

# ESCOM JOURNAL

February/March 2019



*Emeritus  
Students College  
of Marin*

*Lifelong Learning*

*Lifelong Doing*

*Lifelong Friendships*

## **FROM THE ESCOM PRESIDENT**

Another new year is here and ESCOM is planning a great year of activities and engagement for our members.

We kick off with the Mini-Medical School on January 26<sup>th</sup> and February 2<sup>nd</sup> held in the James Dunn Theater, Performing Arts Building at the College of Marin. Topics this year include Orthopedics, Sexuality and Palliative Care. Refreshments are served each morning along with free blood pressure checks and health information. The event was selling out quickly but there still may be spots for those members wishing to volunteer with seating, registration, microphones

during the Q & A session, and other tasks.

We then move on to our fabulous Author's Series held on February 22<sup>nd</sup>, March 29<sup>th</sup> and April 26<sup>th</sup>. Join us in the College of Marin Library at 1pm. This is a free event and open to both our members and the community.

We plan a Member Coffee on March 8<sup>th</sup>, 10 am, Deedy Lounge, Student Services Building, Kentfield. This is a casual social event where members can drop in and meet with council and club leaders and make some new friends.

And before I sign off, I'd like to invite everyone to take advantage of everything ESCOM has to offer: Sign up

for a classes, join a new club, volunteer to staff our events or become a member of the ESCOM Council.

We are always looking for members with backgrounds in finance, marketing, hospitality and overall leadership skills and we are actively seeking a recording secretary for the council. If you need more information, please contact me at: [escom@marin.edu](mailto:escom@marin.edu).

Best wishes for a very happy and engaged New Year.

-- Anne Pearson

*Photo above: New Year's Eve,  
Linda Minor*



Photo: Snowy egret, Laura Milholland

### Wings

*homage to Fragment 31, Sappho*

Tempting words: all is to be dared.

Anyone can see what's happening:  
alluring laughter that put wings on caged

hearts. All the while, within me: overwhelming light frees  
my senses. Fire and cold shake me from my body, tossing  
me between layers of vibrant air. Walls morph into endless  
vistas: I row a skiff across a river of rippling blue sky, the fiery  
oars won't be drowned.

A person can't fail to realize that fluidity surrounds  
us  
it quickens from the ordinary to the ecstatic, and  
within

all that dares to be

-- Jeni Tardy

### IN MEMORIAM

#### John Kuhns

Former president of the ESCOM council, and long time member of the newsletter committee and the bocce ball club, passed away after a relatively short battle with Alzheimer's disease. John was a professional photographer, well known for his photos of Martin Luther King, Jr. and both the Civil Rights and Farm Workers movements.

#### David Ratner

A valued and active member of the Current Affairs – World in Transition Club for many years, David passed away on January 5 after a brief illness. Born in London, England, he was well known in law circles having graduated from Harvard Law School and serving as the Dean of USF Law School. He is survived by his sons Nick, Ched and Tony.

## Unknown

what if

beyond this inner sense of being,

beyond the walls, halls and doorways  
through which we roam.

beyond the shore-line,  
miles of undulating ocean,  
wafting out in primordial surge  
to grace a distant shore.

beyond the sweeping panoramas  
whose breadth and range  
are known mostly from afar.

what if

beyond the sphere of this planet, Earth  
to sun and stars and galaxies of endless  
space -still propagating, birthing forth  
in space, light and time,  
perhaps into eternity.

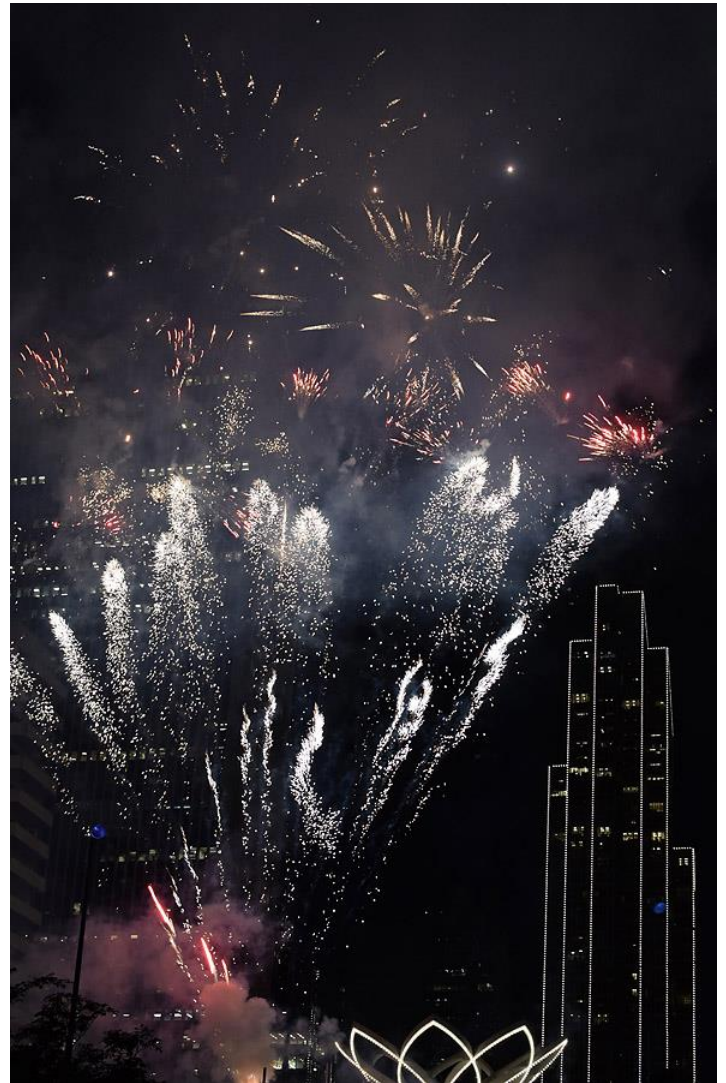
what if

the only life persisting  
is here upon this Earth,  
and only planet Earth promotes existence  
as we know it?

what if ?

what then?

-- deidre silverman



*Photos: Laura Milholland*





## Scorched Sestina

The November earth burns wide open  
like flared fissure cracks  
and sounding not as whispers.  
Torching branch after branch  
melting aluminum and rocks  
deforming cars into molten shapes.

What we have done now shapes  
the fiery end of summer, awaiting winter rains to  
open.  
Our scorched Mother Earth now rocks  
herself to calm, pleading that the cracks  
in her heart, mend, and praying to branch  
into a healing with her wind and her whispers.

But her anger and ferocity are not whispers!  
Instead, a sunrise of red orbs now shapes  
our new normal, while a Manzanita branch  
sheds it's beautiful skin only to open  
with ear shattering cracks  
near a fire filled home that both shakes and rocks.

Loss of human life now rocks  
Butte County Paradise, and whispers  
occur, as neighbor-to-neighbor cracks  
under the strain, and sorrow shapes  
itself into hearts broken, closed, and not open.  
Toxic ash falls everywhere as firemen branch



into teams, then branch  
out to fire lines. One woman watches as a hose rocks  
on her colleague's shoulder, while checking all  
hydrants are open.  
Fire-noise chaos, changes voices into whispers  
forcing firemen's hands into shapes  
to convey instructions. No fireman cracks  
from exhaustion and no fireman cracks  
from grief. Thinking of loved ones, they branch  
together memories of family, that now shapes  
their own survival. Stepping over concrete rocks,  
a fireman comforts a sobbing woman who whispers  
a thank you as he hands her a water, to open.

Mostly rubble, stubble, few shapes. A lone Buddha  
statue, with outstretched arms, rocks  
back and forth with cracks in his side. A literal  
analogy from which to branch,  
as the violent winds melt to whispers, a few feet from  
where the shelter will open.

~Michelle Sell, Poetic Pilgrimage

*Photo above: Harvest Moon, Laura Milholland*

## Club Profile

### *Opera & Beyond*

*Instead of a third person profile, the following is a message directly from the Club Leader, Michael Sachs.*

#### Thoughts While Shaving

As we journey through the paths of our lives we encounter happy moments and unfortunately sad ones too. Sometime we are sick and we later recover. Also, we loose friends and loved ones, which is so devastating to us mentally, and I argue, also physically.

Doctors and health experts suggest that physical exercise will help reduce the stress, and the pain. Yes, that is true, and I know it to be very helpful indeed.

However, I discovered that there is another “exercise” which is also effective. And that “exercise” is listening to music, classical music. I am not, and I do not want to be your doctor. With this in mind I would like to “prescribe” a few music samples I use to help me overcome my physical or emotional pain. I am quite confident that by listening to music, I would feel better and hopefully, repair sooner. I wish you all a happy and fabulous new year in 2019.

1.] March slave: By Peter Tchaikovsky

<https://youtu.be/xXDT4GtKK88>

2.] Capriccio Italiano: By Peter Tchaikovsky

<https://youtu.be/Ce5qmAj9XX4>

3.] L’Arlésienne, by George Bizet

*Not complete, but enough to sample it.*

<https://youtu.be/jQIGPXu5ycU>

4.] Trumpet concerto in E flat major. By Haydn

<https://youtu.be/ZKdeqvmSq5M>

5.] Clarinet Concerto, the 2nd. movement: By Mozart

<https://youtu.be/6QAAZ29cvfU>

6.] Violin Concerto in E minor By Mendelssohn  
Soloist: Anne Sophie-Mutter

<https://youtu.be/K67o86CS5uo>

Also, hear what this same composition sounds like with this woman playing the flute, the same piece as it was originally composed for the violin. <https://youtu.be/9bp5d2QUVVg>

7.] The opera overture to La forza del destino  
By Giuseppe Verdi

<https://youtu.be/GHk1RmPzA5E>

*To learn more about the Opera & Beyond Club, contact Michael Sachs at:*

[michaelsachs@gmail.com](mailto:michaelsachs@gmail.com) or 415-298-1939

## Hiking With Haiku

Blue ocean waves  
Sparkling under bright warm sun  
Ripples against the shore

Harsh caw of black crow  
Penetrates fogs' dense cover  
Awakens forest floor

Bushy tailed squirrel  
Paws tightly clutch plump acorn  
Tail twitches with joy

Coyote Bush seed  
Borne by gentle breeze of spring  
Snuggles in my sleeve  
-- Richard Schneider



Photo: Laura Milholland

## Birdboy

His earliest wish was to be a birdboy  
there was a waning moon on the eve  
of his third birthday,  
as he said his prayers that goofy faced orb  
shone through his window,  
secretly his prayer became a wish  
and his wish became two wings,

in the dream of night he soared  
out into the heavens,  
the air was filled by a  
whhooop whhooop whhooop  
as he flapped ebony feathers

up and down  
through years of chocolate cakes  
and rummaged trash cans.

Sometimes his feathers were shiny  
as licorice jelly beans, sometimes  
he was grounded by dust and doubts,  
dingy and afraid,

but he refused to let go  
and last week's waning moon  
found him in regal flocks  
of glistened flight

that spanned the horizon  
like great wedges of destiny -- Margie Heckleman



## Unsung Heroes

### IVC ESCOM Office Hosts

“These *Heavenly Hosts* keep the ESCOM flag flying on the COM Indian Valley Campus,” says Gloria Kopshever, Long-time Escom Host and Council Liason, “They help build community and bridges.”

*Photo: Gloria Kopshever*



Back row left to right: Eleanor Bartnicki (new IVC Host), Sue Derana, Jacky Ford, Patricia Sempel, Judy Zeigler, Mary McIntee. Front Row seated: Marghie Goff, Karen Olson, Colleen Houge.

## Like to Party?

Hospitality Committee Chair, Rosie Echelmeier is in need of a few more members who can help host the June and early Dec. membership events. It's not hard work or time consuming, but there are always some details to be handled.

Some members have mentioned an interest already but she needs email or phone contact info.

Everyone has a lot of fun and it seems all members always have a good time at these events too!

If interested please contact Rosie at:

[rosieechelmeier@comcast.net](mailto:rosieechelmeier@comcast.net) or

415-717-2135



*Photo :Mule Deer, Laura Milholland*

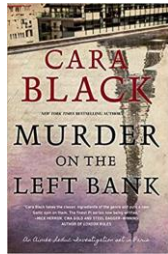
## AND DON'T FORGET...

Our annual Friday Afternoon Author Series. Sponsored by ESCOM, College of Marin Community Education and Lifelong Learning, and Book Passage, this series brings three fantastic authors to the College of Marin Library every spring. All events are from 1:00 to 2:30 p.m. A limited number of copies of each book will be available.

### Friday, February 22:

#### **Murder on the Left Bank**

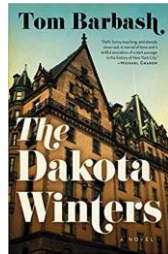
by Cara Black



### Friday, March 29:

#### **The Dakota Winters**

by Tom Barbash



### Friday, April 26:

#### **Song of a Captive Bird**

by Jasmin Darznik



## ESCOM Journal

The ESCOM 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 15<sup>th</sup> of the prior month. Submissions or questions and comments should be addressed to the editor: [denizespringer@gmail.com](mailto:denizespringer@gmail.com)

NEXT DEADLINE: March 15, 2019

### ESCOM Council

Anne Pearson, President

Luanne Mullin, Vice President

Toni Middleton, Treasurer

Abe Farkas, Bev Munyon, Jim Moore, Gini Moore, 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](mailto:escom@marin.edu)

## ESCOM MEMBER COFFEE

Friday, March 8 10:00 a.m.

Deedy Lounge (next to cafeteria), Student Services Building

Kentfield Campus

Goodies and good conversation!