

ESCOM JOURNAL

June/July/Aug. 2019



Photo: Laura Milholland

*Emeritus Students
College of Marin*

Lifelong Learning

Lifelong Doing

Lifelong Friendships

FROM THE PRESIDENT

We have had an engaged and busy year with new clubs, classes, events, members and in a few weeks, I will have the privilege of introducing our new officers and council to you at the June 8th Member's Summer Meeting in Kentfield. Please join us for the event.

I want to thank the 2018/2019 Council and Committee Chairs for their unfailing support throughout the year. They are an amazing group of people, always willing to step up in any way they can and they have made my presidency fun, productive and very rewarding.

And very soon, you will see the report on our April ESCOM survey. The results are fascinating and we will make sure to post when and where you can find the report online and we will also have copies in the ESCOM Centers. I want to thank our member, Deborah Patrick for donating her time, talent and marketing expertise to the ESCOM survey.

I am stepping down from the Council in June but I know you are in good hands and that ESCOM will continue to grow and to thrive and reach out in new directions to make

Lifelong Learning a central point of all our lives.

Best, Anne Pearson

JOIN US!

**ESCOM
MEMBERSHIP**

ANNUAL MEETING

Saturday, June 8

11:30 am to 2pm

**Kentfield Campus
Cafeteria**

BON VOYAGE ANNE!

Outgoing Two-Term ESCOM President, Anne Pearson has built a legacy on projects that were too demanding for one person and required true teamwork. Among her most important achievements during her two years of leadership was strengthening ESCOM's relationship with College of Marin's Administration and Community Education staff, as well as developing, along with Community Education and the College of Marin Advancement Office, a process and flow chart for bequests and donations to ESCOM.

Anne oversaw some new ESCOM events and programs including the Candidate Forums for new COM Trustees and the League of Women Voters election forums.

Internally, along with other ESCOM Council members and committee leaders, Anne strengthened the role of the Executive Committee as a support for the ESCOM Council and its President, as well as updated and published the ESCOM bylaws. She created roles of Volunteer Coordinator and Recording Secretary.

Anne's energy also blessed the resurrection of the ESCOM Journal. She also guided the redesign of ESCOM Council elections and developed a document of responsibilities for Council members, along with a Statement of Interest for applying to Council as well as a welcoming packet for new Council members.

Anne's pet project, the ESCOM pages on the COM Website, is ongoing and will continue to keep her busy once she leaves the Council.

On behalf of the entire ESCOM community our deepest gratitude and thanks go to you, Anne!



Anne's willingness to dig in and dig deep whenever hard work called, made her a great leader (although she's never said what she was planning to do with this ice pick on a trip to Iceland).



Photo (right): Laura Milholland

ESCOM WELCOMES NEW OFFICERS AND COUNCIL MEMBERS

The ESCOM Council increased to 13 members and a new president was elected at the May 16 meeting. The new terms will be effective in June.

Council Vice President Luanne Mullin was elected president for a one-year term. She replaces outgoing president Anne Pearson, who has served as the council's leader for two years.

ESCOM Clubs Chair Abraham Farkas was elected to a second two-year term on the Council. New Council members, each elected to two-year terms, are: Ellen Braezeale, Joan Cassin, Sandra Macleod White, Nancy P. Major, Bonnie Jean Martz, and Michael Semler. One seat on the Council will be shared by Jay Conner and Lois St. Sure.

The new council members join incumbents Toni Middleton, Gini Moore, Jim Moore, Bev Munyon and Denize Springer. Outgoing member, Paul Tandler, was named Emeritus Council Member.

Member Dick Park will serve as Interim Vice President of the Council for six months. The new president will appoint a vice president, corresponding secretary and treasurer.

Meet the new council at the June 8 General meeting; 11:30am to 2 pm on the Kentfield Campus.



Photo (above right): Elaine Thornton

IN MEMORIAM

Sandra Rosenberg

ESCOM member Sandra Rosenberg passed away earlier this spring. She had been a valuable contributor to the Journal for many years prior to moving to Alma Via some two years ago.

She told many warm and meaningful stories in her typed submissions – though she did not own a computer -- and will be remembered as a warm and giving person.

A memorial service will be held on Sunday, June 30, at the Outdoor Art Club in Mill Valley from 2 to 5 pm.

ESCOM Contributes to Student Success

The EOPS+CalWORKS Award Ceremony was held on May 2nd at the Kentfield Performing Arts Center starting off with a dinner in the courtyard followed by an inspirational award ceremony. ESCOM annually donates \$4,000 for scholarships to very deserving students earning their Associates degree from COM.

“This year, the scholarship selection committee chose students who will be continuing their studies at College of Marin in the fall, as well as students who are graduating and transferring to such prestigious universities as UC Berkeley and UCLA,” said Becky Reetz, Director of COM’s EOPS, CARE and CalWORKs programs.”

Scholarship recipients struggle to overcome staggering challenges ranging from financial, to homelessness, to legal status, loss of family members to health issues, and with the help of the dedicated EOPS staff not only achieve academically but move from the College of Marin to state colleges and universities and a lifetime of achievement.

“ESCOM was one of the founding donors that helped establish the EOPS and CalWORKs Scholarship Program,” Reetz added. “We are incredibly grateful for their ongoing support.”

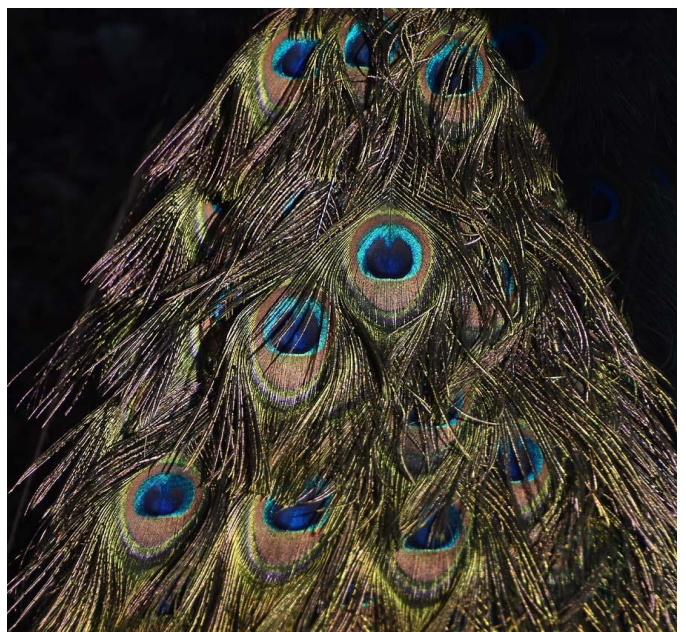
ESCOM’s Scholarship Chair, Marlene Knox, and President Anne Pearson who attended the scholarship awards ceremony and marveled at the scholarship winners achievements, encourage ESCOM members who would like to learn more about ESCOM’s contributions to COM to plan on attending next year’s event.

The EOPS Program at College of Marin strives to create a supportive educational environment to honor the complex needs of a diverse community of students. It provides supplemental services to

educationally and economically disadvantaged students to help them reach their educational goals. The CalWORKs program at the College of Marin, in partnership with the County of Marin, supports students who receive CalWORKs aid by providing the educational and support services that encourage student success and entry or re-entry into the workforce.



COM staffer, Hugo Guillen, congratulates scholarship recipient, Kunta Kambi. Program Director, Becky Reetz looks on from the podium.



Laura Milholland

ESCOM UNSUNG HEROS



The ESCOM Digital Camera Club on one of their Monday outings. Led by Laura Milholland, the club meets on Mondays at IVC. Club members contribute most of the images for each issue of the Journal – making it always a “Cavalcade of Color.” Photo: Penny Hansen



Lagoon Bridge Dunes, Laura Milholland

A Fashionable Death

There, in the corner of your crowded closet

Where the dust mites mingle

Hanging out with Ralph Lauren and Oscar de la Renta

Squeezed between Kenneth Cole and Marc Ecko

Sitting beneath your Bill Blass blazer with the brass buttons

Death sits stoically silent

Pausing before your precious possessions

What shall you wear today?

Contemplating casual or a bit continental

Eyeing that silk suit soft and supple

Pondering fashions fashionable wear

That voice in the closet no longer controlled

My friend, it is time, they are waiting, no hesitating

The fashion for the moment, black

To day you'll look simply spectacular shrouded in black

-- Richard Schneider

CAMPUS MUSIC REVIEW

On May 4th, 2019, the College of Marin's own "Golden Gate Brass Band" under the direction of Dr. Trevor Bjorklund, performed an adventurous program of music, including hits from the beloved Star Wars trilogy.

Trevor dedicated the concert in the James Dunne Theater to the memory of Actor Peter Mayhew, who had played the character Chewbacca, in the Star Wars movies. Peter had recently passed away.

Trevor also mentioned that the Golden Gate Brass Band was a true community, with a mix of all sorts of different people; some musicians on the stage had been playing with the group for 30 plus years, while others had only recently joined. At the end, there was a moving, ceremonial send off to two band members who were graduating from high school. One was a tuba player and the other played the trombone. Trevor not only wished the two young musicians success but also extended an invitation for each to return and play with the band in the future any time they wanted to.

John Williams, the composer and conductor of Star Wars music, was recognized as a leading composer, even before the Star Wars movies. His music has classical ties to composers such as the great Russian master of orchestration, Nikolai Rimsky Korsakov, Australian composer Percy Grainger, and Austrian composer Anton Bruckner, to name a few. The importance of examining these earlier composers is to be able to connect how John Williams' music was influenced and evolved.

Star Wars: Main Title, from the movie score is frequently heard with full orchestration including strings. The Brass Band playing the same music brings even more bombast and was an awesome feat.

The players on piccolo trumpet and Eb cornets, Tim Meazell and Sallie Layman, each played their solos gorgeously. Their difficult parts were performed



with musical precision and with excellent virtuosity and masterful unity.

A little bit of spoof comedy came right after intermission when Trevor, costumed as Darth Vader, entered the stage as the band

played the *Imperial March* from *Star Wars* on kazoos. The audience laughed enthusiastically but then were surprised when one of the percussionists accidentally kept playing after the cut-off. Darth Vader was displeased and force-choked him to the floor, delivering Vader's trademark, "You have failed me for the last time." After this brief interlude, the band played the thunderous *Imperial March* in a more serious manner.

America The Beautiful, which many consider as a good alternate national anthem was performed. It is a beautiful patriotic song that symbolizes our country. It was included in this performance of chorales and movie music with the added bonus of making a statement. Star Wars could be viewed as George Lucas' secret Vietnam protest! Dorothy Gates' arrangement cleverly included musical quotations from Dvorak's *New World Symphony* and also *The Wizard of Oz*.

The finale of the concert was *Star Wars: Throne Room and Credits*, the music heard at the end of each *Star Wars* movie.

As an encore, The Golden Gate Brass Band played Offenbach's *Can Can*, which gave rise to the audience gleefully clapping their hands. Then we were ushered out with a "May the Fourth Be With You" parting.

-- Maria Gregoriev

MEMOIR/ESSAY

The Caregivers

It's like a merry-go-round here in our house. Two caregivers come and go. They are both from the Philippines, although they did not know each other there. They are both intelligent, kind and caring. They come on alternate days. At this point in our lives, age 93 and 91, we are very thankful for their care.

Last week I was prescribed a new medication and I spent the night in the bathroom throwing up. The next morning I showered and dressed but it was too much for me. I knew I was going to faint and I screamed for "help" and got in bed. When I opened my eyes my husband, Paul, and Maria were standing by my bedside. My husband was holding a glass of water and a heart monitor and Maria was holding a vacuum cleaner. My husband took my blood pressure. Maria, with a vengeance like I have never seen, vacuumed the entire surrounding area.

The floor and bed were covered with Biscotti crumbs because I have a bad habit of eating in bed. At this point I had a flashback. When my boys were about 3 and 4, I had a very bad flu and I called my mother to come and help me. Between bouts of running to the bathroom, my two little boys played cowboys and Indians around my bed and my mother vacuumed and moved furniture telling me she was doing all the things I did not have time to do. I pulled the covers over my head. I thought I was going to die. I never asked my mother for help again.

Maria and I had a long discussion about this. Maria says I must have patience. God has not given me this quality. I am lucky to have her in my life.

Anna, on the other hand, is a completely different kind of person. She is more gregarious and I can tease her. She loves to entertain so we have company even if it's only for coffee and desert. I am teaching her to cook Jewish food and soon she will be the best Jewish cook in Marin. We started out with brisket and then went to brisket with red cabbage. It was fabulous and she told me her secret was one whole jar of tomato sauce. Not quite a Jewish secret. We have graduated to kugel, lentil soup and a fabulous Black Forest Cake with cream cheese frosting, which is completely unbelievable.

She puts a banana in her cake to keep it moist. Anna is a vegan and she does not taste anything cooked in my house. This drives me wild but everything turns out great so I guess it is all right.

When in the kitchen she says, I should sit down. I am the Queen. If I am the Queen, Anna is the King. This upsets me because I have been cooking since I was 15 years old. But we love her dearly and she knows it. "It is my kitchen", she says. And it has become her kitchen.

Last week she took me to my internist for my annual check up. And Dr.Lohtia asked me how things were going at home. I told her I was having a few problems with my 93-year-old husband. She asked me if I thought she could help me.

"I have had enough classes in Behavior Modification," I told her, to realize that I have tried everything and have been completely ineffective-short of leaving home.

"You would not leave home over this," she asked, "would you?"

"I've thought about it," I said. And on that note we left.

Before we started having caregivers, we were advised we might have to have 3 or 4 before we found one person we really liked. The first person we had was texting and driving. And she certainly did not last. We have been very lucky. So now from Maria I am learning PATIENCE and from Anna, in her charming accent she tells me every day, to "Be Happy."

And at the age of 91 with all my aches and pains, life is good. I am one lucky lady.

-- Iris Tandler

Mark Corlett



A Wistful List

A child raised by grandparents

On a farm with little money

Looking back on those years

I see now we had plenty

Not having much

We had all that we needed

A cistern caught the rain

For drinking and washing

A large garden out back

For vegetables and flowers

An orchard on the hill

For fresh fruits and nuts

Fish from the rivers and
creeks

A cow for milk, some cattle
for beef

Pigs for pork and

Chickens for eggs and meat

Plus two plow horses

Whose lives must have been a
bore

On a farm that didn't

Raise crops for cash anymore

Yummy homemade dishes

Came from grandma's kitchen

Vegetables boiled, fried or
mashed

Milk or meat gravy poured on

Pork chops and hash

Bacon and eggs

Beefsteak and chicken

Frog legs and catfish

That were all finger lickin'

All fried up

In fresh butter galore

Or in left-over fat

Or Crisco from the store

Grandma's apron bore witness

To hours bent over

The wood-burning cook stove

Patterned hot grease marks here

Sweat and smoke stains there

A fiery wood spark hole

Dabs of flour everywhere

And on Grandma's baking days

Waking to the smells of

Butter, yeast, sugar

Vanilla and nuts

Milk, cinnamon, flour

Baking soda and such

The heavenly aroma of

Bread, cookies, cobblers and pies

Wonders from the oven

On platters piled high

Joining Grandma in the kitchen

Big bowl and spoon, mixing

slow

The milk, flour, and butter

Tilled it turned into dough

To spread a quarter-inch thick

With a powdered rolling pin

Grandma cutting out biscuits

With an old can made of tin

I'd beg her to bake for me

From the last scraps of dough

Seven little biscuits

Why seven, I don't know

Together we would fashion and
flatten

and round out the dough

On a cast-iron cooking sheet

Then into the oven

And crank up the heat

To this day, I love baked goods

Don't crave other sweets

With my baking day memories

They just can't compete

And I know if Grandma's

Looking down from

Above and can see

She knows that I know what she
did

More than said

Showed her love for me

-- Larry Colbert

Around Campus



The IVC Campus continues to grow and improve, breaking ground for the Community Center, which will serve the residents of Novato in addition to the College of Marin Community. *Photo: Penny Hansen*



Coast Fiddleneck, Harvey Abernathey



Laura Harrison

Persephone

There are signs
She has emerged
The hint of warmth in the breeze
Crocuses, purple, white
Daffodils, fluttering yellow.

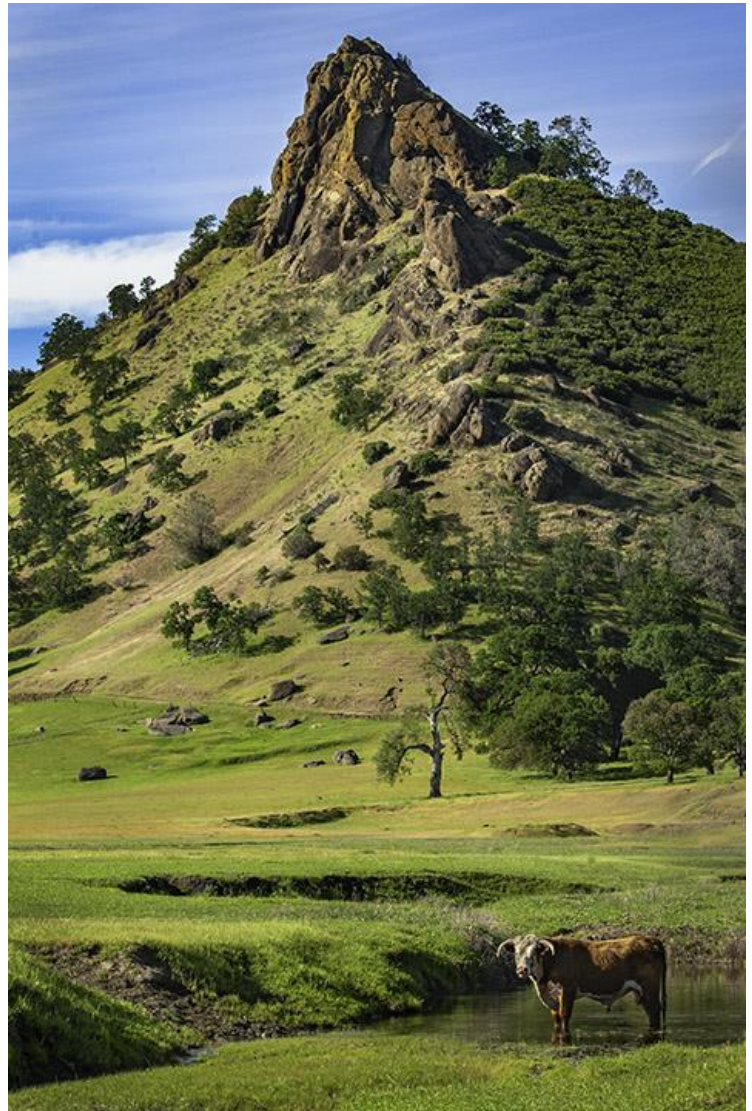
Tiny leaves appear on branches
Blossoms suddenly burst open
Birds peck the ground and
Fly with purpose-beaks full of twigs
Lizards scurry, bees buzz.

Did she come through the mountain cave
Waking the hibernating bear
as she brushed by.
Or swim up, up, up
Drawing curious dolphins
As she broke the surface and
Rode a wave to shore?

We never see her as she glides here and
there
With the fawn and doe
Her torch like a flickering firefly
In the night
but Her presence is manifest
Everywhere.

-- Anne Mulvaney

Photos: "Lone Bull", "Wavy Grasses", Harvey Abernathey



Untitled

The presiding Potus
on Pennsylvania Avenue
postulates problematic trumperry.
While stormy tales of trending chaos
calcify into a cauldron
of uncertainty and blame.

Yet silently,
beyond the cacophony of power,
waters rise from coast to coast
to continents,
challenging science, reason
and the manifold existence of Man.

-- deidre silverman

MIDNIGHT MUSINGS

EVER WONDER why sheep

don't shrink when it rains?

... why it is that doctors call what
they do *practice*?

... why the person who invests
your money is called a *broker*?

... why you never seen the
headline: "*Psychic Wins Lottery*"?

... why banks keep the vault open
but chain the pens to the tables?



Musings courtesy of Paul Tandler

Photo: Laura Milholland



Photo: Louise Yost

A Fool and Her Machete

Writing poetry is like using pruning shears to cut my way out of a jungle in which I am ensnared by childish conceits and deadly cliché. Tangled tendrils of tense and tone hang in my way. I slip on the slick mud of mixed metaphor, and trip over the roots of my raw ambition, to fall headlong into matted debris of dried-up ideas and watered-down insight.

In truth, I'll need a machete to hack through the garbled growth, and crush its remains under my boots. Only then can I proceed with confident gait to that good place where I can use my shears to snip lightly at the leaves of logic and let in just enough light to cultivate a tiny jungle flower that astonishes.

-- Denize Springer

THE ESCOM JOURNAL WELCOMES YOUR SUBMISSIONS!

Send your best work to denizespringer@gmail.com

GUIDELINES

Submit your final, proofed work. Changes, unless absolutely necessary, will not be accepted after submission.

Include your name in file name and on the page of any documents. You must be an ESCOM member.

WRITTEN WORK must be single spaced, left margin oriented, and ATTACHED as a Word doc. Do not submit PDFs of written work (as these cannot be properly transferred or edited).

ART and PHOTOGRAPHY images must be no larger than 300 kb and attached to the email in the .pdf or .jpeg format (not imbedded in email message). Images larger than 300 kb or saved as a .tif file will not be considered.

POETS: If your poem must be centered, please note. Misspellings, grammatical errors and erroneous line breaks could be mistaken as the author's intent and not corrected. Proof your copy before sending it in.

Information for "In Memoriam" must be verified with an obituary that appears in an official resource such as a newspaper to avoid embarrassing errors.

NEXT DEADLINE: August 15, 2019



Photo: Susan Richard

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 original art, photography, poetry, memoir and fiction (please consult the guidelines in each issue before submitting). 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

Luanne Mullin, President

Vice President (Interim), Dick Park

Ellen Braezeale, Joan Cassin, Abe Farkas, Sandra Macleod White, Nancy P. Major, Bonnie Jean Martz, Toni Middleton, Jim Moore, Gini Moore, Bev Munyon, Michael Semler, Denize Springer

Emeritus Council Member, Paul Tandler

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

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