

ESCOM NEWSLETTER JOURNAL

Oct/Nov 2018



***Emeritus Students
College of Marin***

*Lifelong Learning,
Lifelong Doing,
Lifelong Friendship*

FROM THE ESCOM PRESIDENT

The leaves are turning on the trees and Emeritus kicked off fall with the **IVC Open House** on Saturday, September 29th at Indian Valley College held from 10 a.m. to 4 p.m.

The day was packed with activities that included cooking demonstrations at the kitchen, a plant sale, and a free barbeque lunch followed by the groundbreaking of the Miwok Aquatic and Fitness Center and a ribbon cutting ceremony for the new demonstration kitchen. It was lots of fun and a beautiful day on the lovely IVC Campus.

In October, Emeritus is exhibiting in the annual **Senior Fair** on October 24th from 9 a.m. to 3 p.m. at the Marin Center Exhibit Hall. Stop by our booth to say hello or if you'd like to volunteer for the event, give us a call.

ESCOM and Friends of IVC are hosting a **College of Marin Board of Trustees Candidate Forum** on October 1st at the ESCOM Center, IVC from 7 to 9 p.m. The Kentfield Campus will offer the same on Oct. 9, from 6 to 8 p.m. in the Student Center's Deedy lounge. These events offer and excellent opportunity to meet the candidates running for the three open seats.

It is vital to the institution and the community to have leadership that reflects our needs and values. Please take this opportunity to hear the plans and priorities of the candidates and to ask the questions that are important to you.

And then we wrap up 2018 with our **Member's Winter Solstice Meeting** held on December 1st at St. John's Church in Ross, from 11:30 a.m. to 3 p.m. So mark your calendar. We look forward to a wonderful afternoon of friendship and holiday cheer.

*-- Anne Pearson, Council
President, Emeritus
Students, College of Marin*

Photo, top: Laura Milholland

INSIDERS

Abe Farcas is New ESCOM Clubs Chair

ESCOM Council member Abraham Farkas has taken over the reigns from Former ESCOM Clubs Chair Bill Raffanti who moved to Great Britain.

Abe recently retired as Senior Dean of Curriculum and Education Support Services at Santa Rosa Junior College. A resident of Novato, Abe has been an ESCOM member for three years.

Clubs are the social heartbeat of ESCOM, and Club Chair is a challenging volunteer position. Abe's enthusiasm and leadership skills are a great match. Abe can be contacted at abef666@gmail.com

*A full listing of clubs can be found in the Community Education Class catalogues and on the ESCOM website at <http://escom.marin.edu/clubs>. **Club Notes**, edited by Jill Auggersbury, highlights club activities and events and is printed in electronic format. Look for **Club Notes** in a monthly email sent via Constant Contact.*

CLASS NOTES

IVC's new Farm to Table program

... was featured in a Marin IJ article on Sept. 15
<https://www.marinij.com/2018/09/15/nugget-markets-com-launch-organic-cooking-classes-at-new-novato-campus-kitchen/>

Continuing Education

... kicked off the Fall semester at IVC with two new Farm to Table cooking classes held at the new Nugget Markets Demonstration Kitchen on campus. Both the "Street Food of Singapore" and "Farm to Table: The Fall Bounty" were led by Guest Chef Mei Ibach. Look for more cooking classes in the Winter Class Schedule due out in December.

Hood Canal

To only see one's dwelling
from the cradle of a canoe
a slant and tilt kind of vision
where evergreens worship
golden flecks of intermittent
heat, as I create tiny wakes
with raked fingers, skeletons
of grandfather trees peer up
between the ripples like
contented hosts of rainbow
trout who play beneath my
sacred flotation, I will
be home with them someday,
perhaps in the guise of cormorant
or silver gilled maiden of
this shadowy sound.

- Margie Heckelman

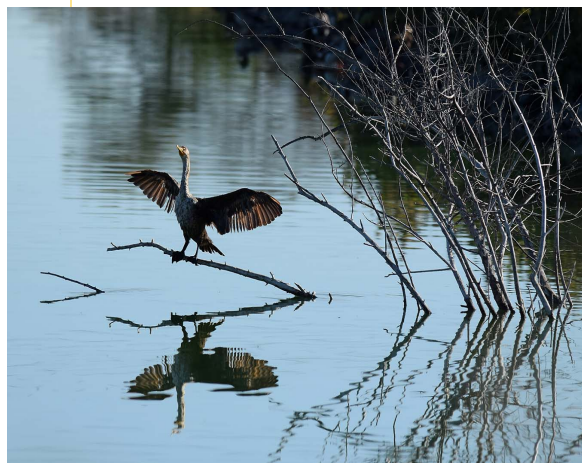


Photo: Laura Milholland

MESSAGE

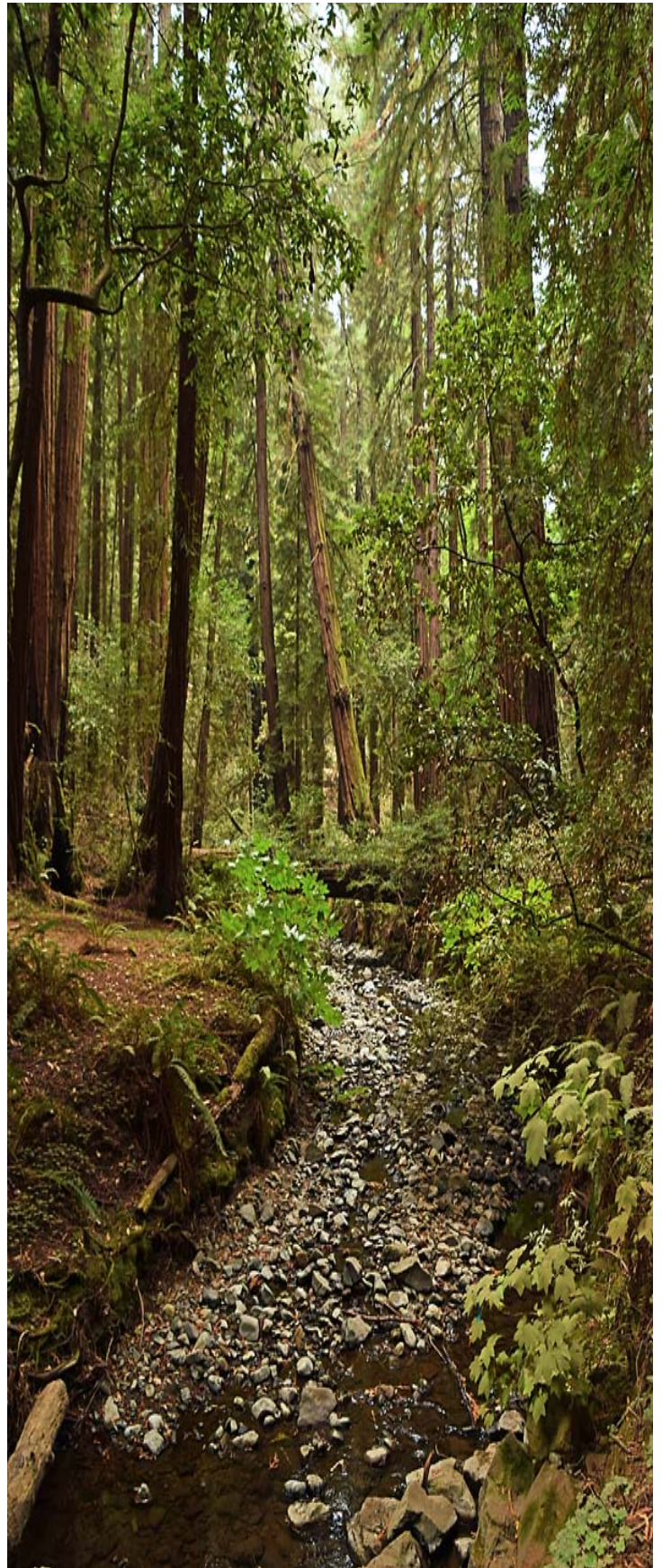
Aristotle's disciple, Theophrastus,
sent a message in a bottle proving
the Atlantic flowed into the Mediterranean.
Shipwrecked sailors sent messages
arriving too late for rescue.

Now from the Great Pacific Garbage Patch
castaway plastic bottles send a messages
in languages foreign and domestic.
Societies' discards funneled from rivers,
storm drains and ships at sea,
trapped in a confluence of currents,
a twice Texas-size gyre of debris:

a stuffed bear, a lawn chair, toothbrushes,
plastic ware broken by sun and wind,
confetti-like particles, ingested,
mistaken for plankton
chemical sludge passed in a chain
lantern fish to jellyfish to serving dish.

Whale bellies fill with fishing line,
sea lions strangle in trawl,
albatross choke,
cry for rescue from the vortex
before we're all down the drain.

-- Laurel Feigenbaum



Rocky Streambed, Laura Milholland

At the Golden Gateway

Three pelicans hover high in the air,
almost motionless,
with barely a flutter of wing –
Aloft!
Suspended by an updraft,
sweeping skyward from the bay below
as if memorialized
by some ageless, evolutionary warp,
against a back-drop of thick, grey fog,
billowing in from the West.
A swift, scenic symphony,
timeless in its ebb and flow,
while below, seemingly oblivious
runs an urgent city,
mobilized by modernity and man.

-- deidre silverman



SF Building, Karen Olson (above right)

VOTE

NOVEMBER 6



Photo (right) Penny Hansen

MEMBER PROFILE

Harpist **Michelle Sell** has worked with an array of musical artists ranging from Tony Bennett to the Temptations, to Sammy Hagar. She has recorded and toured with Linda Ronstadt, which included an appearance on *The Tonight Show with Jay Leno*.

An alumna and former faculty member of the San Francisco Conservatory of Music, Michelle's performances and recordings range from classical, to rock, pop, jazz and Broadway. In July her artistry graced the Carole Shorenstein Curran Theater world premiere of the new musical, *Soft Power*, featuring the music of Tony Award winning composer Jeanine Tesori (*Fun Home*) and a script by Tony winning playwright David Henry Hwang (*M. Butterfly*).



Since going pro in 1977 Michelle has been the first to be called for the San Francisco runs of all Broadway shows requiring a harp. She is usually hired only a few weeks before the first performance, and she considers this her most rigorous work. "It's eight performances a week for several weeks," she says, "and you cannot afford to make any mistakes."

On the classical front, Michelle worked for years on harp and violin duets with Wieslaw Pogorzelski, the Polish composer, music producer and viola artist who has appeared with the Warsaw Philharmonic and the San Francisco Symphony and Opera orchestras.

Michelle is also a composer. Her jazz compositions fill her 2004 CD, *Dancing on Air*. Michelle has released six other solo albums, and can be heard on many more recordings including *Sinatra: Vegas* and the Tony Bennett and K.D. Lang recording of *Wonderful World*.

A native of Middletown, Iowa, and long-time resident of Fairfax, Michelle joined ESCOM two years ago to be part of our lively community, while taking Continuing Education courses to expand her artistic horizons. In addition to her robust musical career, she is currently writing poetry and is a member of Prartho Sereno's Poetic Pilgrimage class.

Michelle makes an average of 150 to 200 professional appearances a year, including Bay Area weddings and other events requiring her elegant touch. Listen to Michelle on You Tube at: <https://www.youtube.com/watch?v=RH2K5Ud9Rpc> You can learn more about Michelle's work by visiting her Website at: <http://www.michellesell.com>

-- Denize Springer

Season

The season changed today
 This day no other
 In the night I was notified
 through the open north facing window,
 given a crisp call to my thoughtless
 slumber.
 A cold comforting hand reached to a
 right deep place within me
 a home I know well
 but can't give you directions to find .
 Perhaps it's just a phantom address
 That only appears
 With variable winds and
 discomfoting clouds.

-- Jeremy Littman



New Book ... by instructor, Prartho Sereno, a collection of poetry entitled *Indian Rope Trick* (Blue Light Press) has already won the 2018 Blue Light Book Award! More info at:
<https://www.prarthosereno.com/>



Summer Day

That summer day I sat beside him. The car
 jostled our shoulders and hips into a gentle
 rhythm...touching...not touching. All sounds
 faded...all voices...all music.

I remember how his hair curved perfectly above his
 ear and meandered down his neck. The tan ripple of
 his arm tempted me to run my finger up the blue
 vein

and rest at his heart. My senses deserted me.

No words passed between us. No promise for
 tomorrow.

The car jostled us along to his destination. He went
 his way. That summer day disappeared, blending
 into others . My heart was mute.

It's funny isn't it what we choose to remember?

After all these years, I still savor that summer day,
 that splendid day, that forever time with its
 thrill of first crush.

-- Judy Gail Ziegler

CAMPUS BEAT

League of Women Voters Forums

In preparation for the Nov. 6 election, the League of Women Voters will lead discussions focusing on California State ballot measures on both College of Marin campuses. The pros and cons of each measure will be discussed. Students and the general public are welcome to attend these free events.

The **Indian Valley Campus** forum is on Tuesday, October 9th at 11 am, at the ESCOM Center, Bldg. 10, Indian Valley Campus.

The **Kentfield Campus** session is on Tuesday, Oct. 16 at 10 am in the Deedy Lounge (behind student cafeteria) in the Student Services building.

Media Freedom Summit in Kentfield

On Oct. 26 and 27th the College of Marin, in collaboration with Project Censored, Media Freedom Foundation, ACME and The Weave, will host **Media Freedom Summit 2.0**.

The event, which promotes critical media literacy and identifies crucial threats to media freedom, will feature scholars, journalists, artists and activists who will focus on effective strategies for advancing media freedom.

The Summit will be held on the COM Kentfield campus in Academic Center Room 255. For more information and tickets, visit <https://mediafreedomsummit2018.brownpapertickets.com>



"Bald Eagle, Fall" Laura Milholland

IVC Open House

ESCOM members greeted visitors, participated in class demonstrations and hosted COM Trustees and other visiting officials in the ESCOM office throughout the day-long, campus-wide celebration on September 29.

Trustees, administrators, faculty staff and students and the general public enjoyed the day's highlights, which included a groundbreaking for the Miwok Aquatic and Fitness Center and a ribbon cutting for the Nugget Markets Demonstration Kitchen.

NOTE TO NEWSLETTER CONTRIBUTORS

We try to publish as much of the submissions as possible, but space rules. If we do not use all you submit, some may be used in subsequent issues.

Word Count for both prose and poetry is 300 words max.

POETS: In order to honor the line breaks and spacing as you intended, please submit one poem per page, with left margin justification on each if possible. If your poem must be centered, please note it. Remember, space is of the essence and poems that need a lot of it, might not be published. **ARTISTS/PHOTOGRAPHERS:** Please send photography or photos of artwork that are no larger than 4"x6" or no more than 300 KB in size.

AND DON'T FORGET...

...ESCOM will be well represented at the **33rd Annual Marin Senior Fair** on Wednesday, October 24th, from 9 am to 3pm in the Marin Exhibition Hall. The free event will feature live music, food and more than 130 exhibitors focused on senior living and recreation. Admission and parking are free, and a free shuttle from downtown San Rafael is available. If you'd like to volunteer to staff the ESCOM table, let us know at escom@marin.edu. For more information about the fair, go to <https://marinseniorfair.org>

...ESCOM's **Annual Winter Solstice Event** on Saturday, December 1st, at St. John's Church Social Hall, Ross starting at 11 am. Join us for lively conversation and holiday refreshments and cheer. An RSVP will be sent out in November.

...the **2019 Mini Medical School** will be Saturday, January 26 and February 2, 2019 on the Kentfield Campus. Focused on medical science and aging, the seminars are presented by College of Marin (COM), in partnership with Stanford University and the University of California, Davis. Admission is free, but reservations are advised. The 2018 Mini Medical School was sold out. Registration will begin in December.

ESCOM Newsletter Journal

The ESCOM Newsletter Journal, a publication of the Emeritus Students, College of Marin, is published on alternate months online. A limited number of printed copies are available in the ESCOM Campus offices on the College of Marin Kentfield and Indian Valley campuses. ESCOM members are invited to submit news items, or creative works, such as art, photography (no more than 300 KB), poetry, memoir and fiction (no more than 300 words). The deadline for each issue is the 15th of the prior month. Submissions or questions and comments should be addressed to the editor:

denizespringer@gmail.com

ESCOM Council

Anne Pearson, President

Luanne Mullin, Vice President

Toni Middleton, Treasurer

Abe Farkas, Bev Munyon, Bill Raffanti, Jim Moore, Gini Moore, Bobbie Steger, Lillian Hanahan, Paul Tandler, Denize Springer, Pat Ryan

ESCOM Centers

Indian Valley campus: 1800 Ignacio Blvd., Bldg. 10 Rm. 40, Novato, CA 94949

Kentfield Campus: 835 College Ave., Student Service Bldg. Rm. 146, Kentfield, CA 94904

415/ 485-9652 escom@marin.edu

**NEXT NEWSLETTER DEADLINE
NOVEMBER 15**