
[Also, see Hooked on Marin Speaker Series notice on Page 3.]
ESCOM COUNCIL RESUMES MONTHLY MEETINGS.

What a difference a month’s vacation makes. A freshly energized Council met in full force at the Kentfield Campus Emeritus Center on August 30, 2012, and was chaired by Co-President Dick Park. The meeting was also attended by two prospective appointees to the Council which is three members short of full strength. Readers please note: If interested in an appointment to a vacancy, please contact Paul Tandler, Elections Chairman, in writing to the Emeritus Center Office in Kentfield.

Co-President Dick Park had previously given his report to the Council in writing, highlighting his attendance at Preview Days held on August 4th and 11th, respectively at the two campuses. Attendance was lower than that at the Spring Preview Day, but instructors and attendees enjoyed the experience and new members to ESCOM were recruited.

Co-President Marian Mermel suggested that members interested in future leadership positions at the College of Marin would benefit from attending meetings of the College Council. She gave a description of the first program of the Hooked on Marin Speaker Series, which starts on September 20th and will be devoted to “The Organic Food Movement” as the first of three programs. “Mountain Bike Revolution” and “Rock ‘n’ Roll Music History” will follow in October and November, respectively. The recreation departments of several Marin County communities and the Tamalpais Union High School District are collaborating in these events.

Treasurer Art Ravicz presented a number of Purchase Orders for approval, promptly granted, and referred to the recently distributed Draft Budget for 2012-13, to be discussed at a later meeting. He concurs in the formation of a Financial Advisory Committee and awaits the appointment of members in addition to Paul Tandler, who has agreed to serve.

Cole Posard, recently appointed as Chairman of the Marketing Commission, reported that his committee had met several times and progress has been made in a number of initiatives. A re-design of the ESCOM Membership Brochure is moving forward and media contacts to publicize ESCOM-sponsored clubs are progressing. ESCOM’s website is also under review and several members of the Writers Club and others are helping with that effort. Finally, the Community College Brochure for the upcoming winter semester will also have input from the committee to improve its coverage of ESCOM’s role at the College.

Arts and Exhibition Chairman Len Pullan announced the coming of two exhibits on October 3rd and November 15th, respectively. The first of these exhibits will be a display of ceramic medallions, plates and other sculptures by C.O.M. Instructor Dove Govrin. The theme will feature designs emblematic of the Chinese Year of the Dragon. A reception for the artist is scheduled for October 18th from 5:30 to 7:30 PM. The November program will be conducted in the Kentfield Campus Cafeteria as a demonstration of Wild Goose Qigong, also presented by Instructor Dove Govrin.

Donna Posard is in charge of this year’s participation in the Marin County Senior Information Fair, scheduled for October 27th at the Marin Civic Center. Members of the Council signed up for 2-hour shifts at ESCOM’s booth throughout the day of the Fair.

Karen Hemmeter, Office Chair, gave a comprehensive written report on her activities, indicating that she presently has seven office volunteers serving with her. She also reported on Newsletter distribution, membership statistics and a need to follow up on members’ offers of volunteering for one or more ESCOM functions.

The next regular meeting of the Council will be at the Kentfield Campus Emeritus Center on Thursday, September 20, 2012, beginning at 10:00 AM.

Reported by Paul Tandler

EDITOR’S NOTES

The next Newsletter staff meeting will be held on Thursday, October 4, 10:30 AM, at the IVC Emeritus Center.
MEMBERS OF EMERITUS STUDENTS COLLEGE OF MARIN:

HOOKED ON MARIN SPEAKER SERIES

A collaboration of five local school districts and public agencies are launching a new speaker series called HOOKED on MARIN. The Tamalpais Union High School District, College of Marin along with Emeritus Students (ESCOM), Town of Larkspur, Town of San Anselmo, and the Town of Corte Madera are working together to provide a series of moderated discussions centered around the Marin County experience and influence.

Hooked on Marin's fall series will include three events focusing on the following topics; the Organic Food Movement, the Mountain Bike Revolution, and Rock 'n Roll Music History in Marin. Each session will be moderated by Marin's own Terry McGovern.

September 20, 7:00pm The Organic Food Movement in Marin, at College of Marin, Olney Hall. Panel will feature Al Baylacq and Mark Squire, co-owners of Good Earth Natural Foods in Fairfax, Wendy Johnson, author of Gardening at the Dragon's Gate, co-founder of the Organic Farm and Garden Program at Green Gulch, and founding farming faculty of the College of Marin's innovative Organic Farm and Gardening Program, and Warren Weber, founder of California's first certified organic farm, Star Route Farms.

October 24, 7:00pm The Mountain Bike Revolution at Sir Francis Drake High School's Little Theater. Panel will feature Charlie Kelly, Joe Breeze and other legends involved in the birth of mountain biking in Marin County. Event cosponsored by the Marin County Bicycle Coalition (MCBC).

November 28, 7:00pm, Marin County Rock 'n Roll at the Corte Madera Community Center Hall. Richie Unterberger leads a discussion featuring local individuals sharing their memories and experiences.

Admission is $15 per event. For more information or to purchase tickets, please visit our website at www.hookedonmarin.com.

Each ESCOM member is entitled to two free tickets for each event. They will be available at both Emeritus offices before each of the programs begins. Additional tickets will be $15 per ticket.
COM IN THE NEWS

**Fall 2012 Welcome Week** took place on Tuesday, September 4th, at IVC and on September 5th and 6th at the Kentfield Campus. Vendors at both campuses included among others -- *Marin Independent Journal, Comcast, Blue Cross/Allstate, Wells Fargo Bank, Citibank and Union Bank* with special offers for students, staff, faculty and administration. College of Marin's "Road to Success" was combined with the Fall 2012 "Welcome Week" this year wherein students participated in learning about academic courses and programs, community education as well as student services. This program creates an opportunity to showcase what College of Marin has to offer in services, programs and departments.

**ACCJC/WASC (Accrediting Commission for Community and Junior Colleges) Follow-up Report 2012:** Response will be submitted to the ACCJC in October this year. The accreditation team will be coming in either October or November to validate College of Marin's progress as well as interview individuals. This report has resulted from extensive teamwork by many and includes the establishment and implementation of six new institutional plans, greatly improved student services as well as outstanding progress in the area of student learning outcomes.

**Single Stop Student Services, Fall Semester 2012:** This is the newest program to join COM's Student Services. The primary goal of "Single Stop" is to help increase retention and graduation rates among low-income students by increasing financial aid. Numerous benefits are provided free under this program. Since January 2012 "Single Stop" has screened and connected eligible students to benefits totaling over $60,000 annually, provided over 60 hours of free professional financial advising services plus many other student assistance programs.

Submitted by Alicia Warcholski

A LETTER TO THE EDITOR

Hi, Don: You are making history at Emeritus with all your creative innovations. The brilliant color editions are a marvel along with the professional layouts. But your Summer Literary Supplement takes the prize. Bravo! Bravo! Blessings,

*Vince DeMaio*

ADVICE FOR GRADUATES

To anyone with kids (or grandkids) of any age, here's some advice. Bill Gates recently gave a speech at a High School about 11 things they did not and will not learn in school. He talked about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world WILL expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make $60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping - they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try de-lousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools they have abolished failing grades and they'll give you as many times as you need to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.
What I create in art, I live through movement. What moves me, I create in art.

Desiring a deep connection with Mother Earth, I am drawn to her beauty in the Garden of Life. From making mud pies as a child, to growing a garden as an adult, I love feeling the textures of earth in my hands so I create objects with clay.

I practice and teach Qigong and follow the wisdom of traditional Chinese medicine. I incorporate the teachings into my creative process until they have become blended into one. For example, while studying Qigong in China, I acquired a jade dragon and a new creative journey began to unfold. I found myself inspired and captivated by this mythological creature and incorporated the dragon into my Qigong practice. Chinese dragons are wise, strong, protective creatures transforming negative into positive. Symbolically the dragon became my spiritual guide, giving me inner strength, wisdom and positive energy.

Since I have created dozens of ceramic dragons and they continue to emerge from my creative wellspring, each one has a unique expression based on the Healing Five Elements from Traditional Chinese Medicine.

The clay body of the dragon undulates and reflects transformation, while the glazes and colors enhance the healing qualities. The color blue represents the Water Element and symbolizes patience, alertness and courage. The color green represents the Wood Element and symbolizes growth, kindness and forgiveness. Please enjoy these healing dragons.

DOVE GOVRIN RESUME

She received BA from UCSC in Esthetics Studies and Movement Therapy 1975, MS from CSUH Dance/Movement Therapy in 1995, and Graduate Programs in Movement Therapy 1981, and Art Therapy 1995. Besides being a Movement Therapist, she is a Qigong Instructor and Ceramic Artist.

Dove has exhibited sculptures at Marin County Fair, Marin Society of Artists, Marin Open Studios, Jewish Museum SF, El Cerrito Art Guild, Gallery Alexander in La Jolla, B Street SRCC, TLCC with Terra Linda Ceramic Artists, and Falkirk. Solo Art Show in Israel 1990 at Mishmar Haemek Art Gallery. Recipient of several awards: Best of Show at Marin County Fair 2008, 2009, and several blue ribbons. First Place at El Cerrito Art Guild 2007.

Dove was born in San Francisco in 1952.

NOW WHAT'S THAT WORD?

1. The longest word of one syllable has nine letters. What's the longest one you can think of?
2. There are two words of six letters without vowels (except Y).
3. What is the oldest word in the English language?
4. Two words end in gry. How many can you name?
5. And four words end in dous.
6. Six words have the letter sequence uum. Name three.
7. The only word with three consecutive double letters is....
8. Is Kahlua an Hawaiian word?
9. The most recent year which could be written either upside down or right side was 1961. When is the next one?
10. What is the lowest number which requires an a for its spelling?

Answers on Page 9.

A STUDY ON THE EFFECT OF GRAVITY ON CHINA

Forgive me
I broke your cup.
Let's just say,
I was studying gravity
On the roof.

Mariel Rosenberg
THE HIDING PLACE
by Iris Tandler

If you drive north on Highway 101 and turn right, there sits among the broad leafed trees and other succulent plants indigenous to our climate, one of the best kept secrets of Northern California. I recently spent several weeks there recuperating from a mysterious illness. The working staff of this facility is 40% Filipino, 25% Caucasian, 30% Asian and 5% native American, approximately.

I am greeted each morning with an excellent cup of steaming hot coffee and both local newspapers. My roommate, Margaret, and I give the headlines a brief once-over, head to breakfast and then to the Marin Room which sits alongside the garden. There is a bird feeder and a hummingbird feeder in the garden and we watch the butterflies head for the flowers to feed and also for the salvia in the garden which attracts the butterflies.

There are also Crest Chestnut backed chickadees and Berwick wrens flying about. Sitting near one of the trees is an oval bronze Eastern water urn which has water running around its sides constantly. This garden is filled with wrought iron furniture and is planted randomly, most flowers in their natural state, a bit overgrown and a bit untidy, geraniums, begonias, Black-eyed Susan, lavender and white petunias and huge pink and fuchsia oleander bushes against the building. It is lovely out here and my son and husband sit out here when they visit.

On the other side of the building is a fountain right out of the Botanical Gardens, standing ten feet tall, water flowing down three tiers in the sunlight, flanked by a stately row of magnificent Douglas fir trees. Here, also, there are wrought iron love seats and blue umbrellas.

This building looks up to a rather tall hill, and the people who own it have hired a herd of goats to keep the terrain clean, so we watch the Old Mother or Old Father (I’m not sure which) do their job. They are all white with jet black heads and long jet black ears and horns. They are actually rather eerie looking and I would be frightened were I to meet them on a dark night. There are about forty of them and they chomp their way carefully across the field. There is a dog that gives them a nudge occasionally to let them know exactly who is boss.

I have not turned on TV. Occasionally one of my Occupational Therapists or Physical Therapists will mention the National Election, but I find I am completely disinterested and insulated from the outside world. Yesterday I woke teary eyed after dreaming of my best friend who I know is in heaven. I finally told the Head Nurse, Maria Ruth, who cuddled me in her arms and sobbed so hard, I had to beg her to stop. How satisfying to share your tears with someone you like!

It is impossible to understand how so many very special human beings have come together under one roof. Each one of these brings his or her own kindness, caring, warmth, a consistent outpouring of love, a casual touch on the shoulder, a warm rub on your back, a doctor who comes in at eight o’clock on a Saturday night and says, "I heard you cut your hand." (Are you kidding? It’s Saturday night. Go home.)

Of course there is much sadness here. There are many very sick people. When I go downstairs to the Gym, I feel like I am stepping into One Flew Over the Cuckoo’s Nest but I try not to let it depress me too much. The intent is to make everyone strong enough to go home and take care of themselves.

One of the Jewish doctors who had been here for five years (when they had long term care) died last week. The Director who I am very fond of was having difficulty finding a rabbi to perform a memorial service. I don’t know what motivated me to speak up.

“Can I write it for you. Mr. T can read it.”
I called Mr. T. on the phone. “Would you like to be a rabbi tomorrow?”
“Of course not, not me!” emphatically.

I have been through enough of these ordeals in my eighty-four years to know I could write one. “Get your Yarmulke out. You’re going to do it anyway.”

After welcoming the guests and introducing himself, Mr. T. reads from Ecclesiastes:

There is a time for everything, there is a time for all things under the sun:
A time to be born and a time to die – a time to laugh and a time to cry
A time to dance and a time to mourn – a time to seek and a time to lose
A time to forget and a time to remember.

I read the 23rd Psalm, hand the doctor’s wife a few pink roses from the vase on the table in front of me. My roommate, Margaret, sings “The Hiding Place,” based on Psalm 32, about a family in Holland who hid a family of Jews during the Second
World War. The doctor’s wife cried. I cried. Everyone cried. Mr. T. read the Kaddish, the closing prayer. He explained: the closing prayer was written not for someone who has died but for the glory of God.

I hope I do not have to come back here, but if I am ill, this is a good place to be.

Dedicated to Linda Williams who makes each day possible.

Nota Bene: It's difficult to cry with your mouth full of an oatmeal raisin cookie.

**WHY "CELL" PHONES?**

Mobile phones have been used for years by police and businesses, but their range has been quite limited and the equipment large and heavy. A small, hand-held phone could be constructed, but it would not work over any distance and therefore antenna towers would have been erected to receive weak signals and retransmit them. Each tower was to cover a particular geographic area called a cell. It was believed that most efficiency would be achieved by plotting hexagonal cells and placing towers as close as practical to points where three cells joined. This worked fine as long as callers remained within their own cell areas, but the signals faded out when they traveled too far. An engineer from Bell labs then developed a system by which cellular phone calls could automatically be handed off from one station to another. This allowed calls to travel almost any distance. The term "cell phone" caught on, and now there are more of them in the world than wire-connected telephones.

**COMMUNITY EDUCATION DAY**

The second day in which COM classes were introduced to the public was a success, as was the first. The Emeritus Room at IVC, where the second was held, was full and refreshments were plentiful and delicious. About a half dozen instructors spoke about their classes and a number of visitors signed up. New members of ESCOM also registered. **Dr. Jason Lau**, Director of Community Education, Lifelong Learning and International Education, conducted activities with his usual skill and efficiency. This is a service to the community which should be repeated annually.

**EXPERIENCING BEAUTY**

My heart is still in the house of silence
tall, proud iris welcome me at the door
their deep purple majesty
tells secrets when the bell rings clear.

Beauty surrounds us when our eyes are kept open
even a toothless smile brings warmth to the body
like a bowl of incredible soup.

Early in the morning
blades of grass, holding the last drops of water
sprayed on them like in a holy rite
to quench the thirst arising through the day.

Beauty to experience when all is quiet
the mind rests
just silence to discover
silence deep within.

**COM EMERITUS BRIDGE NOTES**

The Bridge Group met on July 30 for their semi-annual potluck and awards party. As usual, everyone brought the best of their best and the food was plentiful and delicious.

The trophy for highest score for one day was given to **Don Rice**. The first place trophy for the spring semester went to **Charles Falk**, and **Patti Ward** took home the second place trophy for the second time in a year.

**Tom Metzger**, who has for several years checked the scorecards and kept an up-to-date spreadsheet which he used to determine the winners, handed over the task to another volunteer, **Anne-Marie Melanephy**. Tom continues to be a phone contact for people with questions about joining the bridge group.

**Lynn Mason**

Editor Don Polhemus (r) and Layout Technician Art Ravicz (l) discuss a newsletter submission.
Harvest Lunch Tradition: ASCOM will host the annual Thanksgiving Luncheon on November 14 at IVC, according to Dr. Arnulfo Cedillo. ESCOM is invited to assist with decorating tables, serving and collecting canned food for the Holiday Food Bank. Bill Raffanti, Gillian Roper, and Gloria Kopshever are planning to help. A long standing tradition, the November event is an annual opportunity for students and staff to gather as the Miwoks did in the Ignacio Valley in early history.

Autumn on the IVC Farm: October is a good time to visit on Wednesdays, 10:00 AM to 3:00 PM, to buy Halloween pumpkins, squash and fall flowers and plants. (The black eyed Susan purchased Nov. 2011 is still blooming.) On October 11, more than 200 guests will gather to celebrate Conservation Corps North Bay’s 30th Anniversary, enjoy fabulous organic food and wine from our Indian Valley Organic Farm & Garden and other purveyors, and bid on exciting auction items.

Jenna Brager, IVC Farm Coordinator, has managed public relations, the Wednesday market, commercial customers, student assignments, established the on-site “red barn office” and written the weekly Internet Newsletter. After three years with us she leaves this month on a global adventure which will take her to South America for 3 months, with plans to visit Peru, Bolivia, Argentina, and Chile. This portion of her travels is intended to be filled with wilderness exploration – backpacking trips, hiking to Machu Picchu – and immersion in the various vibrant cultures of Latin America. The next leg is a 6-month stint in Namibia to volunteer at Cheetah Conservation Fund (CCF), whose mission is to be the internationally recognized centre of excellence in the conservation of cheetahs and their ecosystems and to develop best practices in research, education, and land use to benefit all species, including people. Jenna’s intention is to help with the center’s organic farming efforts, with their goat dairy and cheese-making program, and anything else that is needed. “We will help with these efforts which are part of an education program offering skills to local people, strengthening their livelihoods and hopefully inspiring them to protect cheetahs rather than kill them.” The Farm will continue to function, with Jennie Pardi as contact person. 414-720-2771.

October Retirement: Leslie Sarfert, Office Technician in Registration at COM/IVC, will retire this month. For the past 6 years, many ESCOM members have appreciated her patience in helping them find classes and register correctly. Stop by and wish her well.

Global Issues: This Land is Our Land. Oct. 9 at 2:00 PM. Bestselling author David Boller, a leading figure in the global movement to reclaim the commons, shows how commercial interests are undermining our collective interests.

Great Books Discussion:
10/9 (2nd Tuesday), 10 AM. The House Gun, Nadine Gordimer.
11/13 Candide.

Philosophy Club: Life’s Lessons From the Great Myths is the focus of the new series of lectures and discussions. Two new topics each week with questions from a study guide.

Humanities Club: The new Humanities Series - Niccolo Machiavelli (1469-1527), 24 lectures by William R. Cook, Professor of History at State U of New York, Genesco.
10/06 The Art of Being a Prince: The Lion and the Fox.
10/20 The Prince, Fortune and Foreigners: Livy, the Roman Republic and Machiavelli. Handouts and study guides are provided for 2 lectures each 1st and 3rd Saturday at 1:00 PM.

IVC Book Forum:
9/24 The Immortal Life of Henrietta Lacks, Rebecca Skloot.
10/22 The Sweetness of Tears, Nafisa Haji.
11/26 Oracle of Stamboul.

Film Noir: Rudy Ramirez, Coordinator, offers to rent Film Noir DVDs from his extensive collection. Funds raised will be used for club expenses and possible new equipment.
9/29 Fifth Saturday Bonus: A Special Film Noir from 1973.
Tree House

I look out the window of the tree house, my haven or my prison.
Long recuperation, hours passing slowly.
Awakening before dawn - moonlight filtering through leaves, ghostly and bright, evoking memories.
Days trickle by as slowly as my pain.
Mist hovers over my mountain;
California bay trees glitter with sunlight.
A black squirrel free falls;
A spider's web shimmers.
As evening casts blue light to the mist
I am reminded of the beauty and ever-changing life here in the tree house.

Carolyn McKinney 12/10/11
[Carolyn is a student of Instructor Prartho Sereno.]
Artist Dove Govrin and three of her friendly dragons

Photo by Barbara Tarasoff