Birth of Aphrodite from the exhibit of artist Anna Ladyzhenskaya, which will be on display from April 1 through June 30 in the Emeritus Center, Kentfield. The date for a reception will be announced later.

Production of this Newsletter is supported by the Joan Hopper Trust.
Readers note: Sign up for this service if you can. You will receive the Newsletter much earlier in the month – and in full color.

The Marketing Committee, chaired by Cole Posard, has prepared an improved description of ESCOM’s clubs for inclusion in ESCOM’s website. The Committee is coordinating with Dr. Lau’s staff on the establishment of the above-mentioned ESCOM DOER’S SOCIETY. Its community outreach activities are in full swing.

Grants Chair Beverly Munyon reported that twenty applicants for financial aid in the winter semester received generous grants as a result of support from the C.O.M. Administration in the absence of an active C.O.M. Foundation.

Club Chairman Bill Raffanti announced the reactivation of the Bocce and Shakespeare Clubs, as well as the formation of four new clubs – Digital Camera, Chess, Cooking and Art.

The 2012 Membership Drive, chaired by Paul Tandler, was modestly successful and will be repeated during the Spring Semester.

FALL MEMBERSHIP DRIVE SUCCESSFUL

The results are in. Thus far 40 new members have been added to ESCOM’s roster, as reported by Karen Hemmeter, Chair of the Office Volunteers. This rise in membership can be largely attributed to the efforts by several Council members who visited Fall II Semester classes and explained the many benefits of ESCOM membership to the attending students.

An outstanding effort by Gloria Kopshever brought in 14 new members. Additional new members are expected to join ESCOM as Club Chairman Bill Raffanti anticipates the formation of several new clubs in the near future, and ESCOM membership is required of all club participants.

Stay tuned for more results!

LIMERICKS REMINDER

The deadline for submission of limericks for the contest is March 31.
COM IN THE NEWS

New Vice President of Student Services -- COM began the New Year 2013 with a new Vice President of Student Services, Jonathan Eldridge, who brings extensive college administrative skills involving student success initiatives as well as years of experience from posts held at Pacific-Northwest universities. Mr. Eldridge has held similar positions at Southern Oregon University in Ashland and Lewis & Clark College in Portland where he also worked as Dean of Students and Director of Residence Life/Coordinator of Judicial Affairs. Mr. Eldridge began his administrative duties as of January 7, 2012, and looks forward to creatively working within ongoing budget restraints and supporting a diverse student population. This new position was created as part of an institutional reorganization designed to achieve new objectives as outlined in COM’s Strategic Plan 2012-2015.

"Welcome Back" 2013 Convocation, James Dunn Theatre -- On Friday, January 11th, the Spring 2013 College Convocation took place in the James Dunn Theatre in the newly-remodeled Performing Arts Building. The keynote speaker was Betty Goerke, retired COM Anthropology and Archaeology Instructor. She gave a superlative presentation on the Coast Miwok Indians. Betty has donated the sale proceeds of her books to the Marin Museum of the American Indian in Novato. In addition, Betty has been made an honorary elder of the Coast Miwok tribe after publication of her book, "Chief Marin".

Opening Night Gala and Performance of Big River, James Dunn Theatre -- The Marin County Premiere of "Big River" will be presented on March 1st, 2013, by special arrangement with Rodgers & Hammerstein, Inc. Based on Adventures of Huckleberry Finn by Mark Twain, this show will be a wonderful experience for the entire family. Contact the box office at (415)485-9385 for tickets and information. The event will be held at the James Dunn Theatre in the New Performing Arts Building on March 1st, 2nd, 8th, 9th, 15th and 16th at 8:00 PM and on March 10th and 17th at 2:00 PM. Ticket prices are: $25 for general admission, $18 for seniors, $15 for students and $10 for children age 12 and under.

Campus Emergency Notification System, "AlertU" -- By signing up for AlertU, you can be notified immediately by text message of campus closures and emergencies. In collaboration with the Marin Community College District Police Department through AlertU.org, campus police will be allowed to broadcast critical information in real time to mobile devices (cell phones, etc.) used by all employees and student body members. To sign up, go to AlertU.org and follow instructions.

In Memoriam -- Former College of Marin Instructor Don Urquhart passed away on January 13th, 2013, surrounded by family at his home in Fairfax. Mr. Urquhart taught electronics, computers and telecommunications at College of Marin for 25 years and also attended COM prior to becoming an instructor. His daughter, Gaylene Urquhart, and grandson, Jesse Harbison, both work at the Kentfield campus.

Submitted by: Alicia Warcholski

A BRIDGE TO HISTORY

There is a place, not far from our own Indian Valley Campus, where a discreet, somewhat weathered structure sits in a verdant grove of oak, bay and redwood trees beside a flowing stream. A place that's been there more than 40 years, that I had passed, but never explored - The Museum of the American Indian. It is a place that tells of the Life Ways of our own Miwok, Ohlone, and Pomo Indians for which our campus buildings were originally named but includes the many other Native American Tribes. Inside we discovered a treasure house of art and artifacts and information; beautiful basketware, pottery, arrow-heads and totem stones, abalone jewelry, hunting furs, toys and games and Dream Catchers ... many items for sale in the Gift Shop ... that tell the tale of a peaceable people...who cultivated and cared for the land and lived in harmony with nature.

Our guide was an enthusiastic young woman who informed us of her own intricate tribal heritage and let it be known that more than 1,000 descendants of original Native Americans are registered and live in and about Novato. There are multi-cultural events, festivals, new exhibits and lectures and a Camp Coyote - a particularly wonderful experience for young people. And while we were absorbing these cultural riches we encountered a delightful little (but quite tall) Finnish family who were happily checking out our Indians! Who hasn't dreamed of living in a tepee? Go and Visit! It's at Miwok Park, 2200 Novato Blvd. Open every day but Monday.

Saundra Rosenberg
Questions please call:
Larry Witter 883-6889  G. Kopshever 883-7805
Bill Raffanti 883-4079  Rudy Ramirez 491-0522
Following events will be held in Bldg 10, 140AS

Bridge Building: Among the potential Community Education students attending the Second Preview Day at COM/IVC was Novato's Mayor, Pat Eklund, who as a COM graduate continued to graduate school, which led to her career at the Environmental Protection Agency and her longtime service on the Novato City Council. Mayor Eklund ended her visit with an invitation to Dean Nanda Schorske and Dr. Jason Lau to give a presentation to the Novato City Council about the new programs at the COM Novato Campus and the new opportunities for Lifelong Learning.

ESCOM Builds the Kentfield-IVC Bridge: The ESCOM Council met at COM/IVC on February 21 (10 AM-noon) and will do so again in June. Everyone is welcome to see how ESCOM works for us all, and--more important--your Council would like to meet you.

The generous men and women volunteers who work to keep the business of ESCOM running smoothly as a well regarded COM student organization dedicated to lifelong learning meet monthly on the third Thursday. These men and women work at processing membership dues/lists, planning special events, approving funds for office expenses, and increasing membership. Above all, they spend hours building bridges between the COM administration and the community and between the COM south and north campuses.

IVC Organic Farm Early Spring Produce: Fennel, green onions, carrots, purple top turnips, parsley, cilantro, winter vegetables, flowers and Our Own IVC Organic Honey!! ($5, $10 and $15 jars).

The IVC Farm is open every Wed. 10 AM to 3 PM at Farm Stand. The IVC Farm stand is also open the following Saturdays when it will host farm/garden workshops: February 23, March 23, and April 20.

Have you had baby turnips with greens cooked simply in the microwave, within the hour of being picked? A delicious and nutritious memory to be treasured!

Digital Camera Club: Laura Milholland, coordinator of the 7th and newest ESCOM Club at IVC, writes that the purpose and goal of the IVC Camera Club is to provide a positive and fun place for sharing knowledge and developing the joy of digital photography; through topical discussions, getting to know one's camera better, group photo outings, and the sharing of our photos."

The new ESCOM/IVC Camera Club held its organizational meeting on February 10th; they will meet twice a month, once at varied sites for photo outings, and once a month at ESCOM/IVC for sharing images, discussion and sharing of skills. Dates will be confirmed next month. The club is open to anyone with a digital camera and a desire to share with others. Beginners through highly experienced photographers are all welcome.

Anyone interested please contact Laura Milholland, at milholland_l@hotmail.com or at 578-2972.

Film Noir DVD Theater Club:

Rudy Ramirez offers DVDs for rent from his Film Noir library, as a means to contribute to a fund for updating video equipment. The list of available titles is posted on the board in ESCOM/IVC. Give Rudy a call at 491-0522 or e-mail him at ruamc@mac.com.

Global Issues Club:
2/15 Friday 2 PM Which Way Home. Unaccompanied child migrants journey through Mexico en route to the U.S. on a freight train. Nine-year-old Hondurans are trying to reach their families in Minnesota; a ten-year-old Salvadoran is alone in a Mexican detention center; and a 14-year-old hopes to reach New York and send money back to his family.
3/15 Friday 2 PM EI Norte.

Humanities Club: Beginning in March the Lecture Series will be The Other 1492: Ferdinand, Isabella, and the Making of an Empire. Lectures by Teojilo F Ruiz. The year 1492 has long been seen as an important historical watershed, being a boundary between the medieval and the early modern world. Spain, 1492, was vested with a multitude of meanings: the conquest of Granada and the formal closing of the Reconquest, the expulsion of
the Jews from the Spanish realms after a millennium and a half of life in Iberia, the triumph of the Catholic Monarchist reforms and the growing political centralization of Castile, and the discovery of the New World or what was seen as a new way to the Indies. This 12 lecture series begins on March 2 and runs thru May 18.

**Book Forum:** When *The 19th Wife* was discussed in January, it was noted that a film version IS available. Members plan to view it in the near future.

2/25 Steve Jobs. Walter Isaacson. Because of the book length, extent of historical data and numbers of people cited, readers may chose to discuss a chapter of special interest.


The 2013 Reading List was finalized at the February meeting and is available from Louise Kerr, LRKerr210@gmail.com. It is also posted in ESCOM/IVC.

**IVC Philosophy Club:** *The Meaning of Life: Perspectives from the World's Great Intellectual Traditions* is the course chosen by members of weekly Club meetings. Thirty-six lectures by Professor Jay Garfield, Smith College and U of Mass, will provide the basis for study and discussion. Dr. Garfield is also the Author of *The Oxford Handbook of World Philosophy and Buddhist Philosophy*.

**Great Books Discussion Group:** February 12. *On Saudi Arabia* by Karen Elliott House. At this meeting the next two readings will be selected.

**CURRENT EVENTS & ISSUES CLUB**

This is one of the oldest clubs sponsored by the Emeritus Students College of Marin (ESCOM).

Do you have something to say? Do you have a point of view? Come share with us. Join in discussing the pros, cons and spins regarding the events and issues happening around the world.

We meet in the Emeritus Room at the College of Marin Kentfield Campus, the second and fourth Thursdays of the month, 10 AM to noon. Jerry Weisman, 383-1831; James Kennedy, 388-3939.

Lifelong Learning, Lifelong Doing, Lifelong Friends.

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**The Exile's Serenade**

Rejoice my fellow émigrés
The banished, ostracized,
Expelled by fellow men,
Excluded, shunned,
Now aliens in this land.

Once we were banned, outlawed
For speaking with a single mind
Against stale customs,
Harbingers of modern times
We dared the eagles and the flags.

Don't weep my fellow exiles
Go raise your head with pride
You wandering, downtrodden Jews of Old
Unwanted lepers, Ishmaels,
The men beyond the pale.

Go, bid adieu, good-by, farewell
To old familiar shores
To dingy huts, to barren fields, and narrow lanes
Now is the time to wipe your tears
And cease to gaze at what you left behind.

For being exiled is as old as man
Starting with Adam and his curious Eve
Like them we have transgressed
Our sins, the thirst to know
The Eden too restrained.

We sinned for speaking out at times
When silence was the language of the land
We dared to walk when men,
Like serpent slithered on the ground
And walked with heads bowed down.

We spoke of peace.
While others killed and maimed.
We spoke of love,
While others fumed with hate.
We healed the sick, we prayed.

So kick your heels and dance
Your polka, waltz, the tarantella
The polonaise, mazurka,
Your hopak and bourree.

Go, stomp your feet, and clap your hands,
Be bold, be not afraid
Come brace my waist and dance with me
And sing the exile's serenade.

*Oskar Klausenstock*
OUTDOOR BOWLING
by Don Polhemus

History: The Ancient Greeks are recorded to have played a game of tossing coins, then flat stones, and later stone balls, called *spheristics*, trying to have them go as far as possible, as early as the 6th century BC. The Ancient Romans modified the game by adding a target that had to be approached as closely as possible. This Roman variation was brought to Provence by Roman soldiers and sailors. A Roman sepulcher in Florence shows people playing this game, stooping down to measure the points.

After the Romans, the stone balls were replaced by wooden balls, with nails to give them greater weight. In the Middle Ages Erasmus referred to the game as *globurum*, but it became commonly known as 'boules,' or balls, and it was played throughout Europe. King Henry III of England banned the playing of the game by his archers, who, it was feared would prefer playing this game to practicing with their bows and arrows.

It is beyond dispute, however, that the game, at any rate in a rudimentary form, was played in the 13th century. A manuscript of that period in the Royal Library contains a drawing representing two players aiming at a small cone instead of an earthenware ball or jack. The world's oldest surviving bowling green is the Southampton Old Bowling Green, which was first used in 1299. Another manuscript of the same century has a crude but spirited picture which brings us into close touch with the existing game. Three figures are introduced and a jack. The first player's bowl has come to rest just in front of the jack; the second has delivered his bowl and is following after it with one of those eccentric contortions still not unusual on modern greens, the first player meanwhile making a repressive gesture with his hand, as if to urge the bowl to stop short of his own; the third player is depicted as in the act of delivering his bowl.

The word "bowls" occurs for the first time in the statute of 1511 in which Henry VIII confirmed previous enactments against unlawful games. By a further act of 1541—which was not repealed until 1845—artificers, laborers, apprentices, servants and the like were forbidden to play bowls at any time except Christmas, and then only in their mas- ter's house and presence. It was further enjoined that any one playing bowls outside his own garden or orchard was liable to a penalty of 6s. 8d., while those possessed of lands of the yearly value of £100 might obtain licenses to play on their own private greens.

In 1864 William Wallace Mitchell (1803–1884), a Glasgow Cotton Merchant, published his "Manual of Bowls Playing" following his work as the secretary formed in 1849 by Scottish bowling clubs which became the basis of the rules of the modern game. National Bowling Associations were established in the late 1800s. In the then Victorian Colony (now State of Victoria in Australia), the (Royal) Victorian Bowling Association was formed in 1880 and the Scottish Bowling Association was established in 1892, although there had been a failed attempt in 1848 by 200 Scottish clubs.

Today the sport is played in over 40 countries with more than 50 member national authorities. but the home of the modern game is still considered Scotland with the World Bowls centre in Edinburgh.

The Game: Lawn Bowling today is usually played on a large, rectangular, precisely leveled and manicured grass or synthetic surface known as a bowling green which is divided into parallel playing strips called rinks. A major difference between Lawn Bowling and other types are the balls, called "bowls". These are not spherical, but flattened on the sides and weighted on one, causing the bowl to roll in a gentle curve. This single difference makes an entirely different game. In the simplest competition, singles, one of the two opponents places the mat and rolls the jack to the other end of the green to serve as a target. Once it has come to rest, the players take turns to roll their bowls from the mat towards the jack and thereby build up the "head".

A bowl may curve outside the rink boundary on its path, but must come to rest within the rink boundary to remain in play. Bowls falling into the ditch are dead and removed from play, except in the event that one has "touched" the jack on its way. After each competitor has delivered all of their bowls (four each in singles and pairs, three each in triples, and two bowls each in fours), the distance of the closest bowls to the jack is determined (the jack may have been displaced) and points, called
"shots", are awarded for each bowl which a competitor has closer than the opponent's nearest to the jack. For instance, if a competitor has bowled two bowls closer to the jack than their opponent's nearest, they are awarded two shots. The exercise is then repeated for the next end, a game of bowls typically being of twenty one ends.

Because of the high cost of building and maintaining a bowling green (there is none nearer than San Francisco) we have, so far, only facilities for **Bocce** and **Petanque**, but these are fun and challenging games and our members are encouraged to visit and perhaps try their hand at either.

**Bocce:** This is a ball sport belonging to the boules sport family, closely related to bowls and pétanque with a common ancestry from ancient games played in the Roman Empire. Developed into its present form in Italy, where it is called bocce, the plural of the Italian word for bowls. it is played around Europe and also in overseas areas that have received Italian migrants, including Australia, North America, and South America.

Bocce is traditionally played on natural soil and asphalt courts 90 ft in length and 8.2 to 13 ft in width. Balls can be made of metal or plastic and unlike lawn bowls have no built in bias. A game can be conducted between two players, or two teams of two, three, or four. A match is started by a randomly chosen side being given the opportunity to throw a smaller ball, the jack, from one end of the court into a zone 16 ft in length, ending 8.2 ft from the far end of the court. If the first team misses twice, the other team is awarded the opportunity to place the jack anywhere they choose within the prescribed zone. The remaining balls are played in a specified sequence. The team with the closest ball to the jack is the only team that can score points in any frame. The scoring team receives one point for each of their balls that is closer to the jack than the closest ball of the other team. The length of a game varies by region but is typically from 7 to 13 points.

Players are permitted to throw the ball in the air in these two games using an underarm action. This is generally used to knock either the jack or another ball away to attain a more favorable position. Tactics can get quite complex when players have sufficient control over the ball to throw or roll it accurately.

**Petanque:** (French pronunciation: petabk.) This is a form of boules where the goal is, while standing inside a starting circle with both feet on the ground, to throw hollow metal balls as close as possible to a small wooden ball called a cochon-net, or jack. It is also sometimes called a bouchon (literally "cork") or le petit ("the small one"). The game is normally played on hard dirt or gravel, but can also be played on grass, sand or other surfaces. Rules are similar to those of bocce and bowls.

The current form of the game originated in 1907 in Provence, in southern France. The English and French name pétanque comes from petanca in the Provençal dialect of the Occitan language, deriving from the expression pès tancats, meaning "feet together" or more exactly "feet anchored". The casual form of the game of pétanque is played by about 17 million people in France, mostly during their summer vacations. It is also widely played in neighboring Spain. There are about 375,000 players licensed with the Fédération Française de Pétanque. Substantial numbers of players live in Quebec, but as yet there are only small numbers in the U. S.

**Petanque players on the beach, Nice, France**
CHEZ MARILENA: A CLUB ABOUT COOKING, TRAVELING, AND LIFE

Chez Marilena is not a typical cooking club. It is rather an exploration or adventure into the art of cooking involving discussions on interesting cuisines, guidance to quality ingredients, art as food for the soul, and learning about a new place through its food. This club has been inspired by events that took place almost 20 years ago in and around a small village in Provence, a time in my life when I had left behind the corporate world for a new life. At the beginning of the last decade of the last century, I wound my way south from The Netherlands to the golden light of Provence. To this day, I will never forget the jump my heart made when I first saw the tiny medieval village that was to be my home for 10 years, as it hung suspended halfway between heaven and earth.

My house in the hills above Cannes--a big yellow house much like the one Van Gogh lived in while in Arles--was often filled with sunflowers, an assortment of artists, and many other people. You see, I gave lessons in my house to the French on cooking--easy, exotic, erotic cooking--which was rather astonishing because despite my mother's best efforts and admonishments, I didn't learn to cook until well into my 30's and didn't learn the French language until my mid-40's. Yet people always asked me about my recipes. When a close friend suggested I give cooking lessons, I laughed outright at the idea but he dared me, and the game was on.

Throughout my travels in North America, Europe, the far East, South America, and North Africa, I fell in love with various dishes and would often inquire about the preparation. This was not haute cuisine, but simply food that was just delicious and very good to eat, with ingredients carefully selected, and the dish well-prepared. When I started giving my own cooking lessons--"Easy, Exotic, Erotic Cooking"--I took the same approach by focusing on recipes which anyone who did their own cooking could master. The dishes were interesting and different, but did not require hours in the kitchen. My intention was to free up time for the harried cook while presenting something fanciful on the table at the same time!

By exploring different cuisines, understanding the background behind a particular recipe, and learning how to select wholesome ingredients, the loving preparation of a new dish can be easily mastered. Mainly I had a lot of fun introducing others to the easy and exotic food and cooking I knew from my travels in many countries, and life-long friendships were made over jambalaya, sukiyaki, and Thai green curry.

It is my hope that this club will also inspire new friendships, help you learn more about healthy eating, and perhaps serve as an impetus to travel and pursue other dreams which may have been put aside. If this sounds like something you would enjoy, please give me a call and we'll set up a first meeting.

Marilena Redfern, 457-1177

BRIDGE NOTES
by Lynn Mason

“Endorphin rush”—we’ve all heard the term or bandied it about.

Piped in by the hypothalamus and the pituitary glands, endorphins give us that spontaneous emotional lift that helps us endure stress or physical exertion with a sense of calm, power, and control. Hence the “runner’s high” and why endorphins are regarded as a kind of magic bullet. They make possible for everyone a generally more joyful, interesting life, and we as seniors, especially, should take note.

Surprisingly, many things can help us trigger and increase our endorphins. Attending Emeritus Bridge Club provides at least four known endorphin triggers—social interaction, laughter, mental challenges, and a little exercise (yes, remember that little walk from the parking lot?) Members may not realize it, but they’re giving their endorphins a natural boost every time they sit down to play bridge together.

Let’s also remember that bridge days give us, in addition to a change of scenery, some fresh air, sunshine, and (as noted above) mild exercise. These can add up to a potential boost in vitamin D absorption and the production of serotonin—another mood-improving neurotransmitter—two things that also bolster our sense of well-being.

For seniors, particularly those who live alone or are hard pressed to find ways to stay healthy, happy, and youthful, bridge is a great answer. An afternoon of fun, and good cards, can give you a lift you can take home and enjoy long into the evening.
**ABOUT ANNA LADYZHENSKAYA**

Internationally known artist Anna Ladyzhenskaya was born in Moldova, an Eastern European nation, when it was still part of the former Soviet Union. She completed art school there, earning her credentials in both the practice and teaching of Art, before going on to get her Master’s degree in Architecture. With over 30 years of experience in the art field, Anna works with all forms of media, from oils and pastels to watercolor and colored pencils, to create works that are just as diverse as the materials she uses, ranging in areas of focus from landscape to still life and portrait. She is a resident and active member of the Bay Area art community, living in Novato with her husband, two beautiful daughters and two wonderful kittens. She is a member of the Marin MOCA, often found working at studio space M in the 781 Palm Drive building. Besides the MOCA member shows and Open Studios, other recent exhibits of her artwork include San Francisco’s annual Celebration of Craftswomen at Fort Mason and regular displays at Gallery Elektra in Sausalito.

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**OPERA CLUB PLANS YEAR LONG PARTY**

It isn't every year that anyone has a 200th birthday and when that anyone is Giuseppe Verdi, the Emeritus Opera Club is starting plans to have an extended party. Club leader Gil Deane says that Verdi is the greatest opera composer of all time, "greater than Mozart and Wagner", and he is determined to make this year something special. The club generally meets at the Emeritus Center of the Kentfield campus on the last Wednesday of each month, from 1-3 PM (with some exceptions), and starting with the January meeting, Verdi's music will be featured at each session during the year. Deane said that other plans are in the works and will be announced in future issues of the newsletter.

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**EDITOR’S NOTES**

The next Newsletter staff meeting will be held on Friday, March 1, 1:30 PM, at the Kentfield Emeritus Center.

Maureen Phillips has replaced Barbara Tarasoff as head of the Newsletter Circulation team.
The Departments of Science and Mathematics are justly proud of their beautiful new facility. More about this next month.