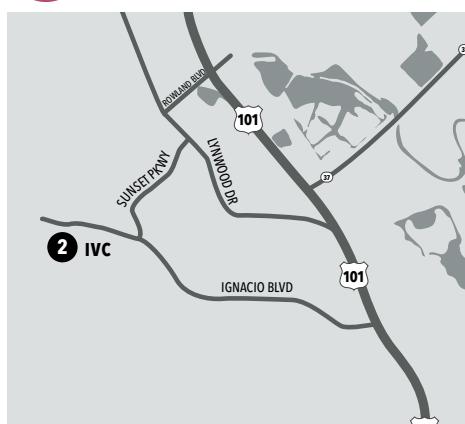
1

Kentfield Campus  
835 College Ave  
Kentfield, CA 94904



2

Indian Valley Campus  
1800 Ignacio Blvd  
Novato, CA 94949



## Parking Information

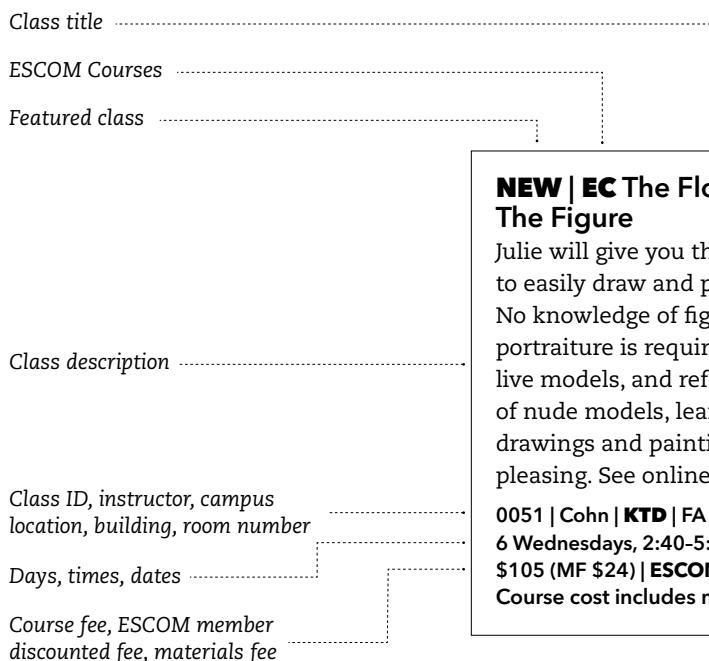
Parking permits can either be purchased in-person or by phone at (415) 485-9305. If you purchase by phone, a permit will be sent to you by regular US Postal Mail within 3 business days. If you purchase in-person you will be handed the permit at the time of purchase. Permits must be clearly displayed 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](http://MarinCommunityEd.com) to view the full class description.



### What our symbols mean

**KTD** = Kentfield Campus  
**IVC** = Indian Valley Campus  
**OFF** = Off Campus  
**AC** = Academic Center  
**EC** = ESCOM

**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.

**2851 | Bencich | KTD | FA 301**  
5 Saturdays 9:10am-1pm | Sept 9-Oct 7  
1 Saturday 9:10am-5:30pm | Oct 14  
  
**2852 | Bencich | KTD | FA 301**  
5 Saturdays 9:10am-1pm | Oct 28 -Dec 2  
1 Saturday 9:10am-5:30pm | Dec 9  
(No class Nov 25)  
  
\$256 (includes MF \$66 ) per course

## NEW | Beginning Oil Painting

Dive into oil painting! Students will learn the fundamentals of painting--color, composition, palette, and mixing—as well as greyscale, additive and subtractive techniques, and the unique properties of oil paints. Slide presentations of the works of other painters will supplement studio work. This class involves some technical instruction, but students furthering their own artistic inquiry and developing their own voice will be encouraged. Students who would prefer to work in acrylics are also invited to register.

**2899 | Bailliere | KTD | FA 301**  
6 Tuesdays 6:10-9pm | Aug 29 -Oct 10  
(No class Sept 12)  
  
**2900 | Bailliere | KTD | FA 301**  
6 Thursdays 1:10-4pm | Oct 26 -Dec 7  
(No class Nov 23)  
  
\$112 (Includes \$5 MF) per course

## NEW | Watercolor Workshop

All skill levels are welcome. Beginners will ease into mixing colors and moving the water on the paper and experienced watercolorists will collaborate on the process of their latest paintings. We will explore artists throughout history and in today's art scene. We will work mainly from photographs using the trace method.

**2973 | Flanagan | KTD | FA 215**  
7 Wednesdays 7:10-9:30pm | Aug 30-Oct 11

**2974 | Flanagan | KTD | FA 215**  
7 Wednesdays 7:10-9:30pm | Oct 25-Dec 6  
\$109 (Includes MF \$2) per course

## EC | Acrylic Painting: Elements of the Landscape with Bernard Healey

Paint along with the instructor and create new compositions at each session. All paintings will feature natural elements such as clouds, sunsets, waterfalls, and lakes. Bring what acrylic supplies you have to the first class, including a canvas or canvas pad paints and medium to large bristle brushes. A supply list will be provided at the first class.

**2905 | Healey | KTD | FA 301**  
4 Tuesdays 12:40-3:30pm | Sept 5-26  
\$90 (MF \$1) | ESCOM \$69 (MF \$1)  
  
**2906 | Healey | KTD | FA 301**  
5 Tuesdays 12:40-3:30pm | Oct 3-31  
\$99 (MF \$1) | ESCOM \$75 (MF \$1)

**2907 | Healey | KTD | FA 301**  
4 Tuesdays 12:40-3:30pm | Nov 7-28  
\$90 (MF \$1) | ESCOM \$69 (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 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.

**2901 | Lawrence | KTD | FA 215**  
6 Fridays 1:10-4pm | Sept 1-Oct 13  
(No class Sept 15)  
\$107

**2902 | Lawrence | KTD | FA 215**  
5 Fridays 1:10-4pm | Oct 27-Dec 8  
(No class Nov 10 & 24)  
\$98

## 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.

**2868 | Meade | OFF | San Geronimo\***  
6 Fridays 10:10am-1pm | Sept 1-Oct 6  
\$123 (FF \$16) | **ESCOM \$102 (FF \$16)**

**2869 | Meade | OFF | San Geronimo\***  
5 Fridays 10:10am-1pm | Oct 27-Dec 8  
(No class Nov 10 & 24)  
\$114 (FF \$16) | **ESCOM \$93 (FF \$16)**  
Course cost includes facility rental fee.

\* 6350 Sir Francis Drake Blvd San Geronimo

**2903 | Johnson | KTD | FA 215**  
7 Saturdays 10:10am-1pm | Sept 2-Oct 14  
\$122 | **ESCOM \$101**

**2904 | Johnson | KTD | FA 215**  
6 Saturdays 10:10am-1pm | Oct 28-Dec 9  
(No class Nov 25)  
\$107 | **ESCOM \$86**

### **NEW | EC | The Flow of Watercolor: Figure Painting with Light, Shadow, and Line**

The grace and beauty of the figure has inspired artists for centuries. This class is for those who have had experience drawing or painting the figure and/or experience with the watercolor medium. Learn how to paint figures that feel proportional and how to bring your own feelings into the live poses you are viewing and photos you are using. Build hard and soft edges, use imaginative color, and develop figures with strong light and shadow. We will have a live model for three class sessions.

**2876 | Cohn | KTD | FA 301**  
6 Wednesdays 2:10-5pm | Sept 13-Oct 25  
(No class Sept 20)  
\$130 (MF \$23) | **ESCOM \$109 (MF \$23)**  
Course cost includes materials and model fee.

### **NEW | EC | The Flow of Watercolor and Mixed Media: Clothed and Semi-clothed Figures Within an Interior**

Inspired by this year's Richard Diebenkorn/Henri Matisse exhibit in San Francisco, which explored how pattern and line quality invite us into the intimate world of the figure, we will use watercolor, charcoal, gouache and pencil to design the figure within a linear and solid shaped

interior. A live model will pose three of the six classes. This class is for advanced beginners and beyond.

**2877 | Cohn | KTD | FA 301**  
6 Wednesdays 2:10-5pm | Nov 1-Dec 6  
\$130 (MF \$23) | **ESCOM \$109 (MF \$23)**  
Course cost includes materials and model 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, collage, photos, found objects, and fabric you will discover how to create personal and expressive books of all shapes and sizes. We will cover how to combine printing-making, stitching, photo-transfer, silver-leafing, and a variety of binding techniques to create a different type of book each week.

**2913 | Jucker | KTD | FA 215**  
6 Tuesdays 7:10-9:30pm | Sept 12-Oct 17

**2914 | Jucker | KTD | FA 215**  
6 Tuesdays 7:10-9:30pm | Oct 31- Dec 5  
\$127 (Includes MF \$20) per course

### **NEW | Figure Painting with Luminous Colors: Impressionist Tradition**

Paint the human figure using brilliant colors. We will explore the difference between warm and cool light and have the figure lit in different light keys. We will explore temperature of color, value, and local color. Students will learn to balance hue, chroma, and value. There will also be lectures and demonstrations on color harmony, planes of the figure, and modeling of the form.

**2866 | Belenky | IVC | Bldg 13 Rm 122**  
7 Thursdays 1:10-4pm | Aug 31-Oct 12  
\$174 (Includes MF \$42)

### **Draw Your Dog, Paint Your Pooch**

Draw or paint your canine best friend! Express your love while learning valuable drawing and painting skills. Learn how to capture expression and character, check and measure proportions, and get accurate shapes. Lectures and demos will include topics such as the creation of form through light and shadow and basic color theory as well as mixture and application of paint.

2867 | Belenky | **IVC** | Bldg 13 Rm 122  
6 Thursdays 1:10-4pm | Oct 26-Dec 7  
(No class Nov 23)  
\$122

### 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

2937 | Haiman | **KTD** | FA 123  
7 Tuesdays 7:10-10pm | Aug 29-Oct 10

#### BEGINNERS/BEGINNERS PLUS

2938 | Haiman | **KTD** | FA 123  
7 Tuesdays 7:10-10pm | Oct 24-Dec 5

\$147 (includes MF \$25) per course

#### INTERMEDIATE/ADVANCED

2939 | D'Agostino | **KTD** | FA 123  
7 Wednesdays 9:10am-4pm | Aug 30-Oct 11

#### INTERMEDIATE/ADVANCED

2940 | D'Agostino | **KTD** | FA 123  
7 Wednesdays 9:10am-4pm | Oct 25- Dec 6

\$263 (includes MF \$25) per course

### 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. One-on-one instructor feedback will be provided. Bring a playful spirit and watercolor supplies to the first class.

2880 | Duchamp | **KTD** | FA 312  
6 Wednesdays 2:10-5pm | Aug 30-Oct 4

2881 | Duchamp | **KTD** | FA 312  
6 Wednesdays 2:10-5pm | Oct 25-Nov 29

\$107 per course

### **NEW** | One with Nature: Plein Air Workshop

This is a plein air workshop at multiple locations in Central Marin County. Students will learn how to work directly from nature and develop skills in composition, seeing and evaluating values and color, and mark making. They will also learn to be a conduit of the particular feeling of the quality of the weather, the day, and the specific location. Materials will be discussed in the first class.

2870 | Yokell | **KTD** | FA 214  
7 Wednesdays 10:10am-1pm | Aug 30-Oct 11  
\$122

### 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 images. Accepting the unpredictable will be encouraged. Subject matter can be taken from nature, the imagination, photographs, poetry, film, the news, and more. Students will be asked to keep a visual and written journal of source material. Materials will be discussed in the first class.

2918 | Yokell | **KTD** | FA 214  
6 Wednesdays 10:10am-1pm | Oct 25-Nov 29  
\$107

## Business/Career Development

### **NEW** | What Food Investors & Entrepreneurs Need to Know to Successfully Scale & Invest in Today's New Regulatory Landscape

Do you dream of selling your product on store shelves or getting into the food business? In this course you will learn industry insider tips to help you determine if a food company is positioned for growth. Topics will include: why this is the best (and worst) time to invest in food, securing your certification audits, protecting your brand, designing a compliant food facility, registering with

the government, and more ways to bolster your product and investment.

3066 | Kalish | **KTD** | AC 238  
1 Saturday 10:10am-1pm | Oct 7  
\$350

### 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 assessments, 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.

3034 | Tenison-Scott | **KTD** | SMN 225  
4 Wednesdays 6:10-9pm | Sept 6-27  
\$112 (Includes SF \$20)

## Cultural and Ethnic Studies

### Basket Weaving with Julia and Lucy Parker

Learn from renowned basket weavers Julia Parker (Coast Miwok/Pomo) and Lucy Parker (Coast Miwok/Pomo/Paiute) and create your own traditional California basket from materials gathered with reverence and thanksgiving. Lucy and Julia offer instruction in the art and craft of creating a basket while also sharing their understanding of the wisdom and practices gathered from generations of California Indian cultural experience. Materials for the class will be provided.

3058 | Parker | **OFF** | Point Reyes\*  
Saturday 10am-4pm | Sept 16  
Sunday 10am- 2pm | Sept 17  
\$249 (Materials fee included)  
Kule Loklo, Pt. Reyes National Seashore

## Contemporary Science

### 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 ethical issues in policing, lie-detection, hypnosis, false confessions, criminal responsibility, profiling, victimology, mental competence, eyewitness identification, wrongful convictions, line-ups, and interviewing victims, witnesses, and suspects.

3048 | Cavanagh | **KTD** | AC 245  
7 Tuesdays 2:10- 4pm | Oct 24-Dec 5  
\$100 (MF \$2) | **ESCOM** \$78(MF \$2)

## Marin Chinese Cultural Association

### Educational Programs

College of Marin's Department of Community Education, Lifelong Learning, and International Education joins the Marin Chinese Cultural Association (MCCA) to present 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.

3006 | Peng | **KTD** | VS 5B  
7 Tuesdays 6:40-8:30pm | Aug 29-Oct 10  
3007 | Peng | **KTD** | VS 5B  
7 Tuesdays 6:40-8:30pm | Oct 24-Dec 5  
\$98 per course

## 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.

**3008 | Peng | KTD | SMN 215**  
7 Wednesdays 6:40-8:30pm | Aug 30 -Oct 11  
**3009 | Peng | KTD | SMN 215**  
7 Wednesdays 6:40-8:30pm | Oct 25-Dec 6  
\$98 per course

**3052 | Brannon | KTD | PE 60**  
7 Tuesdays 5:40-7:30pm | Aug 29-Oct 10  
\$95

## NEW | Scottish Highland Dance

Learn the essentials of Scottish Highland dance and Scottish Highland culture through the basic steps of the Fling and Highland Reel. Gain confidence and competence in these joyful dances while having fun! No dance experience necessary. Ballet slippers or gillies (traditional dance shoes) suggested; optional course companion book available for purchase.

**2970 | Haiman | KTD | PA 92**  
6 Thursdays 7:10-8:30pm | Oct 26-Dec 7  
(No class Nov 23)  
\$89

## Current Events

### EC | Current Events and World Affairs

Personal privacy, ISIS, artificial intelligence, global warming, cybersecurity, communicable disease are part of the weekly headlines. Come and be a part of a lively discussion as we explore current events, their complexities and potential influence on our daily lives.

**2871 | Karimi | KTD | VS 11**  
5 Tuesdays 6:10-7:30pm | Sept 5-Oct 3  
\$69 | ESCOM \$15

## Introduction to East Coast Swing

This course is intended for students of all ages with no previous dance background who would like to learn the basic technical and social skills associated with East Coast Swing Dance. This style of dance is great for partner dancing to jazz, blues, rock and ballads! In addition to learning a routine consisting of the basics of the dance, students will also learn how to lead and follow the figures outside of a routine format. Students will learn to interact with others appropriately in a social dance setting.

**3050 | Worrell | KTD | PE 22**  
7 Thursdays 3:10-4pm | Aug 31- Oct 12  
\$63

**3051 | Worrell | KTD | PE 22**  
6 Thursdays 3:10-4pm | Oct 26-Dec 7  
(No class Nov 23)  
\$60

## Dance

### NEW | Beginning Irish Dance for Adults

Always loved Irish music and “Riverdance” but thought, “I can’t do that athletic stuff?” Unlike modern competitive Irish stepdance, Irish old style dance and sean-nos can be learned and danced by people of all ages. Learn to hear and dance steps “in time” to four basic rhythms of Irish music and dance: reel, jig, slip jig, and hornpipe. No partner or specialty shoes needed.

### Introduction to Traditional Hawai‘ian Dance

This is an introductory course for beginners. Our study focuses on fundamentals of hula in classic choreographies of both the ancient form (hula kahiko) and the contemporary style (hula auwana). We will lay the foundation for correct posture, footwork, and gesture and explore pre-missionary era history and culture and their relationship to the hula.

3019 | Saunders | **KTD** | PE 60  
6 Thursdays 6:10-7:10pm | Sept 7-Oct 12  
\$72 (includes SF \$9)

3020 | Saunders | **KTD** | PE 60  
7 Thursdays 6:10-7:10pm | Oct 19-Dec 7  
(No class Nov 23)  
\$75 (includes SF \$9)

### **Traditional Hawai'i'an Dance I**

This course is a Level 1 study for students who have completed the Introductory level of Traditional Hawai'i'an Dance. The focus of Level 1 is centered on the expansion of competency in hula fundamentals. Student's proficiency will develop to include dance with props and Hawai'i'an oratory chant. Level I material will broaden skills and foster an appreciation of the history and rich culture of our 50th state.

3017 | Saunders | **KTD** | PE 60  
6 Thursdays 7:15-8:30pm | Sept 7- Oct 12  
\$89 (includes SF \$9)

3018 | Saunders | **KTD** | PE 60  
7 Thursdays 7:15-8:30pm | Oct 19-Dec 7  
(No class Nov 23)  
\$95 (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. Open to both novice dancers and those with more experience; no partner is required.

2959 | Friedman | **KTD** | PE 22  
6 Wednesdays 2:10-3:30pm | Sept 6-Oct 11  
\$80 | **ESCOM \$59**

2960 | Friedman | **KTD** | PE 22  
6 Wednesdays 2:10-3:30pm | Oct 25-Dec 6  
(No class Nov 22)  
\$80 | **ESCOM \$59**

## **Financial Planning**

### **EC | 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.

3059 | Hall | **IVC** | Bldg 27 Rm 116  
2 Saturdays 9-12pm | Sept 30 & Oct 7  
3061 | Hall | **KTD** | AC 238  
2 Saturdays 9-12pm | Oct 14 & 21  
\$59 per class

### **EC | Creating a Private Rental 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.

2961 | Ginis | **KTD** | AC 247  
2 Tuesdays 2:10-4pm | Sept 19 & 26  
\$57 | **ESCOM \$38**

### **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.

2987 | Abe | **KTD** | SMN 215  
4 Mondays 6:15-8:15pm | Sept 11-Oct 2  
\$77 (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 educational and no sales products will be presented.

**3021 | Schwartz | IVC | Bldg 27 Rm 118**  
**1 Saturday 12:30-4:30pm | Oct 28**  
**\$57**

## 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.

**2928 | Sandri | KTD | SS 111**  
**2 Saturdays 10:10am-12:30pm | Sept 9 & 16**  
**\$73 (includes MF \$13)**

### Wines of Luxury: Exploring Sparkling Wines 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 origins as well as diverse global expressions. Students should bring 2-3 wine glasses to each class, and must be at least 21 years old.

**2927 | Sandri | KTD | SS 111**  
**2 Saturdays 10:10am-12:30pm | Oct 7 & 14**  
**\$75 (includes MF \$15)**

## Geography

### **NEW | EC | Regional Geography: Asia**

Travel to the continental and island subregions of Asia, from Japan to the Eastern Mediterranean, and from south of the Equator to the Arctic. This course integrates physical and cultural geography, including everything from landforms, water, and climate to population characteristics, myriad spoken languages, religious influences, and political geography.

**2983 | Pometta | KTD | SMN 229**  
**8 Tuesdays 1:10-3pm | Oct 17-Dec 5**  
**\$106 | ESCOM \$FREE**

## Health Education

### **NEW | Demystifying Addiction and Addiction Treatment**

Everyone has been affected directly or indirectly by addiction. This course will help students demystify addiction, the hows and whys of addiction, treatment options and outcomes, the care continuum, the family system, relapse and relapse prevention, and 12 step and other community based programs. Commonly accepted theories of addiction and the behavioral signs associated with addiction will be covered.

**3063 | Bahr | KTD | SS 111**  
**5 Tuesdays 6:10-8pm | Aug 29- Sep 26**  
**3064 | Bahr | KTD | SS 111**  
**5 Tuesdays 6:10-8pm | Oct 24- Nov 21**  
**\$87 (includes MF \$1) per course**

### **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, and the supportive social network that forms and keeps you aligned with your goals.

**3049 | Lahey Huff | KTD | AC 105**  
6 Saturdays 10am-11:30am | Sept 2-Oct 7  
\$85 (includes MF \$5)

religion focused on the wheel of life and its cyclical turning, which may represent the beginning of goddess veneration.

These deities were seen as protectors, givers of life, and sources of abundance.

**2984 | Roe | KTD | AC 247**  
6 Tuesdays 2:10-3:30pm | Oct 31-Dec 5  
\$83 | ESCOM FREE

## 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). (CEU's available for RNs.)

**3065 | Lefkowitz | KTD | PE 92**  
6 Fridays 10am-12pm | Sept 1-Oct 13  
(No Class Oct 6)  
\$102 (includes MF \$10)

**NEW**-One day Workshop 3057 | Lefkowitz | KTD | AC 238  
1 Sat 9:30am-4:30pm | Nov 18  
\$68 (includes MF \$5)

### **EC | History of the Romanov Dynasty**

Born at the end of the "Time of Troubles" in Russia during the XVI century, the Romanov Dynasty did not cease confronting the defiance of the Slavophil, the ambitions of the pretenders to the throne, and the disorders threatening the equilibrium of Russia. Opening themselves to Western European culture without altering their Russian identity, the Romanov Dynasty within three centuries transformed a divided country into an Empire. Join us in learning the historical background of Russia, prior to the arrival of the Romanovs, the Romanov's history, their captivating accomplishments in national and international relations, philosophy, art, architecture, way of living, and their present situation in the world.

**2882 | Harkins | KTD | AC 104**  
7 Mondays 2:10-4pm | Aug 28-Oct 16  
(No Class Sept 4)  
\$99 (MF \$1) | ESCOM \$77 (MF \$1)  
Course cost includes materials fee

### **EC | History of World War I**

World War I, also known as the Great War, was a global war originating in Europe from July 28, 1914 to November 11, 1918. Seventy million military personnel, including sixty million Europeans, were mobilized in one of the largest wars in history. World War I changed the course of history and redrew the map of Europe. Join us in examining its causes, and events leading to its outbreak, learning about its history, evolution, and the Peace Treaty of Versailles that ended the war between Germany and the Allies.

**2884 | Harkins | KTD | AC 104**  
8 Mondays 2:10-4pm | Oct 23-Dec 11  
(No Class Sept 4)  
\$105 | ESCOM FREE  
Course cost includes materials fee

## History

### **NEW | EC Goddess Traditions in Asia**

This class will look at the ancient historical record of goddess worship and briefly trace some of its history. We will focus on Goddesses of Asia, recall their stories, and discuss their iconography – the symbols they appear with, their poses, and what messages they convey. Archeological evidence tells us that

## Prohibition and Repeal: A Legacy

Almost a century ago, America tried a bold experiment—Prohibition. And, over the next 13 years, it changed American history, culminating in the ultimate change – the repeal of a constitutional amendment. Explore the rise and fall of Prohibition and how Repeal did not necessarily end the battle for what you can put in your glass today.

**2934 | Sandri | KTD | SS 111**  
2 Saturdays 10:10am-12:30pm | Dec 2 & 9  
\$65 (includes MF \$5)

science and completely addictive. This demonstration class will show you step-by-step how to make a batch of cold process soap from scratch. We will cover the ingredients required, tools needed, and how to safely work with sodium hydroxide at home. And yes, everyone will be taking home soap! Class size is limited to ensure all students can see the entire process.

**2941 | Wright | IVC | Bldg 3 Rm 154**  
1 Saturday 10:10am-1:00pm | Sept 2

**2942 | Wright | IVC | Bldg 3 Rm 154**  
1 Friday 5:10-8pm | Nov 3

\$84 (Includes MF \$20 SF \$10) per course

## Home & Garden

### The Daily Vase

Aside from special occasions, it's nice to have simple flowers for every day. A simple composition can be as challenging as a complex one. As conditioning flowers is part of this art and craft, we will get them ready before designing. After a demo you will make 3-5 arrangements in small vases you bring. Instructor will email ideas for containers and provide the flowers. She will also offer a selection of small vases for sale.

**2878 | Nardo | KTD | FA 312**  
1 Saturday 9:30am-12:30pm | Oct 14  
\$108 (Includes MF \$28)

### Celebration of Fall

It's the season of beautiful fall color! Low containers are perfect for holiday centerpieces, and metal floral frogs are the secret for holding everything in place. As conditioning flowers is part of this art and craft, we will get them ready before designing. Please bring sturdy pruners, and a low vase (no glass). The instructor will email samples of vases to guide you, and provide floral hardware to take home.

**2879 | Nardo | KTD | FA 312**  
1 Saturday 9:30am-12:30pm | Nov 18  
\$125 (Includes MF \$35)

### NEW | Beginning Cold Process Soap Making

Calling all crafters! Here is your new passion. Soapmaking is part art, part

### NEW | Cold Process Soap Making Lab

Even after you've learned the basics of cold process soapmaking it may still feel daunting to try alone at home. If that is the case, this hands-on soapmaking session might be the answer. In this soapmaking lab you will be provided with all the supplies and ingredients needed to make your own three-pound loaf of soap. Please note: This class is for students who have already taken the Cold Press Soap Making class.

**2945 | Wright | IVC | Bldg 3 Rm 154**  
1 Saturday 2:30-5pm | Sept 2

**2946 | Wright | IVC | Bldg 3 Rm 154**  
1 Saturday 10:10am-12:30pm | Nov 4  
\$133 (Includes MF \$69 SF \$10) per course

## Languages

### NEW TO IVC | Beginning Conversational Spanish, 2nd Quarter

This introductory course is 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 with peers.

**2949 | DiBenedetto | IVC | Bldg 27 Rm 116**  
6 Mondays 6:10-8pm | Aug 28-Oct 9  
(No Class Sept 4)  
\$92

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](http://www.MarinCommunityEd.com) to view course descriptions and recommended textbooks.

### Program Timeline

<b>FIRST YEAR LEVEL A</b>	<b>QTR 1</b>	<b>QTR 2</b>	<b>QTR 3</b>	<b>QTR 4</b>
<b>SECOND YEAR LEVEL B</b>	<b>QTR 5</b>	<b>QTR 6</b>	<b>QTR 7</b>	<b>QTR 8</b>

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

### Course Listings and Schedule

CLASS ID	COURSE TITLE	LEVEL	DATES	SESSIONS	TIME	DAY	ROOM	Fee	INSTRUCTOR
2992	CONVERSATIONAL FRENCH	A1	8/28-10/09^	6	6:40-8:30PM	M	VS 6	\$92	LEBAS
2993	CONVERSATIONAL FRENCH	A2	10/23-12/4	7	6:40-8:30PM	M	VS 6	\$98	LEBAS
2994	CONVERSATIONAL FRENCH	B1	8/30-10/11	7	6:40-8:30PM	W	VS 6	\$98	LEBAS
2995	CONVERSATIONAL FRENCH	B2	10/25-12/6	7	6:40-8:30PM	W	VS 6	\$98	LEBAS
2996	SAY IT IN FRENCH	B7	8/29-10/10	7	6:40-8:30PM	T	VS 5A	\$98	LEBAS
2997	SAY IT IN FRENCH	B8	10/24-12/5	7	6:40-8:30PM	T	VS 5A	\$98	LEBAS
2926	CONVERSATIONAL ITALIAN	A1	8/30-10/11	7	7:10-9PM	W	AC 249	\$98	CANTARUTTI
2930	CONVERSATIONAL ITALIAN	A2	10/25-12/6	7	7:10-9PM	W	AC 249	\$98	CANTARUTTI
2929	CONVERSATIONAL ITALIAN	B	8/31-10/12	7	7:10-9PM	TH	AC 255	\$98	CANTARUTTI
2931	CONVERSATIONAL ITALIAN	B	10/26-12/7^	6	7:10-9PM	TH	AC 255	\$98	CANTARUTTI
3055	CONVERSATIONAL ITALIAN	B	8/29-10/10	7	2:10-4PM	T	VS 3	\$98*	SALOMONE-SMITH
3056	CONVERSATIONAL ITALIAN	B	10/24-12/5	7	2:10-4PM	T	VS 3	\$98*	SALOMONE-SMITH
2957	CONVERSATIONAL GERMAN	A1	8/31-10/12	7	6:40-8:10PM	TH	AC 104	\$89	EMAMI
2958	CONVERSATIONAL GERMAN	A2	10/26-12/7^	6	6:40-8:10PM	TH	AC 104	\$86	EMAMI
2943	CONVERSATIONAL SPANISH	B1	8/29-10/10	7	2:10-4PM	T	AC 102	\$99*	DIBENEDETTO
2944	CONVERSATIONAL SPANISH	B2	10/24-12/5	7	2:10-4PM	T	AC 102	\$99*	DIBENEDETTO
3002	CONVERSATIONAL SPANISH	A1	8/31-10/12	7	7:10-9PM	TH	SMN 215	\$98	MCINNES
3003	CONVERSATIONAL SPANISH	A2	10/26-12/7^	6	7:10-9PM	TH	SMN 215	\$92	MCINNES
2951	CONVERSATIONAL SPANISH	A1	9/1-10/13	7	2:10-4PM	F	AC 102	\$98*	DIBENEDETTO
2952	CONVERSATIONAL SPANISH	A2	10/27-12/8^	5	2:10-4PM	F	AC 102	\$83*	DIBENEDETTO
2949	CONVERSATIONAL SPANISH	A2	8/28-10/9^	6	6:10-8PM	M	BLDG 27 RM 116~	\$92*	DIBENEDETTO
2950	CONVERSATIONAL SPANISH	A3	10/23-12/4	7	6:10-8PM	M	BLDG 27 RM 116~	\$98*	DIBENEDETTO
3006	CONVERSATIONAL MANDARIN	A	8/29-10/10	7	6:40-8:30PM	T	VS 5B	\$98	PENG
3007	CONVERSATIONAL MANDARIN	A	10/24-12/5	7	6:40-8:30PM	T	VS 5B	\$98	PENG
3008	CONVERSATIONAL MANDARIN	B	8/30-10/11	7	6:40-8:30PM	W	SMN 215	\$98	PENG
3009	CONVERSATIONAL MANDARIN	B	10/25-12/6	7	6:40-8:30PM	W	SMN 215	\$98	PENG

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. ~ AT INDIAN VALLEY CAMPUS. VISIT [www.MarinCommunityEd.com](http://www.MarinCommunityEd.com) FOR MORE DETAILS.

# Literature/ Humanities

## **EC | Buddhism in the Cinema**

Buddhism is one of the fastest growing spiritual traditions and is well represented in mainstream cinema. This course presents seven feature length films which directly or indirectly showcase Buddhist values such as compassion and respect for the independent web of connectivity of our world. Many of the films have outstanding ratings but are rarely seen and not easily available. Each class will feature a film as well as time for group discussion.

**3012 | Roe | KTD | VS 7**  
5 Tuesdays 12:10-2:30pm | Aug 29-Sept 26  
\$95 | **ESCOM \$73**

## **NEW | EC Gilbert and Sullivan's First Three Great Musical Hits**

Watch performances of Gilbert and Sullivan's first three major successes, HMS Pinafore, The Pirates of Penzance, and Patience. Explore the backgrounds of Gilbert and Sullivan and look at their interesting and sometimes tempestuous relationship. Discuss their unique form of humor, tales about the staging of the plays, and the place these plays hold in the history of musical theater.

**3037 | Wallace | KTD | LC 20**  
7 Tuesdays 1:10-3pm | Aug 29-Oct 10  
\$101 (MF \$3) | **ESCOM \$79 (MF \$3)**

## **EC | Three Short Stories by Honore De Balzac**

Considered a founder of the realistic school of fiction, French writer Honore de Balzac (1799–1850) wrote in meticulous detail, depicting ordinary and undistinguished lives in tales that nevertheless abounded in melodramatic plots and passions. This class will discuss three stories: 1. "The Unknown Masterpiece," which focuses on the conflict between an artist's commitment to his work and his relationship with the woman who loves him, 2. "A Passion in the Desert," inspired by Balzac's interest in the Near East, and his fascination with Napoleon, 3. "An Episode During

the Terror", a tale contrasting material poverty with spiritual riches.

**2883 | Harkins | KTD | AC 104**  
7 Wednesdays 2:10-4pm | Aug 30-Oct 11  
\$99 (MF \$1) | **ESCOM FREE (MF \$1)**  
Course cost includes materials fee.

## **EC | LELIA, a Novel by George Sand**

Regarded as one of George Sand's best novels, *Lelia* is an important document in the evolution of women's consciousness. Published in 1833, when Sand was 29, it stunned Victorians by advocating the same standard of morality for men and women and by suggesting that both the prostitute and the married woman were slaves to male desire. Sand also questioned monogamy, fidelity, and monastic celibacy. *Lelia* is an excellent depiction, capturing the euphoria, the mysticism, and the 19th century flavor of these fascinating subjects. Join us in reading excerpts and discussing and analyzing, George Sand's, most important novel.

**2885 | Harkins | KTD | AC 104**  
7 Wednesdays 2:10-4pm | Oct 25-Dec 6  
\$99 (MF \$1) | **ESCOM \$77 (MF \$1)**  
Course cost includes materials fee.

## **EC | Writer's View of the World**

Whether a journey of flight, search, adventure or pilgrimage, great literature through the ages abounds in stories of voyages. This quarter we will consider four outstanding samples of this genre, beginning with William Faulkner's 1930 classic, *As I Lay Dying*. We will then turn our gaze to three contemporary voyages: Cheryl Strayed's *Wild*, Mohsin Hamid's *Exit West*, and Colson Whitehead's Pulitzer Prize winning tour de force, *The Underground Railroad*. In each, we will pay special attention to the ways in which the choice of theme is essential to the writer's vision.

**2981 | Kudler | KTD | AC 238**  
6 Thursdays 1:10-3pm | Oct 26-Dec 7  
(No class Nov 23)  
\$92 | **ESCOM \$70**

# Marin Adventures

## Fly Fishing 101

Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to "read the waters" to find fish and select the appropriate flies and strategies. Learn the magic of the 3 P's: Preparation, Position, and Presentation on moving or still water. Class is limited to 14 students. Gear will be provided to those who need it, and equipment will be discussed in class.

2982 | Lack | **KTD** | VS 6  
4 Thursdays 7:10-9pm | Aug 31-Sept 28  
1 Saturday 8-10am | Sept 2\*  
2 Saturdays 8am-noon | Sept 23 & 30\*\*  
(No class Sept 14)  
\$158 (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. The first class meeting held in LC 53. Itineraries will be provided by the Instructor.

2975 | Hug | **OFF** | TBA  
1 Tuesday 9:10am-1:10pm | Sept 12  
4 Tuesdays 8:30am-12:30pm | Sept 19-Oct 10

2976 | Hug | **OFF** | TBA  
1 Wednesday 9:10am-1:10pm | Sept 13  
4 Wednesdays 8:30am-12pm | Sept 20-Oct 11

2977 | Hug | **OFF** | TBA  
1 Tuesday 9:10am-1:10pm | Oct 24  
4 Tuesdays 8:30am-12:30pm | Oct 31-Nov 21

2978 | Hug | **OFF** | TBA  
1 Wednesday 9:10am-1:10pm | Oct 25  
4 Wed 8:30am-12:30pm | Nov 1-Nov 22

\$159 | **ESCOM \$119** per course  
\*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.

2953 | Dreskin | **OFF** | TBA  
7 Mondays 9:45am-1:45pm | Aug 28-Oct 16  
(No class Sept 4)

2955 | Dreskin | **OFF** | TBA  
7 Tuesdays 9:45am-1:45pm | Aug 29-Oct 10

2954 | Dreskin | **OFF** | TBA  
7 Mondays 9:45am-1:45pm | Oct 23-Dec 4

2956 | Dreskin | **OFF** | TBA  
7 Tuesdays 9:45am-1:45pm | Oct 24-Dec 5

\$155 | **ESCOM \$131** per course

## 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 1,000 feet of elevation gain.**

2898 | Barnett | **OFF** | TBA  
4 Saturdays 10am-2pm | Sept 9-30  
1 Saturday 10am-4pm | Oct 7

2908 | Barnett | **OFF** | TBA  
4 Saturdays 10am-2pm | Oct 28-Dec 2  
1 Saturday 10am-4pm | Dec 9  
(No classes Nov 4 & 28)

\$119 per course

# Music

## The Golden Age of San Francisco Rock: The Summer of Love

In the mid-to-late 1960s, the San Francisco Bay Area exploded with psychedelic rock that captured the imagination of the world. The roots and heyday of the San Francisco Sound will be explored in depth via both common and rare audio recordings by greats like Jefferson Airplane, the Grateful Dead, Janis Joplin, and Santana. We'll also investigate how the Bay Area's unique counterculture created a scene in which experimental and idiosyncratic rock music could flower. We'll look at its roots as well as how San

Francisco rock continued to evolve in the 1970s, into funk, punk, and beyond.

3035 | Unterberger | **KTD** | LC 53

7 Tuesdays 7:10-9pm | Sept 5-Oct 17

\$101 (includes MF \$3)

### **The Beatles: The Rock Group that Changed the World**

An in-depth overview of the history of the Beatles, the most popular and influential rock group of all time. Using both common and rare recordings and video clips, the course traces their artistic evolution from the dawn of their career in the early 1960s through their breakup about a decade later. The Beatles were among the most important agents of social change of the twentieth century; the course also examines their massive effect on the popular music and culture of their era.

3036 | Unterberger | **KTD** | LC 53

7 Tuesdays 7:10-9pm | Oct 24-Dec 5

\$101 (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.** For placement information, visit MarinCommunityEd.com. Early registration is strongly recommended.

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

2911 | Bauman | **KTD** | PA 188

Aug 29-Oct 12

2912 | Bauman | **KTD** | PA 188

Oct 26-Dec 12

(No class Nov 23)

\$92 per course

### **Unspoken Dimensions: The Impact of Music in Film**

When and how did the use of music in film begin, and how has it changed over the decades? In each class, a variety of selected film clips will be shown to

illustrate the importance of the film score and how it supports the aesthetic and narrative elements, revealing hidden dimensions of the story.

2915 | Bauman | **KTD** | FA 201

6 Mondays 7:10-9pm | Aug 28-Oct 9

(No class Sept 4)

\$92 | **ESCOM \$70**

### **EC | Musical Snapshots: Four of America's Best Female Jazz Singers and Their Contemporaries**

A comparative view of four of the greatest; Ella Fitzgerald, Sarah Vaughn, Billie Holliday, and Carmen McRae. This class will explore the musical styles and lives of 20th Century America's most popular, influential, and adored female jazz singers and their contemporaries, including Mel Torme, Tracy Kent, Diana Krall, Esperanza Spaulding, Kurt Elling, and more.

2979 | Frohmader | **KTD** | PA 178

4 Saturdays 10:10am-noon | Sept 16-Oct 7

\$69 | **ESCOM \$50**

### **EC | Musical Snapshots: Jazz Guitarists**

Jazz guitarists play jazz using a special approach to chords, melodies, and improvised solo lines. Jazz guitar has fulfilled the roles of accompanist ("rhythm guitar") and soloist in small and large ensembles and also as an unaccompanied solo instrument. Through the use of audio and video recording we will look at the influence, style, and uniqueness of a number of jazz guitarists including: Huddie Ledbetter, Eddie Lang, Django Reinhardt, Freddie Green, Charlie Christian, Tal Farlow, Joe Pass, and Pat Metheny.

2980 | Frohmader | **KTD** | PA 178

4 Saturdays 10:10am-noon | Oct 21-Nov 11

\$69 | **ESCOM \$50**

### **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.

3004 | Paul | **KTD** | PA 72

7 Thursdays 2-3:50pm | Aug 31-Oct 12

\$123 (MF \$25) | **ESCOM \$101 (MF \$25)**

Course cost includes materials/service fees.

3005 | Paul | **KTD** | PA 72  
6 Thursdays 2-3:50pm | Oct 26-Dec 7  
(No class Nov 23)  
\$117 (MF \$25) | **ESCOM \$95 (MF \$25)**  
Course cost includes materials/service fees.

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

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

3000 | Daria | **KTD** | PA 177  
6 Saturdays 10am-noon | Sept 2-Oct 7

3001 | Daria | **KTD** | PA 177  
6 Saturdays 10am-noon | Oct 21-Dec 2  
(No class Nov 25)

\$170 per course

### **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. No partner required to join. If new please contact Paul Smith (pianosmith@aol.com) to arrange an interview and suggested repertoire. Final concert Monday, November 6.

3028 | Smith | **KTD** | PA 75  
8 Mondays 12:10-2pm | Sept 18- Nov 6  
\$101

### **EC | Marin Men's Chorus**

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

2891 | Allee | **OFF** | St. Stephen's Church\*  
7 Tuesdays 7-9pm | Aug 29-Oct 10

2892 | Allee | **OFF** | St. Stephen's Church\*  
7 Tuesdays 7-9pm | Oct 24-Dec 5

\$98 | **ESCOM \$78** per course  
\*3 Bayview Ave., Belvedere

### **EC | Beginning Folk and Blues Harmonica Workshop**

Breathing is our foundation as we take folk, pop, and blues melodies, invigorate them with easy but powerful techniques, and make any song deeply expressive! Learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail. Both puckering and tongue blocking approaches are taught. No experience necessary! Students need a "C" major diatonic harmonica.

2921 | Broida | **KTD** | VS 5A  
1 Monday 6-8pm | Oct 23  
\$46 (MF \$20)

## **Personal Enrichment**

### **EC | Loving Self Care through Mindful Biology**

Many of us find it difficult to take care of ourselves. By helping us better understand our own bodies and minds, with their biological strengths and vulnerabilities, this course encourages greater self-compassion and self-care. Using a mindfulness-based approach, it cultivates affectionate, caring connections between mind and body that improve wellness. Taught by a retired mind-body medicine psychologist and a retired physician, the class combines brief talks about human biology with guided sitting, standing, and walking practices, plus group discussions.

2922 | Berkelhammer & Meecham | **KTD** | PE 22

7 Thursdays 1:10-3pm | Aug 31-Oct 12  
\$99 (MF \$1) | **ESCOM \$77 (MF \$1)**

2923 | Berkelhammer & Meecham | **KTD** | PE 22

6 Thursdays 1:10-3pm | Oct 26-Dec 7  
(No class Nov 23)

\$93 (MF \$1) | **ESCOM \$71 (MF \$1)**  
Course cost includes materials fee.

## **NEW | EC | Become Who You Really Are**

This experiential skill-building class is designed to serve as a vehicle to enhance inner exploration. In this course students will be taught through instruction, practice, and group discussion to cultivate the ability to master life's challenges with greater resilience and psychological flexibility. The emphasis will be on how to make courageous moment-to-moment choices that are aligned with personal life values and goals. This course especially focuses on the existential issues of life, such as autonomy, relationships, and meaning and purpose, from which students can choose to grow.

**2924 | Berkelhammer & Young | KTD | AC 101**  
7 Mondays 1:10-3pm | Aug 28-Oct 16  
(No class Sept 4)

**2925 | Berkelhammer & Young | KTD | AC 101**  
7 Mondays 1:10-3pm | Oct 23-Dec 4  
**\$99 (MF \$1) | ESCOM \$77 (MF \$1) per course**  
Course cost includes materials fee.

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

Looking over the landscape of your life, what do you see? 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 sketchbook to class.

**2874 | Danberg | KTD | FA 215**  
6 Wednesdays 1:30-4pm | Sept 6-Oct 11

**2875 | Danberg | KTD | FA 215**  
6 Wednesdays 1:30-4pm | Oct 25-Dec 6  
(No class Nov 22)

**\$108 (MF \$10) | ESCOM \$25 (MF \$10) per course.** 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 sketchbook to class.

**2872 | Danberg | KTD | FA 215**  
6 Saturdays 1:30-4pm | Sept 9-Oct 14

**2873 | Danberg | KTD | FA 215**  
6 Saturdays 1:30-4pm | Oct 28-Dec 9  
(No class Nov 25)

**\$108 (MF \$10) | ESCOM \$87 (MF \$10) per course.** Course cost includes materials fee.

## **EC | Mikkyo Zen: The Secret of This Moment**

Mikkyo is an esoteric teaching with 1,200 years of history in Japan. Through the practice of Mikkyo, students will learn how to best live in the present moment with less stress and manifestation of the "Three Poisons Cycle" (Anger, Craving and Whining), the cause of all human suffering. Lectures and discussions will focus on Buddhist teachings and be facilitated by a Mikkyo Master.

**2890 | Mikami | KTD | PE 22**  
6 Saturdays 2:40-4:30pm | Sept 16-Oct 21  
**\$89 | ESCOM \$15**

## **EC | Come Home to Your Body with Mindful Biology**

Would you like to feel more accepting of your body? Would you like to feel more tender toward it? Would you like to feel amazed by it? This class taught by a retired surgeon includes artful presentations to help you visualize your body's wonderful biology, guided mindfulness to help you grow more intimate with bodily sensations and movements, plus group discussions and shared silence. During this serene retreat you will discover more appreciation, and love for your human body.

**2935 | Meecham | IVC | Bldg 5 Rm 188**  
1 Saturday 10:10am-4pm | Oct 7

**2936 | Meecham | IVC | Bldg 5 Rm 188**  
1 Saturday 10:10am-4pm | Dec 2

**\$63 | ESCOM \$15 per course**

## **NEW | Intuitively Communicating with Animals**

This experiential class will teach you how to communicate with animals nonverbally using silent words and mind pictures. Animals are intuitive beings who respond to human emotions, thoughts,

and feelings. Communicating with them asks us to explore, being present and responsible for our own thoughts, feelings, treatment of ourselves, and treatment of animals. Please bring a pen, notebook, light snack, and photo of your animal.

**2947 | Gallegos & Spillinger | KTD | AC 237**  
2 Saturdays 10:10am-1pm | Oct 7 & 14

**2948 | Gallegos & Spillinger | IVC | Bldg 5 Rm 188**  
2 Saturdays 10:10am-1pm | Oct 28 & Nov 4  
\$127 (Includes \$1 MF) per course

Learn to improve your smartphone photography skills and master unconventional apps that will help you enhance your images, capture panoramic vistas, and display rich details.

**2888 | Thaler | KTD | SMN 224**  
3 Wednesdays 7:10-9:30pm | Oct 4-18  
\$72 (includes MF \$3)

### **Up and Rolling with Adobe Photoshop Lightroom**

Photoshop Lightroom is a comprehensive software solution for organizing, enhancing, printing, and sharing your images. The powerful toolset empowers users to move beyond image management and image enhancement to create photo books, prints, slide shows, and web galleries, and upload to social media sites. This class will give you an overview of Lightroom's Library and Develop Module so you can spend more time shooting and less time at the computer.

**2889 | Thaler | KTD | SMN 225**  
4 Tues & 4 Thurs 7:10-9:30pm | Oct 24-Nov 16  
\$124 (includes MF \$3)

## **Photography**

### **Macro Photography**

Come celebrate the natural world and learn how to photograph close up where the inside of a flower becomes a world of its own. 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'll need a camera that can focus to within a few inches of the lens (hopefully using a macro lens), extension tube or close-up lenses, a tripod, and patience to explore, practice, and play.

**2887 | Thaler | KTD | SMN 224**  
1 Saturday 10:10am-4:30pm | Sept 30  
\$69 (Includes MF \$3)

### **NEW | Learning to Use an Adjustable Camera**

If you are new to owning an adjustable camera or just need to get more familiar with all the knobs and dials, then you've come to the right class! Learn the basics of photography through the "exposure triangle" and understand the inherent trade-offs that must be made. The computer is the new darkroom, and it's available to everyone.

**2886 | Thaler | KTD | SMN 224**  
4 Wednesdays 7:10-9:30pm | Aug 30-Sept 20  
\$89 (includes MF \$3)

### **Smartphone Photography**

Your smartphone can be a great camera if you know how to maximize its potential.

## **Physical Fitness**

### **NEW | Fencing Fundamentals**

Fencing is the art and science of the sword. Practicing swordsmanship refines focus, improves dexterity, and makes flexible the mind and body. Students learn 19th century French fencing techniques including footwork, attacks, and defenses. The course is open to teenagers and adults of all ages, and no previous experience necessary. All swords and equipment provided! Returning students encouraged and will be trained in advanced techniques.

**3046 | Bowles | KTD | PE 22**  
7 Thursdays 6:35-8:30pm | Aug 31-Oct 12  
**3047 | Bowles | KTD | PE 22**  
7 Thursdays 6:35-8:30pm | Oct 26-Dec 14  
(No class Nov 23)

\$120 (Includes MF \$25) per course

## **Self Defense for Women**

This class designed for women includes special obstacles they face in hostile environments, including sensing danger and setting necessary boundaries and moving quickly to get to safety. Posture, stances, awareness, body language, verbal and physical techniques and strategies to preserve safety in hostile or dangerous situations will be covered. Techniques are based on karate and Tai Chi fundamentals. No martial arts experience is required.

**2897 | Baker | KTD | PE 22**  
**2 Saturdays 11:10-5pm | Sept 2 & 9**  
**\$83**

## **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 each student's level of fitness. One-on-one training and style development provided as time allows. This is a technique class and there is NO CONTACT involved.

**3053 | Green | KTD | PE 22**  
**6 Mon & 7 Wed 6:40-8pm | Aug 28-Oct 11**  
**(No class Sept 4)**

**3054 | Green | KTD | PE 22**  
**7 Mon & 6 Wed 6:40-8pm | Oct 23-Dec 4**  
**\$119 per course**

## **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.

**2988 | Attardi | KTD | PE 22**  
**7 Tue & Thu 11:10-12pm | Aug 29-Oct 12**  
**\$96 (MF \$1) | ESCOM \$75 (MF \$1)**

**2893 | Attardi | KTD | PE 22**

**7 Tue & Thu 12:10-1pm | Aug 29-Oct 12**  
**\$96 (MF \$1) | ESCOM \$75 (MF \$1)**

**2989 | Attardi | KTD | PE 22**

**7 Tue & Thu 11:10-12pm | Oct 24-Dec 7**  
**\$93 (MF \$1) | ESCOM \$72 (MF \$1)**

**2894 | Attardi | KTD | PE 22**

**7 Tue & Thu 12:10-1pm | Oct 24-Dec 7**  
**\$93 (MF \$1) | ESCOM \$72 (MF \$1)**

## **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. 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 [effortless tennis@comcast.net](mailto:effortless tennis@comcast.net).

### **BEGINNING**

**3042 | Zeller | IVC | Tennis Courts**  
**8 Tuesdays 9:40-11am | Aug 29-Oct 17**  
**\$162 (MF\$8)**

**3043 | Zeller | IVC | Tennis Courts**  
**7 Tuesdays 9:40-11am | Oct 24-Dec 5**  
**\$149 (MF\$8)**

### **INTERMEDIATE 1**

**3044 | Zeller | IVC | Tennis Courts**  
**8 Tuesdays 11:10am-12:30pm | Aug 29-Oct 17**  
**\$162 (MF\$8)**

**3045 | Zeller | IVC | Tennis Courts**  
**7 Wednesdays 11:10-12:30pm | Oct 24-Dec 5**  
**\$149 (MF\$8)**

## **Underwater Hockey**

The *funnest* sport that you've never heard of! 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.

3038 | Zvanut | **KTD** | Pool  
7 Wednesdays 7:30-9:30pm | Aug 30-Oct 11  
3039 | Zvanut | **KTD** | Pool  
7 Wednesdays 7:30-9:30pm | Oct 25-Dec 6  
\$111 (includes SF \$16) per course

### **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.

2919 | Binnings/Clifford | **KTD** | PE 60  
7 Wednesdays 12:40-2pm | Aug 30-Oct 11  
\$86 | **ESCOM** \$65  
2920 | Binnings/Clifford | **KTD** | PE 60  
6 Wednesdays 12:40-2pm | Oct 25-Dec 6  
(No Class Nov 22)  
\$80 | **ESCOM** \$59

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

2971 | Hain | **OFF** | Whistlestop\*  
7 Mondays 11am-noon | Aug 28-Oct 16  
(No Class Sept 4)  
2972 | Hain | **OFF** | Whistlestop\*  
7 Mondays 11am-noon | Oct 23-Dec 4  
\$63 | **ESCOM** \$45 per course  
\* 930 Tamalpais Ave., San Rafael

### **Yoga for Every Body, Yoga for Every Mind**

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

before registering at susyoga2@gmail.com or 415.388.1549.

**INTRODUCTORY: New to yoga**  
3031 | Houghton | **KTD** | PE 60  
7 Saturdays 11:40-1pm | Oct 28-Dec 16  
(No Class Nov 25)  
\$86

**BEGINNING: Some experience**  
3029 | Stewart | **KTD** | PE 60  
6 Saturdays 10-11:30am | Sept 9-Oct 14  
\$80

3030 | Stewart | **KTD** | PE 60  
7 Saturdays 10-11:30am | Oct 28-Dec 16  
(No Class Nov 25)  
\$86

**INTERMEDIATE: More advanced**  
3032 | Stewart | **KTD** | PE 60  
6 Saturdays 8-9:45am | Sept 9-Oct 14  
\$86

3033 | Stewart | **KTD** | PE 60  
7 Saturdays 8-9:45am | Oct 28-Dec 16  
(No Class Nov 25)  
\$92

### **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, 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.

2990 | Laws | **KTD** | PE 22  
7 Tuesdays 10:10-11am | Aug 29-Oct 10  
2991 | Laws | **KTD** | PE 22  
7 Tuesdays 10:10-11am | Oct 24-Dec 5  
\$63 per course

### **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. Improves balance, strength and flexibility.

2962 | Govrin | **IVC** | BLDG 15, Rm 170  
7 Tuesdays 2:10-3:30 | Aug 29-Oct 10

2964 | Govrin | **KTD** | PE 60  
7 Fridays 10:40-12pm | Sept 1-Oct 13  
2963 | Govrin | **IVC** | Bldg 15 Rm 170  
7 Tuesdays 2:10-3:30pm | Oct 24-Dec 5

2965 | Govrin | **KTD** | PE 60  
7 Fridays 10:40-12pm | Oct 20-Dec 15  
(No Class Nov 10 & 24)

**\$87 (MF \$1) | ESCOM \$66 (MF \$1) per course**  
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.

2966 | Govrin | **KTD** | PE 22  
7 Fridays 12:40-2pm | Sept 1-Oct 13  
2967 | Govrin | **KTD** | PE 22  
7 Fridays 2:10-3:30pm | Oct 20-Dec 15  
(No Class Nov 10 & 24)

**\$87 (MF \$1) | ESCOM \$66 (MF \$1) per course**  
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.

2968 | Govrin | **IVC** | Bldg 15 Rm 170  
7 Thursdays 2:10-3:30pm | Aug 31-Oct 12  
2969 | Govrin | **IVC** | Bldg 15 Rm 170  
7 Thursdays 2:10-3:30pm | Oct 26-Dec 14  
(No Class Nov 23)

**\$87 (MF \$1) | ESCOM \$66 (MF \$1) per course**  
Course cost includes materials fee

### **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.

3010 | Riswold | **KTD** | PE 22  
7 Tue & 7 Fri 9:10-10am | Aug 29-Oct 13  
**\$95 | ESCOM \$74**

3011 | Riswold | **KTD** | PE 22  
6 Tue & 6 Fri 9:10-10am | Oct 24-Dec 15  
(no class Nov 10 & 24)

**\$89 | ESCOM \$68**

### **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**

3013 | Rolston | **KTD** | PE 22  
7 Mondays 3:40-5pm | Aug 28-Oct 9  
(No class Sept 4)

3014 | Rolston | **KTD** | PE 22  
7 Mondays 3:40-5pm | Oct 23-Dec 4

**\$81 (MF \$1) | ESCOM \$61 (MF \$1) per course**

**INTERMEDIATE/ADVANCED**

3015 | Rolston | **KTD** | PE 22  
7 Wed 10:45am-12:15pm | Aug 30-Oct 11

3016 | Rolston | **KTD** | PE 22  
7 Wed 10:45am-12:15pm | Oct 25-Dec 6

**\$86 | ESCOM \$65 per course**

### **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.

2916 | Best-Martini | **KTD** | PE 22  
7 Wed & Fri 7:30-9am | Aug 30-Oct 13  
**\$122 | ESCOM \$101**

2917 | Best-Martini | **KTD** | PE 22  
7 Wed & 5 Fri 7:30-9am | Oct 25-Dec 8  
**\$107 | ESCOM \$86**

### **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/text Jim Owens at 415.827.3987 to learn more about the class.

3040 | Wood & Owens | **KTD** | PE 20/22  
7 Tue & Thu 7-8:45am | Aug 29-Oct 12  
\$134 | **ESCOM \$113**

3041 | Wood & Owens | **KTD** | PE 20/22  
7 Tue & 6 Thu 8:45am | Oct 24-Dec 7  
(No class Nov 23)  
\$128 | **ESCOM \$107**

### **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.

3024 | Scranton | **KTD** | PE 60  
7 Tue & Thu 2:10-3pm | Aug 29-Oct 19  
\$95 | **ESCOM \$74**

3025 | Scranton | **KTD** | PE 60  
7 Tue & 6 Thu 2:10-3pm | Oct 24-Dec 7  
(No class Nov 23)  
\$92 | **ESCOM \$71 per course**

### **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. 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.)

3022 | Scranton | **IVC** | Bldg 15 Rm170  
6 Mon & 7 Wed 3:40-4:30pm | Aug 28-Oct 11  
(No class Sept 4)  
\$92 | **ESCOM \$71**

2985 | Scranton | **KTD** | PE 22  
7 Tue & 7 Thu 5:10-6pm | Aug 29-Oct 12  
\$95 | **ESCOM \$15**

3023 | Scranton | **IVC** | Bldg 15 Rm170  
7 Mon & 7 Wed 3:40-4:30pm | Oct 23-Dec 6  
\$95 | **ESCOM \$74**

2986 | Scranton | **KTD** | PE 22  
7 Tue & 6 Thu 5:10-6pm | Oct 24-Dec 7  
(No class Nov 23)  
\$92 | **ESCOM \$15**

### **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 for students who want to focus on muscle conditioning. (Instruction on basic strength training safety will be discussed prior to toning.)

3026 | Scranton | **KTD** | PE 60  
7 Tue & 7 Thu 3:10-4pm | Aug 29-Oct 12  
\$95 | **ESCOM \$74**

3027 | Scranton | **KTD** | PE 60  
7 Tue & 6 Thu 3:10-4pm | Oct 24-Dec 7  
(No class Nov 23)  
\$92 | **ESCOM \$71**

### **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.

2895 | Baker | **KTD** | PE 60  
7 Mon & 7 Wed 6:40-8pm | Aug 28-Oct 16  
(No class Sept 4)  
\$117

2896 | Baker | **KTD** | PE 60  
7 Mon & 7 Wed 6:40-8pm | Oct 23-Dec 6  
\$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.

**3067 | Murphy | KTD | Pool**  
6 Mon, 7 Wed & Fri 9:40-11am | Aug 28-Oct 13  
(No class Sept 4)  
**\$160 | ESCOM \$84 per course**

**3069 | Murphy | IVC | Bldg 21 Pool**  
7 Tue, Thu & Fri 2:10-3:30pm | Aug 29-Oct 13  
**\$166 | ESCOM \$84 per course**

**3068 | Murphy | KTD | Pool**  
7 Mon, Wed & 5 Fri 9:40-11am | Oct 23-Dec 8  
(No class Nov 10 & 24)  
**\$157 | ESCOM \$84 per course**

**3070 | Murphy | IVC | Bldg 21 Pool**  
7 Tue, 6 Thu & 5 Fri 2:10-3:30pm | Oct 24-Dec 8 (No class Nov 11, 23 & 24)  
**\$140 | ESCOM \$84 per course**

**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](http://www.MarinCommunityEd.com).

## 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.

**2858 | Centolella | OFF | Redwoods\***  
7 Mondays 5:30-8:30pm | Aug 28-Oct 16  
(No class Sept 4)

**2859 | Centolella | OFF | Redwoods\***  
7 Mondays 5:30-8:30pm | Oct 23-Dec 4  
**\$133 | ESCOM \$112 per course**  
\*40 Camino Alto, Mill Valley

## Urban Agriculture

### **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.

**2933 | Halula | IVC | Bldg 3 Rm 154**  
7 Mondays 1:10-3pm | Aug 28-Oct 16  
(No class Sept 4)

**2932 | Halula | IVC | Bldg 3 Rm 154**  
7 Mondays 1:10-3pm | Oct 23-Dec 4  
**\$129 (Includes \$31 MF) per course**

### **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.

**2860 | Centolella | KTD | AC 101**  
7 Wednesdays 2:10-5pm | Aug 30-Oct 11  
**2861 | Centolella | KTD | AC 101**  
7 Wednesdays 2:10-5pm | Oct 25-Dec 6  
**\$133 | ESCOM \$112 per course**

### **NEW | The Journal as Source of Prose, Poetry, and Performance**

The seemingly private practice of journal writing is a source of raw material that can be revised and shared with wider

audiences. In this supportive workshop we'll free write inspired by prompts, observations, dreams, and visualizations evoking rich source material from the subconscious mind. Using sensory details we'll capture the tone of a vibrant moment or voices of unforgettable characters. Finally, we'll expand and develop outstanding passages into prose, poetry, or monologues worthy of publication.

**2909 | Blotter | KTD | VS 6**  
3 Tuesdays 6:10-8:00pm | Sept 12-26  
**2910 | Blotter | KTD | VS 6**  
3 Tuesdays 6:10-8:00pm | Oct 3-17  
**\$65 (Includes MF \$2) per course**

### **EC | The Poetic Pilgrimage: Writing Poetry as Spiritual Practice**

Fall 1's Theme: *The Long and the Short of It*  
Fall 2's Theme: *The Dance of the Mundane and the Sacred*

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. In Fall 1, we will continue our exploration of image, rhythm, and metaphor, but will also focus on a poem's length as a powerful and often overlooked ingredient in the creative mix. In Fall 2, we will return to the underlying spirit of poetry—the mysterious dance which requires one foot in the known and one in the unknown. As always, we will practice the Art of Being Surprised by Our Own Poems, All experience levels and styles welcome.

**2864 | Sereno | KTD | AC 101**  
7 Tuesdays 2:10-4:30pm | Aug 29-Oct 10  
**2865 | Sereno | KTD | AC 101**  
7 Tuesdays 2:10-4:30pm | Oct 24-Dec 5  
**\$113 (MF \$3) | ESCOM \$91 (MF \$3) per course**  
**Course cost includes materials fee.**

### **EC | Guided Autobiography One**

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.

**2854 | Vetter | KTD | VS 6**  
5 Thursdays 10:10am-noon | Sept 14-Oct 12  
**\$88 (MF \$2) | ESCOM \$66 (MF \$2)**  
**Course cost includes materials fee.**

### **EC | Guided Autobiography Two**

This course is a continuation of the journey of life story writing for students who have taken Guided Autobiography One class with the instructor.

**2855 | Vetter | KTD | VS 6**  
5 Thursdays 10:10am-noon | Oct 19-Nov 16  
**\$88 (MF \$2) | ESCOM \$66 (MF \$2)**  
**Course cost includes materials fee.**

### **EC | Guided Autobiography Continued**

This course is a continuation of the journey of life story writing for students who have taken Guided Autobiography One and Two courses with the Instructor.

**2856 | Vetter | KTD | VS 11**  
5 Tuesdays 2:10-4pm | Sept 12-Oct 10  
**2857 | Vetter | KTD | VS 11**  
5 Tuesdays 2:10-4pm | Oct 17-Nov 14  
**\$88 (MF \$2) | ESCOM \$66 (MF \$2) per course.**  
**Course cost includes materials fee.**

### **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.

**2862 | Winograd | KTD | AC 104**  
7 Thursdays 4:10-6pm | Aug 31-Oct 12  
**2863 | Winograd | KTD | AC 104**  
7 Thursdays 4:10-6pm | Oct 26-Dec 14  
**(No class Nov 23)**  
**\$103 (Includes MF \$5) per course**

## Tales Told from Memory

Memoir has become one of the hottest genres of the current literary scene. This writing workshop will help you retrieve your own remembered experience and shape it into story. Each session, we study and discuss the work of veteran memoir writers for insights into the crafting of personal narrative. The stories we then write draw upon lessons learned from literature, as well as weekly instructor and class feedback.

2853 | Kudler | **KTD** | VS 7  
7 Mondays 1:10-3pm | Oct 23-Dec 4  
\$98 | **ESCOM \$76**

## 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.

2998 | Biederman | **KTD** | AC 104  
1 Saturday 10am-1pm | Sept 9  
2999 | Biederman | **KTD** | AC 104  
1 Saturday 10am-1pm | Nov 4  
**\$54 per course**

## COMMUNITY EDUCATION SERVICES REGISTRATION FORM

Mail-in information on page 4.

COLLEGE OF  
**MARIN**

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](http://MarinCommunityEd.com) for more information.

FIRST NAME			<input type="checkbox"/> YES <input type="checkbox"/> NO 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 POLICIES 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

## Lifelong Learning

[www.marin.edu/escom](http://www.marin.edu/escom)

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

**JOIN US!** ESCOM Annual Membership (\$15 membership fee), available to adults ages 55 and over, provides valuable benefits:

- Discounted course fees—\$15-\$20 below regular price—for College of Marin Community Education ESCOM Courses.
- Access to over 25 ESCOM Clubs focusing on a wide variety of activities, from bridge to books to philosophy. See the next page for details.
- Access to ESCOM Centers that incorporate Humiston Reading Room Libraries, 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 desks.

- 10% discount at the College of Marin Kentfield campus cafeteria.
- Access to financial aid, including the \$50 Haddie Scholarship for enrollment in Community Education ESCOM Courses. Call 415.485.9305 for info.
- Pride in supporting lifelong learning



To become an ESCOM member visit [www.MarinCommunityEd.com](http://www.MarinCommunityEd.com) or connect with an ESCOM volunteer by visiting or calling an ESCOM Center.

### **ESCOM CLUBS, FALL 2018**

Club meeting visits are open to all. Club membership is only available to ESCOM Members. Visit an ESCOM Center or contact Bill Raffanti at 415.883.4079 for more information about how to get involved!

#### **ESCOM Clubs @ ESCOM Center Indian Valley Campus:**

Astronomy Club: (2nd Mon, 9-11am)  
Michael Patrick, 415.456.2778

Atelier Club: (every Wed, 9am-Noon or 1-4pm) Larry Bencich, 415.457.7245

Book Banter Lit Lites: (2nd Wed, 1-3pm)  
Diana Davis, 415.897.4844

Book Forum: (4th Mon, 2-4pm) Louise Kerr, 415.883.2823

British Foreign Film Club: (1st Tues, 1-3pm)  
Annie Longtin, 415.382.1360

Computer Club: (3rd Wed, 1-3pm) Gloria Kopshever, 415.883.7805

Digital Camera Club: (1st Mon photo outing TBA; 3rd Mon 1-3pm) Laura Milholland, 415.578.2972

Film Noir DVD Club: (2nd & 4th Sat, 1-3pm) Lillian Hanahan, 415.209.9452

Global Issues Club: (3rd Fri, 2-4pm) Colleen Rose, 415.898.0131

Great Ideas in Philosophy Club: (every Thurs, 1-3pm) Lillian Hanahan, 415.209.9452

Humanities Club: (1st & 3rd Sat, 1-3pm)  
Ruth King, 415.898.5845

Opera & Beyond: (2nd Tues, 1:30-4pm)  
Michael Sachs, 415.298.1939

Travel Forum: (2nd Fri, 2pm) Linda Land, 415.897.2410

### **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.

#### **ESCOM Clubs at ESCOM Center**

##### **Kentfield:**

Bridge Club: (every Mon, 1:15-4:30pm KTD Cafeteria) Lynn Mason 415.456.2508

Bridge: (2nd Day) (every Thurs 1pm KTD Cafeteria) Margaret Harding, 415.388.3943

Chess Club: (every Wed except last of month, 1pm) Ron Evans, 415.924.0998

Current Events Club: (2nd and 4th Thurs, 10am-Noon) James Kennedy, 415.388.3939 & Teddy Preovolos, 415.927.8887

Great Minds of Western Philosophy: (1st and 3rd Mon, 10:15am-12:15pm) Arlene Stark, 415.925.1214

Health & Nutrition Club: (every other Fri, 9:30am-Noon) Sushama Gokhale, 415.694.3502

Moral-Ethical & Legal Issues Round Table: (1st & 3rd Tues, 10 am-Noon, Deedy Lounge SS Bldg KTD) Kevin Colgate, 415.624.4362

Opera & Beyond: (last Wed, 1-3pm)  
Michael Sachs, 415.298.1939

Scrabble Club: (every Thurs, 2-4pm)  
Marlene Knox, 415.459.1427

Spanish Club: (every Thurs, 1:30-3:30pm)  
Libby Ginsberg, 415.454.6485 & Roberta Schwarz, 415.435.3540

Unity of Faiths: (every Wed, 4-7pm) Merhri Dadgar, 415.927.1388

Writer's Workshop: (1st Tues, 11am-1pm)  
Treva Strauss, 415.454.6641

#### **Clubs @ Other Locations:**

Adventurer's Club: (4th Mon, 1pm, various locations) Ruth King 415.898.5845

Square Dancing Club: (every Fri, 7-9pm, Lynwood School, Novato) Louise Kerr, 415.883.2823

#### **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 IVC Emeritus, please call 415.883.7805.

# Small Business

## WORKSHOPS

Enroll through Community Education! All workshops are \$25 and provided by Marin SBDC (Small Business Development Center), in partnership with Community and Technical Education at College of Marin. Visit [marincommunityed.com](http://marincommunityed.com) for details.



- Ecommerce: Get an Online Store Up Now
- Business Basics Series: Planning, Finance and Legal, and Marketing
- From Kitchen to Market
- Social Media Marketing
- Website Best Practices for Beginners
- Craft a Winning Pitch
- Business Funding Options for You

## Affordable Classes for Lifelong Learners



Community Education is proud to offer these free and low-fee classes thanks to the Haddie Fund:

- History of World War I
- Current Events and World Affairs
- Regional Geography: Asia
- Mikkyo Zen: The Secret of This Moment
- Come Home to Your Body with Mindful Biology
- Zumba Gold with Toning (Evening)
- The Whole Picture: Life Review in Word and Image
- Goddess Traditions in Asia

Free and low-fee classes are available with ESCOM membership. Haddie classes are chosen in partnership with the ESCOM Curriculum Committee and change on a rotating basis. Thanks to the Haddie Fund for making these classes possible.



COLLEGE OF MARIN  
835 COLLEGE AVENUE  
KENTFIELD, CA 94904-2590

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# LEARN A CRAFT

## Make Homemade Soap for Gifts

Calling all crafters! Here is your new passion. Soapmaking is part art, part science, and incredibly fun. Enroll in Beginning Cold Press Soap Making to learn the soapmaking process and take home your own product. Enroll in the Soapmaking Lab for an in-depth experience and make your own three-pound loaf of soap. Instructor Mindy Wright started making soap to utilize surplus milk from her herd of dairy goats and sells her soaps at farmer's markets, craft shows, and on her own farm.

**See page 14 for general info and visit [marincommunityed.com](http://marincommunityed.com) for more details.**