

# ESCOM NEWSLETTER JOURNAL

Dec. 2018 – Jan. 2019



*Emeritus Students*

*College of Marin*

*Lifelong Learning*

*Lifelong Doing*

*Lifelong Friendship*

## *FROM THE ESCOM PRESIDENT*

This has been a jam-packed year of activities and accomplishments for ESCOM. We began the year with our annual, well loved Author's Series and Mini-Medical Conference. In early March, a committee was formed to update our By-laws and Policies. The changes were ratified in October.

Our June Member Summer Meeting was a fun and challenging event that included a fabulous round of Trivia lead by one of our very own ESCOM instructors.

Along the way we have initiated Member Coffees at both campuses to give new and current members a chance to meet new friends and learn a bit more about ESCOM. In October we held four League of Women Voter's educational events and a very special Candidate Forum for the Board of Trustees candidates. These events, which were open to ESCOM members, the faculty, students, and staff of the College of Marin and the community, were held at Indian Valley College and at

the Kentfield Campus. We participated in the 2018 Senior Fair at the Marin Center and concluded with our annual Solstice Celebration on Dec 1.

I want to thank the Emeritus Council and our volunteers for their support and active participation in our events this past year. Volunteering is a great way to make new friends and help ESCOM thrive. I wish each and every member a happy and healthy holiday season and Happy New Year. – *Anne Pearson*

## Dandy-Lion

It was the slimmest crack  
within the pavement;  
hardly fertile ground  
for any form of life.  
Yet, from the first November  
rain  
a small, sprout sprang forth  
*(almost smiling),*  
emboldened by that urge  
for life.  
Alone it stretched,  
fronds up-reaching,  
responding  
to the stimuli  
of light, warmth and rain.  
Unnoticed and ignored.  
Yet set within its leafy fronds  
persists a drive, an urge, a  
quest  
to be.  
In keeping with that ancient  
rhythm  
emanating from deep within  
the magma of the Earth.

-- deidre silverman

## 2019 MINI MEDICAL Seminars slated for January 26 and February 2

College of Marin (COM) presents the fourth annual Mini-Medical School: Medical Science and Aging.

Mini-Medical School seminars are developed with a focus on the second half of life, normal human aging, and avoiding diseases. Seminar content is appropriate for passionate and curious adults, young seniors boomers, maturing adults, and students and community members of any age who have an interest in the second half of life.

Program partners have included top medical school clinical professors as well as respected researchers from Stanford University, University of California, Davis, UCSF, and Kaiser Permanente.

This year's two-part seminar will take place on Saturday, January 26 and Saturday, February 2 in the James Dunn Theatre, Kentfield Campus. Enjoy check-in and light refreshments from 8 a.m. to 9 a.m. The program each day is from 9 until noon.

Registration is for both days. Admission is free.

Event registration is in December. An E-mail message will go out to all ESCOM members and former Mini-Medical School participants. Reservations are strongly encouraged. In past years this popular series was "sold out" in advance.



Photo: Harvey Abernathy,  
ESCOM Digital Photography  
Club

## Particulates of Paradise

Smoke has stolen the color of sky  
and the sun is as orange as orange can get.  
Through this eerie prism I search for what's left.  
Hundreds of miles north, and on national news,  
I hear anguished cries over those feared dead.  
My eyes are sore and my throat is dry.  
I cannot escape the smell of smoke, this thick  
air I ingest.  
Though it keeps me alive, I inhale with each  
breath:  
tiny pieces of pain, of loss, and regret:  
old photos, burned out cars, a promise unmet,  
and grandparents who vanished in flames,  
leaving their devoted hollow, empty-hearted  
and shamed.  
Each breath is painful, but I must live with this  
air,  
Haunted by the words: "Life is unfair."

--Denize Springer, Poetry Master Class

Photo, top right: Raven Look, Paul Milholland,  
Photography Club

Bottom right: Harvey Abernathy, Photography Club



## Solstice

Light's year end of my heart  
I glow at the thought of you  
Fill me up with shimmer  
Shine me down to love's depths  
Sparkle me out to the edge of the sky  
Where I may touch your serene warmth  
And be enveloped  
With life giving fire

-- Louise Potter Yost, Poetic Pilgrimage



## The Thick Satin Quilt of America

-- after Tony Hoagland's "America"

The thick satin quilt of America is showing definite signs of wear.

Early on, the pieces bordered in black and those with feathers and beads on buckskin and buffalo hide were patched over with bright floral print.

An effort to ignore the ugly truth—or to hide the shame. Freedom for All. An outright lie.

And the darkening spots of blood from millions of delicate fingers pricked—hands strong enough

to draw the thread that binds, but bound by patriarchal powers.

Forced to fight for the right to vote—the right to choose. Forced

to climb the ladder of equal pay, equal rights, up and up in a determined struggle to shatter the glass ceiling.

Those pieces, the red, the white and blue—representing justice and democracy—now faded to the point of invisibility.

The rich and powerful are ready to discard the tattered quilt.

The poor, growing poorer, no longer know its protection.

And from the man who has yet to deserve the title of "President"

a constant and filthy spew of violence, fear-mongering and lies—

as the star-spangled border runs red with the blood

of guns and bombs—is soaked through with the blood of anger and hate.

-- Christine Dietrich Cragg, *Poetic Pilgrimage*

## NEW and DISCOUNTED COMMUNITY ED CLASSES COMING UP

New classes include *Self-Defense and Empowerment*, *Retirement Reimagined*, *Folklore of American Holidays*, *Changing Habits for Optimal Health*, *The Personal Essay Prompted by Poetry*, *Creative Seasonal Cooking*, *Yoga Therapies for Anxiety*, *Migrations and Cultural Encounters*, *Beginning Guitar*, and *iPad/iPhone basics 2*.

NEW THIS YEAR: The Haddie Fund will support more than 20 classes to be offered to ESCOM members for a low fee of \$15, as well as some standard classes (those without ESCOM discounts), which will be offered at a nominal fee of \$25 to lifelong learners.

Look for these classes in the new COMBINED Winter/Spring 2019 Community Education Course schedule, which will be available in mid-December at [www.communityed.com](http://www.communityed.com), and reach mailboxes by Dec. 24. Registration for classes in one or both semesters begins on Thursday, January 3, 2019 at 9 a.m.



*Photo: Laura Milholland, ESCOM Digital Photography Club*

## **Chess Club - Seeks New Club Leader**

The ESCOM Chess Club is looking for someone to replace Ron Evans as club leader. After many years of dedicated service to his fellow chess players Ron is moving on. The duties of the club leader are pretty relaxed and you will only be expected to send out email notices to the club members reminding them of the weekly meeting that occurs on Wednesday of each week (except for the last Weds. of the month).

The Chess Club meets at 1:00 pm in the ESCOM room in the Student Services Building on the Kentfield Campus.

If you are interested or would like to find out more, please contact Abe Farkas, Chairman of the Clubs, at [abef666@gmail.com](mailto:abef666@gmail.com) or by phone at 415 612-4130.

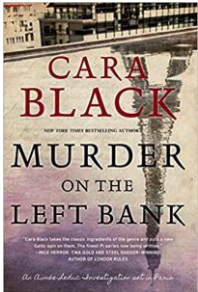
***For a complete list of ESCOM Clubs, visit:***

***<http://escom.marin.edu/clubs/listings>***

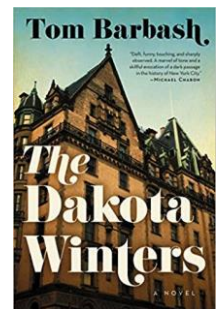
## 2019 ESCOM SPRING AUTHOR SERIES ANNOUNCED

Book lovers! Join us for the 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. Here's the line up for 2019:

**Friday, February 22: *Murder on the Left Bank*** by Cara Black, the author of 18 books on The New York Times best selling detective series list, features Paris detective *tres chic* Aimee Leduc facing a collision course with danger that has a personal twist.

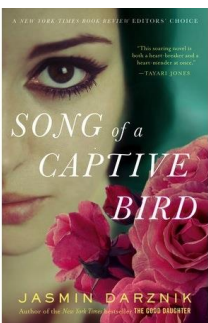


**Friday, March 29: *The Dakota Winters*** by Tom Barbash. Set in 1979, the year leading up to John Lennon's murder in front of Manhattan's famed Dakota apartment building, this family saga is a social novel and a tale of critical moments in New York and



national history.

**Friday, April 26: *Song of a Captive Bird*** by Jasmin Darznik. A debut novel about feminist Forugh Farrokhzad and the birth of feminism in Iran, is already a *New York Times Book Review* "Editors' Choice", as well as one of 2018's "Best Books by *Vogue*, *Ms.* and *Newsweek*.



### ALSO at the Library...

#### ***"Does my Voice Count: Voter Suppression Then and Now"***

Student Nonviolent Coordinating Committee (SNCC) volunteer photographer Jim Lemkin and COM faculty will present a discussion and slideshow regarding the campaign for the 1965 Voting Rights Act and its meaning today. Sponsored by the COM Umoja Community.

**Wed., Feb. 6, 11am to 12:30 College of Marin Fusselman Hall, Room 120**



*A good time was had by all at the annual ESCOM Winter Solstice event. This year's took place at St. John's in Ross. More than 100 members attended to enjoy food, wine and holiday cheer.*

## IN MEMORIAM

**Muriel Paskin Carrison** died on November 18, 2018. She was 90 years old, and an active member of ESCOM clubs.

A graduate of Hunter High school ('44) and Hunter College ('48), she obtained her doctorate degree in Sociology from the University of Southern California in 1969, and joined the faculty of California State University, Dominguez Hills.

In addition to teaching, Dr. Carrison was active in University and community programs: Director of Teacher Corps; Coordinator of Foreign Student Services; evaluator and consultant for Los Angeles county school districts and resettlement planning for Cambodian refugees. In 1975, Dr. Carrison was elected to Marquis Who's Who of American Women.

She traveled widely and visited every continent except Antarctica. She loved learning about the many cultures and traditions of the world. Among others, she journeyed on the Silk Road, visited Nairobi, went to China, and cruised numerous seas, rivers, and canals, frequently taking her children and grandchildren with her.

Muriel was an active and involved member of the community until the very end. She is survived by three of her four children, five grandchildren, two great-grandchildren, and many cousins whom she was extremely close with her entire life. Her daughter, Aviva, said she valued all of her friendships cultivated through ESCOM.

*Photo, upper right: St. Vincent Trees, Mark Corlett, ESCOM Digital Photography Club*



### Uprooted

I dreamed of a magnificent tree  
 who grew wings for blossoms  
 every branch laced in feathers,  
 she inhaled a great breath and gently  
 took flight freeing sinewy roots  
 up and away she soared above  
 verdant quilts and snaking shimmers  
 as the atmosphere leaked gray into  
 blue, she drank every rain drop  
 alive in her splendor of arbor and aves  
 I listened as she serenaded the sky  
 with the arias of endless birdsong  
 she dipped down and swept me  
 onto her silken back, we flew across  
 every memory touched every sorrow  
 and embraced every joy, someday  
 maybe we shall return....

*-- Margie Heckelman, Poetic Pilgrimage*

## Why Not Join Us?



*ESCOM Council (seated L to R): Bev Munyon, Paul Tandler. Standing L to R: Luanne Mullin, Toni Middleton, Anne Pearson, Gini Moore, Denize Springer, Jim Moore, Eric Sitzensatter. Missing from photo: Lillian Hanahan, Pat Ryan, Abe Farkas Photo by Sheherazade Arasnia*

How about a New Year's resolution to become a member of the **ESCOM Council**? Help make the College of Marin a destination for adult education and fulfillment, as well as a hub of community pride. Council members make important decisions ranging from awarding scholarships for undergrads to selecting new Community Ed classes. The Council meets ten times a year, alternating between the Kentfield and Indian Valley campuses. Free parking at both campuses is a councilmember perk! Share your marketing, policy-making, writing and editing, event planning, or just plain sound-thinking with a group who will appreciate it. If you'd like to know more, contact Anne Pearson at: [pearsonap@comcast.net](mailto:pearsonap@comcast.net) or 415/456-5287.

## 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 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:** Jan. 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

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