

**City of Cotati Recreation Schedule**  
**Fall 2008/Winter 2009**  
**Ray Miller Community Center**  
**216 East School Street, Cotati**  
**(707) 792-4600, ext 640**  
[www.ci.cotati.ca.us](http://www.ci.cotati.ca.us)

**FeldenKrais ®: Awareness Through Movement**

Community Center - Copeland Classroom (#6)  
Ages: 13+

Relieve chronic pain, decrease stress, increase mobility! These classes are gentle, simple sequences of movements intended to relieve pain & improve flexibility. They are enjoyable & relaxing and encourage our bodies to move with ease and comfort. Great for people with back pain, recovering from injuries, general aches & pains, those recovering from strokes & those who simply want to feel good. Please bring a blanket to lie on.

**Susan Hammond** is a Guild Certified Feldenkrais® practitioner & 3<sup>rd</sup> degree black belt in the martial art of Aikido. She has helped people with MS, sciatica, people recovering from strokes and other injuries. Please feel free to call or email with questions. 707/585-2776 or [www.EaseIntoAwareness.com](http://www.EaseIntoAwareness.com)

(1) **Course # 880A**      6 Mon, Sept 29 – Nov 3  
(2) **Course # 880B**      6 Mon, Nov 10 – Dec 15  
(3) **Course # 880C**      6 Mon, Jan 26 – Mar 9 (no  
class Feb 16)  
6:00 – 7:00 PM

**\$67.00** (Discounted Cotati resident fee **\$60.00**), Drop-in fee \$12.00



**Oh, My Aching Back:**

*Understanding & Healing Low Back Pain*

Community Center - Copeland Classroom (#6)  
Ages: 18+

This 6-week series will help you understand why your back hurts and how to prevent pain from recurring. If you have longstanding chronic back pain, past episodes, or have recently recovered from an acute injury or surgery and remain at risk, this course can make an immediate difference. The first half of each session is devoted to topics such as "How Your Back Works," "How 24-hour-a-day Postures Affect Back Pain," & "The Dramatic Effect of Stress." The second half of each session helps you begin to set up a program of exercises and yoga to relieve your back. A mat or blanket and a small pillow are recommended. If you've recently had surgery or a severe injury to your back, please check with your doctor first.

**Carol Hince**, licensed physical therapist (MSPT) and a registered yoga teacher (RYT), has taught yoga for 13 years. She successfully stopped her own chronic back and sciatic pain, and has received high recommendations from construction workers and nurses, among others. The course is certified by the Board of Registered Nurses for 7CE Contact Hours.

(1) **Course #884A**      6 Wed, Jan 14 – Feb 18  
(2) **Course #884B**      6 Wed, Mar 11 – Apr 15  
7:00 – 8:30 PM  
**\$127.00** (Discounted Cotati resident fee **\$120.00**)

**(1) Course #883A**  
6:00 – 7:15 PM

6 Weds, Oct 1 – Nov 5

### Hatha Yoga

Community Center - Eagle Classroom (#1)  
Age: 17+

End your day feeling positive and connected. Join me in a practice of breathing techniques and yoga poses for awakening and channeling the body's energy. Each student is encouraged and supported to move at her/his own pace and level as we increase flexibility, strength, balance and mental focus. Students at all levels are welcome to attend all classes and will be given instruction on how to amend the poses to take care of injured or weak areas. Please bring a yoga mat to class.

**Gay Dawson**, a certified Hatha Yoga teacher, registered with the national Yoga Alliance, creates a supportive environment for students to experience classical yoga poses and mindful awareness. Gay's yoga column appears monthly in *The Community Voice*.

- (1) Course # 868A**      6 Tues, Sept 23 – Oct 28
  - (2) Course # 868B**      6 Tues, Nov 4 – Dec 9
  - (3) Course # 868C**      6 Tues, Dec 30 – Feb 3
- 5:30 – 6:45 PM

**\$67.00** (Discounted Cotati resident fee **\$60.00**), Drop-in fee \$12.00

### iRest Meditation

Community Center - Copeland Classroom (#6)  
Ages: 18+

Integrative Restoration (iRest) is a transformative meditation practice, derived from ancient teachings of Yoga Nidra that leads to psychological, physical, and spiritual healing. The ultimate design of iRest is to help us lead contented lives, free of conflict, anxiety, fear, trauma, and suffering. This is the same technique being used at Walter Reed Army Hospital with veterans returning from Iraq and Afghanistan which has been developed by Richard Miller, PhD.

**Carol Hince, P.T., RYT**, has been a registered yoga teacher for 14 years and a student of Richard Miller, PhD and Yoga Nidra many years. She recently completed training in his iRest protocol and is presently teaching this at COTS, the homeless shelter in Petaluma, as well as the Spa at Farmhouse Inn.

**\$67.00** (Discounted Cotati resident fee **\$60.00**), Drop-in fee \$12.00

### Finding Your True Self Through The Four Agreements®

Community Center – Copeland Classroom (#6)  
Ages: 18+

Are you aware of the limiting beliefs that keep you from creating what you want in life? Are you ready to release undesired judgments and fears that keep you from living the life of your dreams? Then come explore and recreate your life through visualization, movement, breathing, sound and other tools based on the Toltec teachings of don Miguel Ruiz, author of *The Four Agreements®* (Be Impeccable with Your Word, Don't Take Anything Personally, Don't Make Assumptions, Always Do Your Best). This highly interactive class will address topics such as relationships, parenting, financial abundance, and more. There will be weekly assignments. Please bring a pillow or backjack.

**Jasmine Gold** is a Toltec Mentor, certified *Four Agreements®* Facilitator, and Sound-Movement Integration teacher. She has studied intensively with don Miguel Ruiz and other teachers for many years. In addition to her spiritual practice, she is the creator of the Cotati Hands of Gold Healing Clinic.

**(1) Course #875A**

12 Thurs, Sept 25 – Jan 8 (no class Oct, 23, Nov 27, Dec 25, Jan 1)

12 Thurs, Jan 22 – Apr 9  
6:15 – 7:30 PM

**\$97.00** (Discounted Cotati resident fee **\$90.00**) Drop-In Fee \$12 with prior permission



## Aikido

Community Center - Eagle Classroom (#1)  
Age: 12+

Aikido is the martial art of peace. Its philosophy manifests in its techniques. The movements use an opponent's own energy to resolve conflict. The bokken (wooden sword) and jo (wooden staff) are used to train body posture. The sword teaches decisive movement and the staff intuitive motion.

*Pete & Ginny Breeland* practiced Iwama style for 30+ years. They both have 4<sup>th</sup> degree black belts.

### **(1) Course #877A**

4 Tues, Oct 7 – 28 & 4 Sat, Oct 4 – 25

### **(2) Course #877B**

4 Tues, Nov 4 – 25 & 4 Sat, Nov 1 - 29

### **(3) Course #877C**

4 Tues, Dec 2 – 23 & 4 Sat, Dec 6 – 20  
(no class on Dec 26)

### **(4) Course #877D**

4 Tues, Jan 6 – 27 & 4 Sat, Jan 10 - 31

### **(5) Course #877E**

4 Tues, Feb 3 – 24 & 4 Sat, Feb 7 – 28

### **(6) Course #877F**

4 Tues, Mar 3 – 24 & 4 Sat, Mar 7 - 28  
7:00 – 8:00 PM      10:00 – 11:30 AM

**\$57.00** (Discounted Cotati resident fee **\$50.00**) Drop-in fee \$12.00

## Kickboxing Fitness

Community Center - Eagle Classroom (#1)

Build self-esteem, confidence & motivation, lose weight, tone muscle, and build character. All while learning to shadow box, skip rope and much more...

*T.R. Byrd* is a retired Pacific Coast/National Kickboxing Champion, 6<sup>th</sup> degree black belt Tae Kwon Do; 3<sup>rd</sup> degree Philippine Stick Fighting; 5<sup>th</sup> degree black belt kickboxing. Degrees in Physical Education/Recreation & Information Technology.

### **Ages: 7 - 14**

#### **(1) Course # 898A**

Mon & Fri, Sept 15 – Dec 19 (No class Oct 24)

3:30 – 4:30 PM

Sat, Sept 20 – Dec 20

8:00 - 9:30 AM

### **Ages: 15+**

#### **(1) Course # 897A**

Tues & Thurs, Sept 16 – Dec 18

5:00 – 7:00 AM

Wed & Fri, Sept 17 – Dec 19 (No class Oct 24)

6:00 – 7:00 PM

Sat, Sept 20 – Dec 20

8:00 - 9:30 AM

**Class fee: 5 classes = \$75, 10 classes = \$140, 15 classes = \$195, 20 classes = \$240, \$10 materials fee paid directly to instructor on first day of class.**

## American Kenpo Karate

Community Center - Eagle Classroom (#1)

This class provides instruction leading to accomplishment of the level of black belt in American Kenpo Karate. Martial art students attempt to gain harmony of body, mind and spirit with focus on Self-Defense techniques, Kata (forms), Kumite (sparring), Fitness and Philosophy resulting in achieving rank white belt through black belt, development of self-confidence, discipline, flexibility and respect. Optional costs: uniform, equipment, and certification for belt advancement.

10:00 – 11:30 AM

*Dr. Tom Porter* holds a Ph.D. in Psychology. He is currently a 6<sup>th</sup> degree black belt in Kenpo, and has studied Martial Arts since 1974. He is currently the owner and head instructor for ~~30AM~~ Kenpo Academy and an AKKS Member.

### **Age: 6 – 14**

#### **(1) Course # 882A**

6 Mon & 6 Thurs, Sept 15 – Oct 30 (No class Oct 23)

#### **(2) Course # 882B**

6 Mon & 6 Thurs, Nov 3 – Dec 18

(No class wk of Nov 24)

#### **(3) Course # 882C**

6 Mon & 6 Thurs, Jan 5 – Feb 23

(No class Jan 19 & Feb 16)

#### **(4) Course # 882D**

6 Mon & 6 Thurs, Mar 2 – April 9

4:30 – 5:15 PM

### **Age: 15+**

#### **(1) Course # 882E**

6 Mon & 6 Thurs, Sept 15 – Oct 30 (No class Oct 23)

#### **(2) Course # 882F**

6 Mon & 6 Thurs, Nov 3 – Dec 18

(No class wk of Nov 24)

#### **(3) Course # 882G**

6 Mon & 6 Thurs, Jan 5 – Feb 23

(No class Jan 19 & Feb 16)

#### **(4) Course # 882H**

6 Mon & 6 Thurs, Mar 2 – April 9

5:15 – 6:15 PM

**\$57.00** (Discounted Cotati resident fee **\$50.00**)

## Salsa Dance

### South Pacific Islands Dance

Community Center - Eagle Classroom (#1)

Hula will take students on a journey through the Polynesian Islands. They will be introduced to Hawaiian, Tahitian, New Zealand, Samoan and Cook Islands. Learn the language and culture through the dance. Hula begins with six-week basics, then a dance. Vao will share with all who want to learn and embrace her culture. Come and join her in exploring the South Pacific Islands. We will grow together in unity and move in a spiritual way through dance. Please wear comfortable clothing such as sweatpants or leggings – No jeans or jean shorts. If you own a sarong, bring it to class. Also, long hair should be tied back.

**Vaioleti Poueu Peleti** is a traditional dancer, born in America Samoa, raised in Rohnert Park. She has been professionally dancing & entertaining for the past 40 years throughout California and

Hawaii. She has been teaching and choreographing for the past 20 years.

All Ages: Beginners

- (1) **Course #872A** 6 Wed, Sept 10 – Oct 15
- (2) **Course #872B** 6 Wed, Oct 29 – Dec 10  
(no class Nov 26)
- (3) **Course #872C** 6 Wed, Jan 7 – Feb 11
- (4) **Course #872D** 6 Wed, Feb 25 – Apr 1  
3:30 – 4:30 PM

All Ages: Intermediate/Advanced

- (1) **Course #872E** 6 Wed, Sept 10 – Oct 15
- (2) **Course #872F** 6 Wed, Oct 29 – Dec 10  
(no class Nov 26)
- (3) **Course #872G** 6 Wed, Jan 7 – Feb 11
- (4) **Course #872H** 6 Wed, Feb 25 – Apr 1  
4:30 – 5:30 PM

**\$77.00** (Discounted Cotati resident fee **\$70.00**)

Community Center - Eagle Classroom (#1)

Ages: 18+

Beginning students will learn salsa dance structure, fundamental lead and follow techniques, turns, and Latin movement so that they can dance on time with a wide variety of partners. Intermediate and Advanced students will learn advanced footwork, moves, styling, quick combinations, and spinning techniques. No partner is needed for either course.

**Joe Nugent** currently teaches salsa in Marin. He began his dance training in ballet and ethnic dancing as a child. He has performed as an amateur dancer in the United States as well as in Puerto Rico, Korea, Costa Rica and Nicaragua. He has been involved in various dance competitions throughout his dancing career. Although he originally learned Cuban Street Style, Joe specializes in teaching NY-LA- San Francisco style. Joe is currently producing an Instructional Salsa DVD for Advanced/Intermediate students.

### **Beginning**

- (1) **Course #881A** 4 Mon, Sept 29 – Oct 20
- (2) **Course #881B** 4 Mon, Nov 10 – Dec 1
- (3) **Course #881C** 4 Mon, Jan 5 - 26
- (4) **Course #881D** 4 Mon, Feb 23 – Mar 16  
6:30 – 7:30 PM

### **Intermediate/Advanced**

- (1) **Course #881E** 4 Mon, Sept 29 – Oct 20
- (2) **Course #881F** 4 Mon, Nov 10 – Dec 1
- (3) **Course #881G** 4 Mon, Jan 5 - 26
- (4) **Course #881H** 4 Mon, Feb 23 – Mar 16  
7:45 – 8:45 PM

**\$47.00** (Discounted Cotati resident fee **\$40.00**)



## Music Together®

Community Center - Copeland Classroom (#6)

Ages: 0 - 5

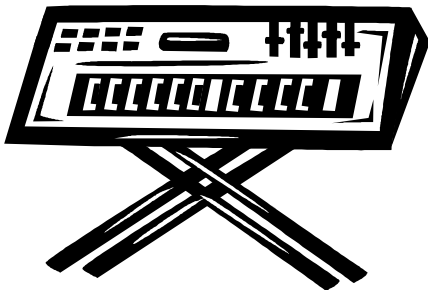
Music Together is a music and movement approach to early childhood music development for infants, toddlers, kindergarten, preschool and grown-ups. The Music Together approach develops each child's birthright of basic music competence by encouraging the actual experience of music making rather than learning concepts and information about music. Most of all it is a relaxed, no-pressure environment for parent and child alike to sing, dance, wiggle and have fun! Tuition includes songbook and CD.



*Colleen Toner* loves children and music! "Her enthusiasm shines through her teaching and the children love her." Visit [www.westcountymusictogether.com](http://www.westcountymusictogether.com) for more information.

- (1) **Course #800E** 10 Thurs, Sept 18 – Nov 20
- (2) **Course #869A** 10 Thurs, Jan 8 – Mar 12
- (3) **Course #869D** 10 Thurs, Mar 26 – Jun 4  
(no class April 16)  
9:30 – 10:30 AM
- (4) **Course #800F** 10 Thurs, Sept 18 – Nov 20
- (5) **Course #869B** 10 Thurs, Jan 8 – Mar 12
- (6) **Course #869E** 10 Thurs, Mar 26 – Jun 4 (no  
class April 16)  
10:30 – 11:30 AM
- (7) **Course #800G** 10 Thurs, Sept 18 – Nov 20
- (8) **Course #869C** 10 Thurs, Jan 8 – Mar 12
- (9) **Course #869F** 10 Thurs, Mar 26 – Jun 4 (no  
class April 16)  
11:30 AM – 12:30 PM

**\$152.00** (Discounted Cotati resident fee **\$145.00**)



## Rohnert Park/Cotati Children's Chorus

Community Center - Copeland Classroom (#6)

Ages: 5 - 12

In this supportive environment, kids have the opportunity to work on music in a choral setting. The RPCCC plays games, learns basic music theory, explores movement and dance and performs in the community. We are happy to provide a chance for students to make friends and grow through musical participation. Come join us and have fun. Performances include: Halloween Music - Oct 28 at Pumpkin Patch, Holiday Music - Dec 3 at Cotati Tree Lighting & Dec 9 at RP Xmas House

*RPCCC* is lead by Aja Gianola-Norris and Kelly Butler. The RPCCC is a non-profit organization. No student shall be turned away due to financial reasons. For more info call Ms. Kelly at 592-0255 or visit [www.rohnertparkcotatichildreenschorus.org](http://www.rohnertparkcotatichildreenschorus.org).

- (1) **Course #870A** 15 Tues, Sept 9 – Dec 16  
5:00 – 6:00 PM  
**\$82.00** (Discounted Cotati resident fee **\$75.00**), \$10  
materials fee paid directly to instructor on first day of  
class.

## Teen Carolers of Sonoma County

Community Center - Copeland Classroom (#6)

Ages: 12 - 18

Do you love to sing holiday carols? Here is the opportunity you've been waiting for. In this 13 - week class, teens will be immersed in holiday accapella singing. You will be learning harmonies, memorizing music, sewing and/or finding costumes and culminating our class with community outreach performances (students can get community service hours for the performances).

*RPCCC (see prior bio)*

- (1) **Course #871A** 15 Tues, Sept 9 – Dec 16  
6:00 – 7:00 PM  
**\$172.00** (Discounted Cotati resident fee **\$160.00**), \$20  
- \$100 to rent or make costumes.

## **Bi-Cone Bracelet Making**

Community Center - Willow (#3)  
Ages: 12+

Use 6mm or 8mm bi-cone and seed beads and implementing right angle weave we'll create a sparkly bracelet to add some bling to your jewelry wardrobe.

*Cat Bish* has a B.A. in art history from Sonoma State University. She is a stay-at-home mom who continues to teach herself & explore jewelry making.

(1) **Course #873A** 1 Wed, Oct 15  
(2) **Course #873B** 1 Wed, Nov 19  
6:00 – 9:00 PM  
**\$32.00** (Discounted Cotati resident fee **\$25.00**)

## **Embellished Book Workshop**

Community Center - Willow Classroom (#3)  
Ages: 13+

Are you looking for the perfect holiday gift that doesn't come from a store? In this workshop you'll learn how to turn your own photos, souvenirs and personal mementos into an enchanted memory book. You'll receive the inspiration, tools and materials to create a one-of-a-kind treasure that requires no previous art experience.

*Linda Roth* was privileged to be Artist in Residence for the Windsor School District for many years, where she integrated art into the reading curriculum. This gave her an opportunity to explore many facets of art and folk craft which she has been able to share while teaching at Plaza Arts Gallery in Healdsburg. She believes that, to our children, art is not a subject that is separate from themselves, but an interpretation of their world as they see it. It is a window on the world and a doorway to our dreams.

(1) **Course #885A** 1 Sat, Oct 11  
(2) **Course #885B** 1 Sat, Nov 8  
10:00 AM – 1:00 PM

**\$47.00** (Discounted Cotati resident fee **\$40.00**), plus \$5 materials fee paid to instructor



## **Beginning Crochet Beaded Rope**

Community Center - Willow (#3)  
Ages: 12+

An introduction to crocheted bead rope using size 6 or 8 beads from which bracelets and necklaces can be created. Previous crochet experience helpful, but not necessary.

*Cat Bish* (see prior bio)

(1) **Course #874A** 1 Fri, Sept 26  
(2) **Course #874B** 1 Fri, Nov 14  
6:00 – 9:00 PM  
**\$32.00** (Discounted Cotati resident fee **\$25.00**)

## **French Travel Class**

Community Center – Stony Point Classroom (#7)  
Ages: 18+

This class will introduce the students to various areas of France and neighboring countries. Students will also learn useful French travel verbiage and tips for a better, more pleasurable travel experience.



*Herve Boblet*, Native of France, Vice President of the Alliance Francaise de Santa Rosa, School Director at the Alliance Francaise de Santa Rosa and French language teacher.

(1) **Course #886A**  
4 Mon, Oct 13, 27, Nov 10 & 24  
(2) **Course #886B**  
4 Mon, Jan 12, 26, Feb 9 & 23  
6:00 – 8:00 PM

**\$92.00** (Discounted Cotati resident fee **\$84.00**)

## Crazy Cupcakes

Community Center - Willow (#3)

Ages: 6- 8

Young Chefs will have fun baking and decorating cupcakes in this workshop. We will bake two types of cupcakes and make a butter cream frosting and chocolate ganache frosting from scratch and then assemble and decorate with all sorts of fun toppings. Each student will go home with a small box of cupcakes to share with friends and family.



**Melinda Wright** is a graduate from Tante Marie's professional pastry chef program in San Francisco. She owns Patacake Parties, which hosts cooking lessons and parties for kids.

### **(1) Course #876A**

1 Sat, Oct 4

1:00 – 3:00 PM

**\$37.00** (Discounted Cotati resident fee **\$30.00**)

## Mad Science: Light & Energy

Community Center - Mountain (#2)

Ages: 6- 11

Learn about electricity, make indoor lightning and conduct hair-raising experiments with an electrostatic generator. Discover the light properties of colors, holograms, and special effects. Understand the unique properties of heat! Learn about the power of lasers, watch inner workings of hand - powered flashlights, and use a prism to separate the wavelengths of light. Make a key chain that shrinks in the oven and take home glasses that turn lights into rainbows!

**Mad Science** instructors are fully trained on our curriculum and classroom management techniques. All of our instructors share a love of science and interest in teaching.

### **(1) Course #878A**

6 Tues, Oct 7 – Nov 18 (no class Nov 11)

1:00 – 2:00 PM

**\$84.00** (Discounted Cotati resident fee **\$77.00**)

## Mad Science: Far Out

Community Center – Mountain (#2)

Ages: 6- 11

Science has many practical applications, but sometimes it's just really cool! In Far Out Science we'll do a whole lot of learning that seems like a whole lot of play. We'll explore the science behind toy making, movie effects, art and police work. And class will seem like a magician's convention (where, yes, the secrets are revealed!) as we experiment with optical illusions and dry ice. Join us for lots of hands - on experiments and fun!

**(1) Course #879A** 6 Tues, Jan 20 – Feb 24

1:00 – 2:00 PM

**\$84.00** (Discounted Cotati resident fee **\$77.00**)



## Homework Help

Community Center - Willow Classroom (#3)

Ages: 4<sup>th</sup> – 8<sup>th</sup> Grade

Need a little extra help after school? Every Tuesday & Thursday Sonoma State University students pursuing their teaching credentials will be on hand to help with homework and projects. They do not take drop-in participants, but have open enrollment. You may sign up at any time for 4 - week sessions for one or two days a week.

### **(1) Course #840**

**Call 792-4600 ext 669 for dates & times**

**\$80.00** (one day per week for 4-week session)

**\$130.00** (two days per week for 4-week session)

## Natural Solutions to Headache Pain

Community Center - Stony Point Classroom (#7)  
Ages: 18+

Headaches are the #1 health complaint in America with an estimated 50 million chronic headaches sufferers. Gain a better understanding of the types of headaches, their causes and common triggers. Learn effective, gentle, and natural strategies to end YOUR headache. **NOTE:** Attendees must preregister - Instructor will **NOT** present program if no registrations.

*Dr. Kristina Swan, DC* is a Board Certified Doctor of Chiropractic and a graduate of the distinguished Palmer College of Chiropractic West. Dr. Swan has been in private practice for 8 years. She is dedicated to helping people achieve healthier lives naturally.

- (1) **Course #862B**                      1 Thurs, Sept 25  
11:00 AM – 12:00 PM  
(2) **Course #862C**                      1 Thurs, Sept 25  
7:00 – 8:00 PM  
**\$22.00** (Discounted Cotati resident fee **\$15.00**)

## New Natural Solutions to Eliminate Pain

Community Center - Stony Point Classroom (#7)  
Ages: 18+

A recent study found that 89% of adult Americans have “some sort of pain on a monthly or more basis.” What to do?? GET INVOLVED in reducing your pain by learning the strategies that are available and choosing those you feel would best help YOU! **NOTE:** Attendees must preregister - Instructor will **NOT** present program if no registrations.

*Dr. Kristina Swan, DC* (see prior bio)

- (1) **Course #863B**                      1 Tues, Sept 23  
7:00 – 9:00 PM  
**\$22.00** (Discounted Cotati resident fee **\$15.00**)

## Natural Solutions to Digestive Problems

Community Center - Stony Point Classroom (#7)  
Ages: 18+

Over 61 million people in America suffer from some type of digestive complaint such as: acid reflux, ulcers, irritable bowel syndrome, colitis, Cohn’s disease, etc. Learn the facts concerning digestive-related conditions and the natural treatment options available to help you make an informed decision regarding the steps you can take to restore healthy digestive function. **NOTE:** Attendees must preregister - Instructor will **NOT** present program if no registrations.

*Dr. Kristina Swan, DC* (see prior bio)

- (1) **Course #864A**                      1 Tues, Sept 16  
11:00 AM – 12:00 PM  
(2) **Course #864B**                      1 Tues, Sept 16  
7:00 – 9:00 PM

**\$22.00** (Discounted Cotati resident fee **\$15.00**)

## Natural Remedies to Reduce Depression

Community Center - Stony Point Classroom (#7)  
Ages: 18+

An estimated 18.8 million American adults suffer from symptoms of depression. About 1 in 4 adults suffer from a “diagnosable mental disorder” in a given year. Are that many of us mentally ill or are these “disorders” physical in nature? A natural approach to treatment with the fewest possible side effects would be best. Learn the roles that hormones, vitamins, physical pain, and stress play in depression and how addressing these issues can help reduce depression...naturally! **NOTE:** Attendees must preregister - Instructor will **NOT** present program if no registrations.

*Dr. Kristina Swan, DC* (see prior bio)

- (1) **Course #865A**                      1 Tues, Sept 30  
11:00 AM – 12:00 PM  
(2) **Course #865B**                      1 Tues, Sept 30  
7:00 – 9:00 PM

**\$22.00** (Discounted Cotati resident fee **\$15.00**)



**NEW COMPUTER COURSES!**

**Computer Basics 1**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn how to use a mouse to point, click and double click, and drag; how to use a mouse to manipulate; Windows controls and practice using a mouse in a typical Windows application.

*Jim Parker* has more than 25 years experience with computers. He is a Lab Assistant and Instructor at the Santa Rosa Junior College, and has helped thousands of beginning students.

- (1) Course #887A            1 Mon, Sept 15
- (2) Course #887B            1 Mon, Jan 5
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

**Computer Basics 2**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn parts of a keyboard, typing keypad, function key array, editing keypad and numeric keypad.

*Jim Parker* (see prior bio)

- (1) Course #888A            1 Mon, Sept 29
- (2) Course #888B            1 Mon, Jan 19
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

**Computer Basics 3**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn about word processing software, and how to start a document, save a document, select text, format text, create a document using a template, view and navigate a document.

*Jim Parker* (see prior bio)

- (1) Course #889A            1 Mon, Oct 13
- (2) Course #889B            1 Mon, Feb 2
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

**Computer Basics 4**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn how to edit documents, cut and paste text, copy and paste text, use the office clipboard, find and replace text, check spelling and grammar, research information.

*Jim Parker* (see prior bio)

- (1) Course #890A            1 Mon, Oct 27
- (2) Course #890B            1 Mon, Feb 16
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

**Computer Basics 5**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn how to format text and paragraphs, format with fonts, copy formats using format painter, change line and paragraph spacing, work with tabs, work with indents, add bullets and numbering, borders and shading.

*Jim Parker* (see prior bio)

- (1) Course #891A            1 Mon, Nov 10
- (2) Course #891B            1 Mon, Mar 2
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

**Computer Basics 6**

Community Center - Eucalyptus Classroom (#5)  
Ages: 8+

This class is designed for the new user and absolute beginner. You'll learn how to format documents, set document margins, divide a document into sections, insert page breaks, format columns, insert page numbers, insert a table, insert clipart and pictures.

*Jim Parker* (see prior bio)

- (1) Course #892A            1 Mon, Nov 24
- (2) Course #892B            1 Mon, Mar 16
- 9:00 – 11:00 AM
- \$27.00** (Discounted Cotati resident fee **\$20.00**)

## Adult CPR/AED with First Aid

Community Center – Copeland Classroom (#6)  
Ages: 13+

Certificate: Adult CPR/AED, valid for 1 year. First Aid, valid for 3 years. Learn how to recognize and respond in cardiac, breathing, and choking emergencies for an adult, how to recognize and care for victims of injury and sudden illness, how to deal with bleeding, bone and muscle injuries, shock, and other first aid emergencies

*Jordan Burns* has been teaching classes for the American Red Cross for over two and a half years. He has been an EMT for about seven years, and has worked in and out of a hospital setting.

(1) Course #893A      1 Sat, Oct 11  
(2) Course #893B      1 Sat, Feb 7  
9:00 AM – 4:30 PM

**\$72.00** (Discounted Cotati resident fee **\$65.00**)

## CPR for the Professional Rescuer

Community Center – Copeland Classroom (#6)  
Ages: 18+

Certificate: CPR/AED for the Professional, valid for 1 year. For participants who “have a duty to respond” in an emergency and need to use more advanced techniques, or anyone who wants to expand their knowledge in CPR. Includes basic skills for Adult, Child, and Infant CPR, performing two-rescuer CPR, and using breathing devices. Class fee includes book and pocket mask

*Jordan Burns* (see prior bio)

(1) Course #894A      1 Sat, Nov 15  
9:00 AM – 4:00 PM

**\$52.00** (Discounted Cotati resident fee **\$45.00**)

## First Aid

Community Center – Copeland Classroom (#6)  
Ages: 18+

Certificate: First Aid, valid for 3 years. Teaches how to recognize and care for victims of injury and sudden illness, how to deal with bleeding, bone and muscle injuries, shock, and other first aid emergencies.

*Jordan Burns* (see prior bio)

(1) Course #896A      1 Fri, Nov 7  
(2) Course #896B      1 Fri, Mar 13  
6:00 – 9:30 PM

**\$52.00** (Discounted Cotati resident fee **\$45.00**)

## Pet First Aid

Community Center – Copeland Classroom (#6)  
Ages: 18+

Certificate: Pet First Aid. Provides the information you need to keep your pet safe and act with confidence during an emergency until you take your pet to the veterinarian. Emphasis is on dogs and cats. Includes proper emergency procedures and how to keep your pet healthy. **No pets are allowed at training site.**

*Jordan Burns* (see prior bio)

(1) Course #895A      1 Fri, Jan 16  
6:00 – 9:30 PM

**\$55.00** (Discounted Cotati resident fee **\$50.00**)



## Babysitter's Training

Community Center - Copeland Classroom (#6)  
Ages: 11-15

This class will teach pre-teens & teens information and skills to provide safe, responsible care while babysitting. Participants will learn leadership skills, safety, safe play, basic care, first aid and professionalism. Students receive a canvas bag, flashlight and handbook. Please bring a lunch.

*Sonoma County Red Cross*

(1) Course #866      1 Sat, Jan 24  
9:00 AM – 4:30 PM

**\$67.00** (Discounted Cotati resident fee **\$60.00**)

## *Kaplan College Prep Courses*

### **Free Practice SAT Test**

Community Center - Stony Point Classroom (#7)  
Ages: 14+

This fully proctored practice SAT will show your students what to expect in a test-like environment. Your students will receive a comprehensive analysis of their performance on the test detailing individual strengths and weaknesses.

**(1) Course #822A** 1 Sun, Mar 15  
10:00 AM – 2:00 PM

**FREE/PREREGISTRATION REQUIRED**

### **Follow Up to Practice Test**

Community Center - Stony Point Classroom (#7)  
Ages: 14+

During this seminar, students learn to score higher on the SAT using key Kaplan strategies, taking advantage of the test format, and maximizing their efficiency on the exam. We will cover the format and content of the test, walk through various question types using key Kaplan strategies, and give students a study plan for success. **Parents are strongly encouraged to attend.**

**(1) Course #823A** 1 Thurs, Mar 19  
6:00 – 7:00 PM

**FREE/PREREGISTRATION REQUIRED**



### **Free SAT Essay Workshop**

Community Center - Stony Point Classroom (#7)  
Ages: 14+

This workshop is about 60 minutes long and designed to give students the experience of writing a 25-minute essay under timed conditions, teach them exactly what the essay readers will be looking for, and introduce them to some effective strategies for writing the SAT essay. After this event, the essay they write will be graded and returned to them. **Parents are strongly encouraged to attend.**

**(1) Course #823C** 1 Thurs, Nov 13  
6:00 – 7:30 PM

**FREE/PREREGISTRATION REQUIRED**

### **Kaplan PSAT & SAT**

Community Center - Stony Point Classroom (#7)  
Ages: 14+

You have high expectations of premium PSAT and SAT preparation programs. You should want a successful performance on the PSAT and SAT because this will open many doors for you. At Kaplan, our goal is to exceed your expectations—of your score, your teacher, and the quality of our service. This 12-session course is a prep course for the SAT Exam.

**(1) SASF8068** 6 Sat & 6 Sun, Sept 14 – Oct 25  
10:00 AM - 12:30 PM

(Prep for Oct PSAT & Nov 1 SAT Exams)

**(2) SASF9005** 6 Sat, Jan 24 – Mar 7

(No class wk of Feb 14)

10:00 AM - 12:30 PM

& 6 Sun, Jan 25 – Mar 8

2:00 PM – 4:30 PM

(Prep for Mar 2009 SAT Exam)

**\$999.00** (Discounted Cotati resident fee **\$799.00**) Registration 1-800-KAP-TEST or Online  
[www.kaptest.com/college](http://www.kaptest.com/college)

## SRJC ACTIVE SENIORS PROGRAM

Santa Rosa Junior College offers noncredit classes designed specifically for active seniors as part of its goal to provide lifelong learning:

- Sign up for a class by going directly to the location & the instructor will give you an application
- No age limit for seniors' classes, though they are geared for older adults
- Classes are ongoing, so students may apply at any time
- No fee for seniors' classes

### Creative Arts Class

Charles Street Village - Community Room  
42 Charles Street, Cotati

Join us to explore art & creativity through seeing videos of the work & lives of various artists past & present & art from cultures around the world. We will start each session with a video after which there will be an opportunity to do art inspired by what we've seen. The focus of the art making is expressing yourself with color & form using a variety of media. **Absolutely no art experience is necessary.**

*Patricia Waters* is an artist, teacher & art therapist, who has led groups in the creative arts process for over 20 years. She teaches through SSU Extended Education & SRJC Senior Programs. She brings her love of every kind of art & her belief that art is an expression everyone can enjoy.

**FREE**            Thurs            10:00 AM – 1:00 PM

### Exercise & Stress Reduction:

#### Tai Chi

Community Center - Eagle Classroom (#1)

Tai Chi is an exercise for health and well-being that can increase energy, achieve balance, and tone muscles. It can strengthen and condition the body and improve circulation and breathing – all in a format so enjoyable that it doesn't seem difficult!

*Joanne Stubblefield*, who began her study in Singapore, has also studied with China's four "Diamond Grand Masters." She was honored as a Tai Chi Master in 2003.

**FREE**            Mon            2:30 – 3:30 PM

### Autobiography: Life Stories Writing

Community Center - Willow Classroom (#3)

Develop your writing skills and style as you explore and chronicle your life. Workshop format provides structure, feedback, and guidance in a supportive setting. No writing experience required – just life experience and a desire to write about it.

*Suzanne Sherman* has taught memoir writing since 1996. She has been an editor and writing consultant for over 20 years.

**FREE**            Tues            1:30 - 3:30 PM

### Exercise and Stress Reduction

Community Center - Eagle Classroom (#1)

Build endurance, coordination, balance and strength. An effective combination of low-impact aerobics, strength & flexibility training, and wisdom from the ancient arts of Tai Chi, Chi Gung, and Yoga. Lots of laughter and music in a friendly, fun atmosphere focused on your fitness and well-being!

*Annee Geldert*, BA, CA Teaching Credential, UCSD Fitness/Health Credential. A physical educator since 1970, Annee specializes in adult fitness. Her vibrant nature inspires students to improve and sustain their well-being.

**FREE**            Thurs    8:45 – 10:00 AM

**COMMUNITY EVENTS**  
**RAY MILLER COMMUNITY CENTER**  
**216 EAST SCHOOL STREET, COTATI**  
**(707) 792-4600 EXT 640**

**Cotati Art Nights**

**Cotati Book Club**

Community Center - Stony Point Classroom (#7)



Are you interested in reading and discussing books? Then come join a quarterly book club. The club meets 4 times a year to have quality conversations and share the love of reading. The selection for Nov 18 is *Three Cups of Tea* by Mortenson. Future selections will be listed on the Cotati Events Hotline (707) 765-

3939. Coffee, tea and cookies provided.

**\$1.00 NO COURSE #**

Tues, Nov 18, Feb 3 & May 12

7:00 – 9:00 PM

**Cotati Chess Club**

Community Center - Mountain Classroom (#2)

Ages: 12 & under must be accompanied by adult

Welcome to the Cotati Chess Club. We meet the first and third Tuesdays of each month (excluding holidays) at 6:00 PM. Drop in anytime after 6 PM. (We close from 9:30 PM to 10:30 PM depending upon attendance.) The club has a recreational atmosphere, however, we offer USCF rated games (prior arrangement must be made). Call Paul Bishop 707-588-6081 for more information.



*Paul R. Bishop* is a long - time chess player and enthusiast experienced in teaching beginners the very rewarding game of chess.

**FREE /NO COURSE #**

Tues, Sept 16, Oct 7 & 21, Nov 4 & 18, Dec 2 & 16,  
Jan 6 & 20, Feb 3 & 17, Mar 3 & 17, April 7 & 21

6:00 – 10:30 PM

Community Center - Willow Classroom (#3)

Ages: 18+

Start off your weekend with art making the first Friday night of the month. Bring your own art project or try suggested projects using simple materials. Drop-ins welcome.

*Catherine Anne Held* is a lifelong artist and trained art therapist who loves to play with art. *Wakar Amarra* always dreamed of doing art and is now living her dream.

**FREE /NO COURSE #**

Fri, Sept. 5, Oct. 3, Nov. 7, Dec. 5, Jan. 2,  
& Feb. 6, Mar 6

6:00 – 10:30 PM

**Weight Watchers Meeting**

Community Center - Mountain Classroom (#2)

Check out a meeting for FREE - Join if you like it - simply pay the fees in effect and get the first week's program materials. Please visit our website or call for additional meetings in your area 1-800-379-5757 or [www.WeightWatchers.com](http://www.WeightWatchers.com). Weigh-in begins 30 minutes before meeting time.

**\$12.00 NO COURSE #**

Weds

6:00 PM

**Cotati Cub Scouts - Pack 4**

Community Center - Willow Classroom (#3)

We have a great program for your son! Learn about first aid, sportsmanship, nature, showmanship, maps & compass and much, much more. Come to our sign - up and information evening. For more information, please call Gina 766-6166.

**SIGN UP THROUGH CUB SCOUTS**

Tues, Sept 9th

6:30 - 7:30 PM

## Rancho Cotati Little League

Community Center Willow Classroom (#3)

Rancho Cotati Little League is an officially chartered co-ed Little League serving Rohnert Park, Cotati, Penngrove and NW Petaluma, for players from 5 to 18 years old. The league strives to provide the opportunity for all children to play recreational baseball in a safe and positive environment, and advocates sportsmanship & building self-esteem in all players. For additional information please call RCLL hotline 707 795-7974 or visit their website @ [www.eteamz.com/rc11](http://www.eteamz.com/rc11). **A birth certificate is required at the time of registration for all players.**

**SIGN UP THROUGH RCLL DATES TBA**

## Rancho Cotati Lacrosse League

Community Center Willow Classroom (#3)

Lacrosse a fast-paced, action-packed game for players of all ages & skill levels. Rancho Cotati Lacrosse teams compete at club level against teams from all over Northern California, so travel is involved. The season runs from Feb. - May. For additional information - [www.rancholax.org](http://www.rancholax.org) or [zdhanen@sbcglobal.net](mailto:zdhanen@sbcglobal.net). **A birth certificate is required at the time of registration for all players.**

**SIGN UP THROUGH Lacrosse League**

Weds, Oct. 8<sup>th</sup> 7:00 -9:00 PM  
Returning players from all teams (Boys and Girls)

Thurs, Oct. 9<sup>th</sup> 7:00 -9:00 PM  
New players from all age groups (Boys 4-12th, Girls 6-12th)

## Getting to Know the Laguna de Santa Rosa

Community Center - Stony Point Classroom (#7)

The City of Santa Rosa is restoring wetlands in farms in the Laguna watershed downstream from Cotati. Denise Cadman, Natural Resource Specialist for the City of Santa Rosa, will lead us on a hike in a 90-acre natural area on



Alpha Farm, which includes Roseland Creek, a beautiful stretch of the Laguna channel, seasonal wetlands, and an oak regeneration project. Dress for hiking with appropriate footwear, hat, water, etc. Meet at the statue of the accordion player in La Plaza Park to carpool. **RSVP to 792-4422 or [jenny@creeks.cotati.info](mailto:jenny@creeks.cotati.info).**

## *Cotati Creek Critters Inside/Outside Nature Education Series*

**FREE /NO COURSE # Mon, Sept 8 5:30 PM**

## Punt, Pass & Kick Competition

Putnam Park, Myrtle Avenue  
Ages: 8-15



The NFL Pepsi Punt, Pass & Kick football competition is free and open to boys and girls 8-15 and allows youngsters to showcase their talents in punting, passing and place kicking with scores

based on distance and accuracy. Age classification is as of **December 31, 2008**. **NO FOOTBALL SHOES, CLEATS OR TURF SHOES ALLOWED. Please bring a copy of your child's birth certificate,** download release form ([www.ppk-NFL.youthfootball.com](http://www.ppk-NFL.youthfootball.com)) and bring them with you or fill them out there.

**FREE/NO PRE - REGISTRATION REQUIRED**  
Sun, Sept 21 11:30 AM

## Smart Moves

Community Center - Stony Point Classroom (#7)

As election day approaches get your questions about the SMART Train answered and learn about other transportation options that are easier on the environment. Representatives from SMART Train, local transit, bicycle coalition, and car share groups will be available to answer questions and you'll be able to see some interesting car alternatives.

## *Transition Cotati Series*

**DONATION/ NO COURSE #**  
Thurs, Sept 25 7:30 PM

## **Cotati City Council Candidates Night**

Community Center – Cotati Room

The public is invited to meet the candidates for Cotati City Council and hear their opinions that affect Cotati and its citizens. Sponsored by the League of Women Voters and the Cotati Chamber of Commerce.

**FREE /NO COURSE #**

Wed, Oct 1

7:00 PM

## **Fall Bird Walk with John Dell’Osso**

La Plaza Park

Old Redwood Hwy & West Sierra Avenue, Cotati

Get to know nature in your own backyard! Discover how to identify birds from their songs, silhouettes, and flight patterns. This will be a gentle, easy-going walk along the Laguna de Santa Rosa in Cotati with John Dell’Osso, Chief of Interpretation at Point Reyes National Seashore and long-time resident of Cotati. Meet by the statue of the accordion player in La Plaza Park, Old Redwood Hwy & W. Sierra Ave.

*Cotati Creek Critters Inside/Outside Nature Education Series*

**FREE /NO COURSE #**

Sun, Oct 5

9:00 AM

## **Community Apple Cider Making**

FrogSong Common House

8290 Old Redwood Highway, Cotati

It’s apple time! Ever seen a cider press? Come to FrogSong Cohousing and help make some tasty apple cider from our county’s bounty. Hang out and enjoy the local good life. Bring a container to take some home.

*Transition Cotati Series*

**\$5 (or bring a bag of apples)/ NO COURSE #**

Sat, Oct 4

2:00 PM

## **Halloween in Cotati**

Cotati Community Center

Come join the fun with Halloween treats, crafts and games. Activities for all age groups, even a haunted

house! If you would like to help with the decorations the week before the event, please call 792-4600, ext 640/669. Costumes are encouraged for all ages... please nothing too scary!!

**FREE /NO COURSE #**

Fri, October 24

6:00 – 9:00 PM

## **Redwood Writers Present: Writers of the West**

Community Center - Stony Point Classroom (#7)

Hear poems, stories, and essays written and read by local authors. Chat with these writers and other folks interested in reading and writing. Featured Local Writers:

- Mary Lynn Archibald, author of *Accidental Cowgirl: Six Cows, No Horse and No Clue*.
- Rob Loughran, author of *High Steaks*, an award-winning murder mystery set in Nevada.
- Robert Evans, author of *Pine Flat*, a history of local Indian tribes.
- Beth Grimes, author of many op-ed pieces in various newspapers.
- Jennie Frost Butler, local award-winning poet.

*Redwood Writers* is one of seventeen branches of the California Writers Club, the oldest professional writing club in the nation. CWC was established in 1909 by a group of writers including Jack London, and John Muir.

**FREE/ NO COURSE #**

Sat, Oct 25

1:30 – 3:30 PM

## **What’s Up With Oil?**

Community Center - Stony Point Classroom (#7)

You’ve noticed the prices of oil and food. Would you like to know more about what’s going on behind the scenes, what’s being done at the local and regional level to address the issues? André Angelantoni from Post Carbon Marin will share his knowledge on the current and projected state of global oil supply and the implications this has on our daily lives. Bring your toughest questions and concerns for what promises to be a lively and informative evening.

*Transition Cotati Series*

**FREE/ NO COURSE #**

Sun, Nov 2

7:00 PM

**History, Ecology & Restoration of California  
Grasslands**

Community Center - Stony Point Classroom (#7)

Grasslands are among the most biologically diverse, yet threatened ecosystems in California. Having undergone a dramatic transformation by exotic invasive plant species, understanding how to restore the remaining grasslands in the state poses numerous challenges. Caroline Christian will provide an overview of the threats facing California's diverse grasslands and discuss options for restoring them. Caroline Christian is an assistant professor in the Department of Environmental Studies and Planning at Sonoma State University, where she teaches courses on conservation biology and restoration ecology.

***Cotati Creek Critters Inside/Outside Nature Education Series***

**DONATION/ NO COURSE #**  
Mon, Nov 3 7:00 PM

**Cotati Historical Society:  
Growing Up in Cotati**

Community Center – Cotati Room

Come listen to the stories of folks who were born and raised in Cotati. These native Cotatians will share their fond memories, photographs and memorabilia, and then answer your questions about days gone. Sponsored by the Cotati Historical Society and led by local historian and CHS President Prue Draper.

**DONATION/ NO COURSE #**  
Thurs, Nov 20 7:00 PM

**Urban Streams: Balancing Humans and Habitat**

Community Center - Stony Point Classroom (#7)



In step with European colonization in California, natural creeks in the Cotati-Rohnert Park area were radically altered,

wetlands

drained, and meandering creeks were straightened for agricultural and urban development. Keenan Foster will present Sonoma County Water Agency's new approach to balancing the human need for flood protection with environmental needs for quality habitats. He is a senior Environmental Specialist for the Natural Resources Section at the Sonoma County Water Agency.

***Cotati Creek Critters Inside/Outside Nature Education Series***

**DONATION/ NO COURSE #**  
Mon, Dec 1 7:00 PM

**Rethinking Plastics, Rethinking Our Lives**

Community Center - Stony Point Classroom (#7)

The Earth is drowning in non-biodegradable plastics that litter our streets and parks, clog drainage systems, pollute our oceans and water supplies, clutter our beaches, create many severe health disorders, kill millions of sea birds and animals, and contribute to global warming. Learn about the problems and explore practical solutions Stuart Moody, MA, is on the Executive Committee of Green Sangha, a non-profit organization that integrates spiritual practice with environmental action.

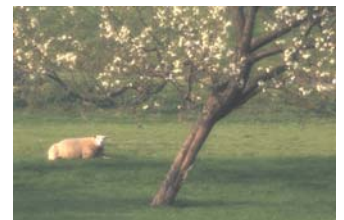
***Cotati Creek Critters Inside/Outside Nature Education Series***

**DONATION/ NO COURSE #**  
Mon, Jan 5 7:00 PM

**Winter Woolly Wonders**

FrogSong Common House  
8290 Old Redwood Highway, Cotati

Felting is a traditional technique for turning wool into something warm and useful or artsy. It's easy to do for all ages. We'll learn about taking wool from sheep to hat as we have some fun making felt projects with our friends and neighbors.



***Transition Cotati Series***

**\$5 per person /\$10 per family / NO COURSE #**  
Sat, Jan 17 2:00 PM

## Sonoma County Oaks

Community Center - Stony Point Classroom (#7)



Oak woodlands are diverse, dynamic, ecosystems that have sustained human cultures for thousands of years. More than 300 species of birds, mammals, reptiles and amphibians, as well as thousands of insects and other species, depend on oaks for their survival.

Steve Barnhart, retired SRJC plant ecologist, will guide us through the identification, biology, ecology, and management of Sonoma County's oaks, with reference to the impacts of agriculture, urbanization and disease.

*Cotati Creek Critters Inside/Outside Nature Education Series*

**DONATION/ NO COURSE #**

Mon, Feb 2

7:00 PM

## A Cheesy Valentine

FrogSong Common House  
8290 Old Redwood Highway, Cotati

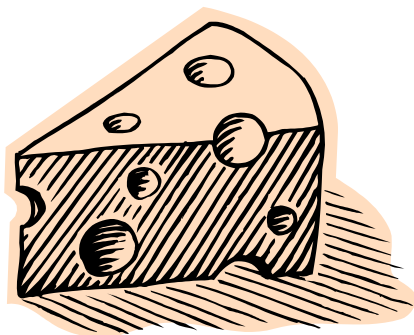
FrogSong resident Laurie-Ann Barbour has gotten excited about making fresh cheeses because it's easy and they come out so delicious. She will share her knowledge in a cheese making class - part demo, part hands on. Together we'll make cream cheese, paneer and mozzarella from local organic dairy products. Recipes provided, bring a container to take home samples.

*Transition Cotati Series*

**\$10/ NO COURSE #**

Sat, Feb 14

10:00 AM



## Down in the Murky Depths of Water Policy

Community Center - Stony Point Classroom (#7)

This presentation will guide the audience through the murky depths of governance of water supply, waste water treatment, and storm water runoff. The examples will come from our own watershed - the Russian River. Jake Mackenzie describes himself as a local policy wonk and retired federal employee with 30 years in EPA. He has been involved with water issues in the Russian River watershed for the past decade



*Cotati Creek Critters Inside/Outside Nature Education Series*

**DONATION/ NO COURSE #**

Mon, Mar 2

7:00 PM

## Award Winning Novelist: ALLA CRONE

Community Center - Stony Point Classroom (#7)

Award winning novelist, Alla Crone has six of her novels published. Three of them were translated into Italian and one was translated into Chinese. **She** has published poetry in her native Russian, and her articles have appeared in the Christian Science Monitor, The Michigan Quarterly Review, and other periodicals.

**She** is a member of the Authors Guild, the California Writers Club, and is past president of its Redwood Branch. Her books are listed on the internet and are available at Copperfield's, Borders and Amazon.com and other online bookstores.

**She** is a popular lecturer and gives talks to describe her turbulent life story and how she blends fact and fiction in her novels. She also shares her impressions of present-day Russia based on her many visits.

**FREE/ NO COURSE #**

Sat, Mar 7

3:00 – 5:00 PM