

**College of Marin**



# **EMERITUS STUDENTS NEWSLETTER**

**Lifelong Learning**

835 College Ave., Kentfield, CA 94904-2590. Tel: 415-485-9652

Marian Mermel (mmermel1@yahoo.com), President

Don Polhemus (dondorpol@aol.com), Editor

**Vol. 38, No. 8**

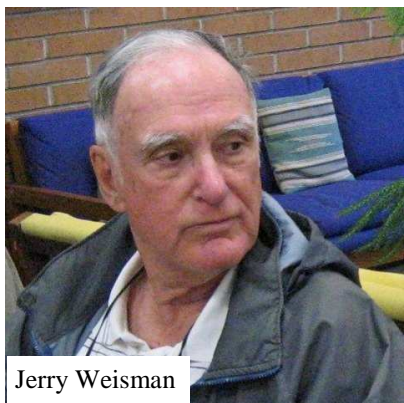
**October 2011**



Karen Hemmeter



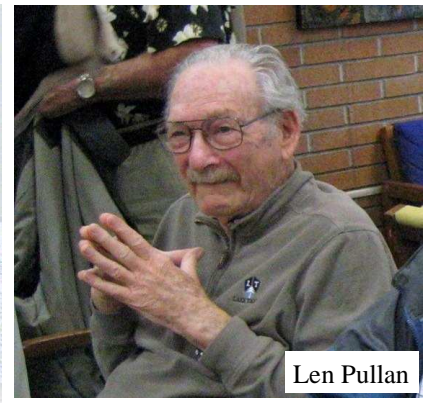
Paul Tandler



Jerry Weisman



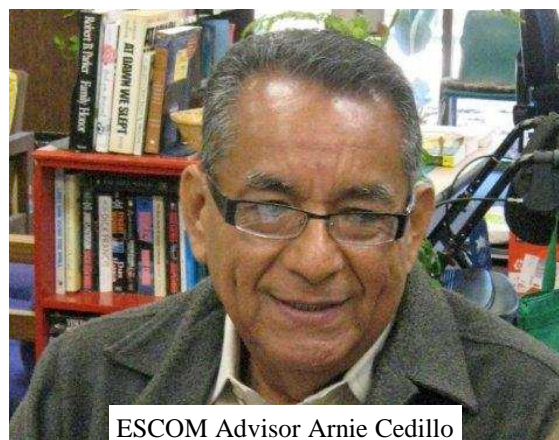
ESCOM President Marian Mermel



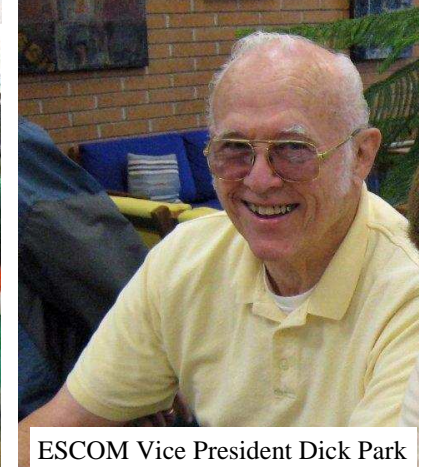
Len Pullan



COM Vice President Ken Meier



ESCOM Advisor Arnie Cedillo



ESCOM Vice President Dick Park

**Paparazzi-Style Photos by Barbara Tarasoff at a Recent Council Meeting**

---

## COLLEGE'S NEW VEEP ADDRESSES ESCOM



A large gathering of ESCOM Council members and visitors welcomed the recently appointed Vice President of the College of Marin, **Ken Meier**, PhD, at its regular meeting on August 18, 2011. A surprise visitor was the personable **Raymond Bergstrom-Wood**,

Student Trustee of the College, who wanted to see "how the Emeritus Students functioned."

Dr. Meier addressed the group by describing his career in higher education and indicated that he expects to maintain close contact with ESCOM and to assist it in achieving its lifelong learning objectives. Questions from the attendees about prospective college operations drew thoughtful responses from Dr. Meier, who had to occasionally remind the questioner that he had been on the job only two weeks prior to the meeting and would have to defer some answers until later.

Following Dr. Meier's departure, the meeting can best be characterized as a brainstorming session that covered subjects such as membership, finances, fund raising, involvement in College affairs, long range objectives, and more.

Announcements were made, as follows:

- ESCOM will have a booth at the Senior Information Fair on October 19, 2011.
- This year's Holiday Party will again be at St. John's Episcopal Church in Ross on a yet to be determined Saturday in early December. **Donna Posard** will chair the event.
- **Marlene Knox** will be the ESCOM representative on the Student Senate.
- **Marian Mermel** will serve on the College Council.
- **Shirley Pullan** will chair the Writers' Club.
- **Art Ravicz** gave his Treasurer's report.



ESCOM's next regular meeting will be on September 15 at the Kentfield Campus Emeritus Center.

*Reported by Paul Tandler*

## INTRODUCING NEW MEMBERSHIP LEVELS

Hello, ESCOM members. In order to give those who so wish it an opportunity to give greater monetary support to our Emeritus activities, the Emeritus Council has approved the addition of more choices in amounts a member may pay for annual dues. This has been a popular suggestion and we already have some members who have told us they intend to increase their dues payment. Many of us belong to other organizations that do exactly this. Some add benefits such as free magazine subscriptions. We don't intend to do that, partly to keep bookkeeping and office entry as easy as possible for our hard-working office volunteers. So any dues level you choose will provide equal benefits such as the newsletter and annual event parties. The added benefit would be knowledge that one will be donating more dollars to support Emeritus programs.

The \$15 rate will continue to be available and there is no intention to raise that rate. When you receive your orange renewal letter please note the following inclusion on the return portion:

*Circle Your Support Level for Emeritus Membership: \$15 \$25 \$50 \$100 OTHER \$\_\_\_\_\_*

*I would also like to make an additional one-time gift donation to Emeritus for \$\_\_\_\_\_*

We expect that many of you will continue at the \$15 level and that is just fine. We believe we would be remiss in our fiduciary responsibility if we did not offer additional levels of support. And of course, we hope that a goodly number *will* take advantage of these new choices.

No matter at what level you participate, please be assured that your dollars are being spent as effectively as possible, and scrupulously accounted for by our seasoned Treasurer Art Ravicz.



*Karen Hemmeter, Office Chair & Past President*

## EDITOR'S NOTE

The next newsletter staff meeting will be held Thursday, October 6, 10:30 AM, at the Emeritus clubroom, IVC.

---

## COM IN THE NEWS

**Health Director Retires** -- **Rosalind Hartman** of Tiburon has retired, as both an instructor and director of health services at COM. Ms. Hartman led the Registered Nursing, Medical Assisting, Emergency Medical Technology and Early Childhood Education Programs for the past 25 years. She also served as president of the California Organization of Associate Degree Nursing Program Directors as well as having served on advisory committees to the California Community College Chancellor's Office and several other affiliated organizations. (I. J. 8/19/11)

**Relay for Life, Kentfield Athletic Field** -- On Saturday, August 27, 2011, the American Cancer Society held a 24-hour Relay for Life at the Physical Education Center athletic field on College Avenue. More than 3.5 million people nationwide participate in Relays for Life to celebrate the lives of those who have survived cancer as well as remembering those who lost their battles against the disease. (I. J. 8/22/11)



*Submitted by Alicia Warcholski*

## BRAGGING RIGHTS

Our modest editor, **Don Polhemus**, will probably hate me for this article, as he is not one to toot his horn over his accomplishments in the eighteen months since he took over the reins from the late, but still greatly appreciated **Joan Hopper**.

On the other hand it bears mentioning that we have received many favorable comments over the changes and innovations initiated by Don that we have seen in many issues, and why not call these to everyone's attention. So - here goes.

- Photos of authors with their articles.
- Color spreads with selected issues.
- Word puzzles by our cartoonist-in-residence **Paul Gruner**.
- Haiku contest - soon to be repeated.
- Newsletter available on-line in color
- Can receive Newsletter by e-mail upon request.

There you have it, but wait: What about your suggestions for new features or improvement of existing ones? Let us hear from you. The mail box at the Kentfield Emeritus Center awaits you.

*Duly reported by Paul Tandler*

### NEWSLETTER BY E-MAIL

Those of our readers with computers may now get their Newsletters by e-mail. The advantages are that it will reach you two weeks earlier than through the print shop and post office. In addition every issue will be in full color. You will continue to receive your printed copy unless you advise us to discontinue it. If you want this service, just let me know by e-mail.

*Don Polhemus, Editor, dondorp@aol.com.*

### MAGIC REALISM---THE ART OF CHRISTINE COHEN

Our next Emeritus Gallery exhibit starts on October 3, ends on December 23. Please come to a Reception on Monday October 24 from 4:30 to 6:30 PM. Longtime COM art instructor **Christine Cohen**, inspired by recent classes by **Chester Arnold**, has a new body of work: *Adventures of the Heart* is the title of her new collection of acrylic paintings. Come Mon-Fri, 9:30 AM to 5:00 PM or come to the reception and discuss art and life with Christine !



*Len Pullan, Art Chairman*

### LIMERICK ARITHMETIC

The following equation may be read as a limerick:

$$\frac{12 + 144 + 20 + (3X\sqrt{4})}{7} + (5 X 11) = 9^2 + 0$$

**Answer on page 7.**

### HEALTH TIP

What do you do with food which has fallen on the floor? A good question, and it has been studied. The answer is that moist or sticky foods should probably be discarded, while dry foods like nuts, if the floor is reasonably clean, may safely be eaten.

---

## CLUB NEWS

by Bill Raffanti and Gloria Kopshever

**Shakespeare Reading:** No meeting in September due to vacations. Expect to be reading *Henry V* on October 17 at **Valda Carter's** home.

**Book Banter** has a new Leader, **Len Pullan**. Club will meet on Sept. 9, and after that on Oct. 12. Bring a favorite book you're reading.

**Opera Club** now meets on the last Wednesday of each month instead of the fourth. Bring a favorite selection.

**Moral-Ethical Roundtable** currently continuing discussion of global warming. Topics selected previously have included legality of euthanasia, moral aspects of raising the debt ceiling, and repatriation of historical artifacts.

**Great Books**, second and fourth Tuesdays.

Sept. 13: *Letter to Deng Xiaoping* from Wei Jing-sheng promoting more democratic policies. *We Say No*, Eduardo Galeano's efforts to advance democracy in South America.

Sept. 27, a break from readings in human rights, Moliere's *Misanthrope*.

Oct. 11: Works by Vaclav Havel and Nadine Gordimer.

### **Global Issues:**

Friday, Oct. 21, 2 PM: *MAESTRA*, a documentary by San Francisco-based filmmaker Catherine Murphy, sharing the stories of Cuban women literacy workers who traveled the country's mountains and valleys finding themselves deeply transformed as they eradicated illiteracy in Cuba.

### **IVC Book Forum:**

Sept. 26, *Atlas of the Unknown*, Tania James.

Oct. 24, *The Help*, Kathryn Stockett.

Nov. 28, *Major Pettigrew's Last Stand*, Helen Simonson.

Please bring books to be considered for the 2012 Reading List.

**IVC Philosophy Club:** *The History of Freedom*, 36 lectures by Professor Rufus Fears, U. of Oklahoma. Following each lecture, discussion is based on accompanying study guide.

**IVC Film Noir Theater Club:** Note: *The Phenix City Story*, shown Aug. 27, was a semi-documentary political thriller based on the true story of a small Alabama town. **Rudy Ramirez** provided the review that gave the historical background for this film noir.

Oct. 8, *Dishonored Lady* '47. Hedy Lamarr, Dennis O'Keefe, John Loder. Director: Robert Stevenson.

Oct. 22, *The Big Heat* '53. Glenn Ford, Gloria Grahame, Jocelyn Brando. Director: Fritz Lang.

**Humanities Club:** Great Pharaohs of Ancient Egypt Series.

Oct. 1, *The First Ptolemies --- Greek Greatness*.

Oct. 15, *Cleopatra ---The Last Pharaoh*.

## THEN AND NOW

By Jean Razenne

For your reading pleasure: "San Francisco, Then and Now," from the "Then and Now" collection of great cities— London, Paris, Rome and others. My favorite is Prague, Czechoslovakia, a beauty rising from postwar Communism gloom. Buildings are white or ivory-colored, houses pale blue or pink. Large public squares with many flower beds lure happy tourists, and cobblestone roads tempt walkers.

I lived in San Francisco for all-too-few years, within walking distance of the opera house and symphony hall, also a short cable-car ride to downtown theaters for great plays. It all ended with a strongly-resented move down the Peninsula to shorten the then-husband's long drive to his job in Palo Alto. I was able to transfer to the peninsula branch of my job. Compare life in the city to boredom in a suburban subdivision.., try not to gag.

Divorce! Freedom! Back to San Francisco—the plays, dining in North Beach, opera, and surprisingly, into the same apartment building as before.

One day I noticed "House for sale in Sausalito, \$52,000." Two bedrooms, one bath, the only house on that street without a view of the Bay. Failing a sanity test, I started the whirlwind of mortgage payments escalating, working overtime to pay them, renting the second bedroom.

Circumstances changed, death in the family...well, here I am. In San Francisco? No. How about New York? Would like to, but No. Prague? I hope so. For now, I must settle for beautiful Marin County, a 50-year-old house, with views across the Bay to Mt. Diablo, deer grazing on the hillside, unlimited access to outdoors...it could be worse. (The Sausalito house sold recently for one-million dollars, still with only two bedrooms, one bath, and no view.)

## IVC NEWS

**Indian Valley Organic Farm.** Harvest Celebration and Fall Plant Sale, Saturday, Oct 1, 10 AM - 3 PM and Sunday, Oct 2, 10 AM - 1 PM. Live music, tastings, tours, and more. Plants for fall planting, produce, and fresh cut flowers for sale. For more information: call 415-720-2051.

### Building Use Changes at COM/IVC

#### **Building 8**

Career Development, College of Marin Community Partnerships.

Dean Nanda Schorske, Laurie Loeffler, Julie Oyle, Kathy Takemoto.

Child Development Program Offices: Lyda Beardsley.

Fiscal Services.

#### **Building 17**

Career Study Center and Open Computer Lab.

Math Lab, English Lab, Tutoring Office, Assessment and Testing, EOPS, DSPTS.

Free Coffee/Tea.

#### **Building 27**

Admissions, Records, Internet Café.

Dental Assisting, Court Reporting, Multimedia Studies.

Library (Planned).

**Aquatic Exercise for Older Adults.** After the last class of the summer session, students of **Russell Robles** arranged a "thank you" luau party at the Novato home of **Annette Barloz**. As a new student, it was a pleasure for me to visit with Colleen, Marci, John, Hillary, Catherine, and Bobbie among the thirty who brought an array of island foods. Have you ever had Hawaiian sushi made with rice, seaweed and spam? Student **Terumi Leinow** gave a hula demonstration and led the party guests dancing to the familiar *Lovely Hula Hands* by R. Alec Anderson, with song sheets she provided. In addition to having studied Hawaiian dance. Terumi is a certified *Feng Shui* consultant and sees the value in teaching the island dance to seniors as a gentle exercise. **Gloria Kopshever**



**SEX — ALL KINDS OF WAYS TO FOOL AROUND TOO DIFFICULT FOR SOME, BUT GIVE IT A TRY.\***



\*(THE PUZZLE, OF COURSE...)

SMILE	FLIRT
ENGAGE	MAKE EYES
HOLD	WHISTLE
TEASE	GESTURE
SUGGEST	BLUSH
INSINUATE	GRAB
STARE	ANNOY
HUG	MUMBLE
PESTER	INITIATE
FONDLE	GIGGLE
SMIRK	E-MAIL
WAVE	SIGNAL
SNUGGLE	CARESS
WINK	CUDDLE

AN ANGLED WORD PUZZLE BY P. GRUNER (SEE EXAMPLE: ONE ANGLE PER WORD.)

---

**THE POETS' CORNER:  
POEMS BY VINCE DEMAIO**

**The Neurobiology of Sex**

What are we fooling with here?  
Parsing the complex mental state - the behaviors called love  
With its massive circuit arrangements and feedback loops  
A medley of chemical, electronic and neural contrivances  
Plus the biological and metaphysical aspects of social cognition  
Powering one of the most sublime aspects of human behavior

Deep feelings give us a glimpse of this organism in full swing  
Quickened heart beat, shallow breathing, weakened limbs  
Trembling lips - goose-flesh - visceral stirrings of the groin  
Both primary and secondary emotions, come into full bloom  
An intricate dance - guided by complex genetic programs

Indeed, the human brain is a full-fledged sexual organ  
Sexual activity involves many neurotransmitters in the brain  
Including nitric oxide, serotonin, dopamine and epinephrine  
If an in depth knowledge of Neurobiology was a requirement  
If you needed to be a certified expert before you had sex  
Would it put a damper on the most popular sport in town?

**Shades of the Inquisition**

Mortification of the flesh, was the armor of his soul  
Lust was of the flesh and its masks were transparent  
He lived on the road, calloused to need, bound only to Christ  
He ate meat twice a week, to preserve his intellect  
On Fridays he practiced silence, wearing a goat-hair shirt  
Trusted agent of the Inquisitor General of all Christendom

With a scrap of coarse sacking - he wiped the vault of his skull  
He rinsed the sack-cloth and wiped his face and arms  
The water cooled him as he wiped his neck and shoulders  
Again, he rinsed the sacking and wiped the sweat from his groin  
He wiped his member and a spasm of carnality overwhelmed him  
A wave of yearning rose - foaming from the depth of his bowels

He groaned, as demons screamed to allow the wave to explode  
"God spare me," he cried. "God forgive me," he pleaded  
He sensed the presence of his guardian angel at his shoulder  
Feeling a cold spectral hand touching his head, to comfort him  
He dashed himself with fountain water and the demons receded  
Kneeling, he gave thanks to Saint Dominic, for saving him

**Moby Dick**

Malice aforethought - nay  
An imperial exclusiveness  
A mendacious circumference  
A full circle of wild conceits  
Direful, doleful, demented

A roiling swirl of consequence  
Toxic verbs, grisly adjectives  
A blundering unfettered hubris  
Sanctioned by hoary ancestors  
Ghostly warriors - applauding

See a white mountain of piety  
Moving peacefully in his orbit  
In a myopic sea of innocence  
Unaware of a bitter enemy  
Unaware of a stalking death

Ahab - the fabled captain  
The ruthless primeval warrior  
Dedicated in his lethal quest  
Mounting a three day assault  
To kill the hulking leviathan

The carnage ended swiftly  
The stricken whale roared by  
With harpoon lines running foul  
Snagging around Ahab's neck  
Ahab swiftly disappears

**The Art of Seduction**

A timeless, devastating art form  
To lead astray with seductive oratory  
A subtle and elusive form of power  
Armed with weapons of persuasion  
To create love and enchantment

Choose the right victim  
Create a false sense of security  
Send mixed signals  
Confuse desire and reality  
Poeticize your presence

Exploit weakness and vulnerability  
Mix pleasure with pain  
Keep them in suspense  
Isolate your victim  
Give them space to fall

(Beware of who is the victim)

---

## A MEMORY OF REV. MARTIN LUTHER KING, JR.

by Art Ravicz

One Sunday evening in the 1960s, Rev. King came to San Francisco as the guest of the local civil rights organization. A big program was held at the Cow Palace. Larry Doyle, our pastor at the time, talked me into going with him. ("Larry, these things last forever; I've got to get up at 6:00 Monday morning and go to work.")

The place was packed. The platform was crawling with people. We were in the balcony. King was a long way away. He was a slim man at that time, in his early to mid-30s, not very tall, smaller than the burly people all around him, very neatly and conservatively dressed. He sat there. When someone stopped to talk to him, he stood up, conversed briefly and seriously, and sat down.

*Finally*, the program got underway. The chairman of the local organization welcomed us. A welcome from the Governor of California was read. A welcome from the Mayor of San Francisco was read. A large choir from a local church sang. A representative of the sponsoring organization spoke at length. Another large choir from a Bay Area church sang. A representative of the SCLC spoke at length. Another large choir from a regional church sang. Rev. Ralph Abernathy spoke at length.

I noticed that the speakers were becoming somewhat fiery, and the crowd responded. I heard statements that I would call vindictive, such as, "The black man has suffered and been humiliated for years, and now Whitey is going to find out what it feels like."

King sat there placidly, applauding courteously at appropriate times.

Finally, *finally*, the main event: King waited through a lengthy introduction, stood, unsmiling, through a lengthy ovation, stared off into space, and began to speak.

He spoke quietly and deliberately, like a college professor. He spoke of conditions in the segregated South, of unjust laws, of the need for civil disobedience, of progress made in the correction of unjust laws. He soberly stated, "Now I know that you cannot legislate the brotherhood of man. That must be accomplished, over a long period of time, by people of good will learning to love one another, even their former enemies."

King did not contradict the mildly vengeful statements of previous speakers; he simply explained

his own love ethic: drive out evil with good, with whatever personal sacrifice it may take.

He began to come alive, to look his audience in the eye, to gesture, to exhort, to draw out his words: "Do not be w-e-a-r-y!" He quoted from the *I Have a Dream* speech. "I have a dream that one day ... little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers."

The crowd was on its feet, with tears in our eyes. We were singing "We Shall Overcome."

And then we went home. It was *very* late. After nearly fifty years, I may have forgotten some of the details, but I remember the *excitement*.

[The 48th anniversary of the *I Have a Dream* speech was celebrated in Washington recently.-Ed.]

### ANSWERS: LIMERICK ARITHMETIC

Twelve plus twelve twelves plus a score  
Plus three times the square root of four  
All over a seven  
Plus five times eleven  
Is nine times a nine and no more.

A dozen, a gross, and a score  
Plus three times the square root of four  
Divided by seven  
Plus five times eleven  
Is nine squared and not a bit more.

#### Emeritus Students College of Marin Council

##### OFFICERS

President  
Vice President  
Treasurer

Marian Mermel  
Dick Park  
Art Ravicz

##### MEMBERS

Margot Jasie  
Bev Munyon  
Cole Posard  
Len Pullan  
Paul Tandler  
Janet (Gigi) Welch

Marlene Knox  
Marjorie Park  
Donna Posard  
William Raffanti  
Jerry Weisman

Karen Hemmeter  
Arnulfo Cedillo

Past President  
Dir. of Student Affairs

---

## WELCOMING THE SABBATH



My son called yesterday and invited us to Sabbath dinner. This is celebratory event as it welcomes a weekend free from the stresses of the week in the Jewish tradition. There will be

eight of us, my son, daughter-in-law, four of their friends, my husband and myself. I dress carefully. I want my children to be proud of me. Everyone tells me how beautiful I look, but I know in my heart I look my age. I am 83 years old. My husband is 86. He is very bent. He looks very good all the time. It is so much easier for a man.

We arrive exactly at 6:30, the hour for which we have been invited, and we are greeted at the door, warmly hugged and kissed. It is the last time during the evening that I will be spoken to. All of the young men and women look elegant in their summer clothing, tall and slim. It is a pleasure to be in their company. The conversation is lively: the stock market, the economy and of course, politics.

We have wine and cheese before dinner. I sit and listen. Shortly we are called to the dinner table. I am seated in the place of honor next to my son at the head of the table. My husband is seated across from me, also next to my son. The Tzedakah (Charity) Box is passed around for everyone's contribution of bills or coins. If children are present a parent's hand is placed on their heads and God's blessing is invoked. Next, our daughter-in-law lights the two Sabbath candles and chants the blessing of God's command to light these candles. A blessing for the fruit of the vine is sung by our son over a raised glass of wine, followed by a blessing over the fruits of the earth consisting of a freshly baked Challah, a braided loaf similar to egg bread. We pause for a moment of silent prayer. It is the only time during the week I feel at peace with the myself.

At this point we believe we have all bases covered and we can proceed with the festive meal. Dinner is served buffet style and it is delicious, steaming hot from the grill, chicken and fresh vegetables, asparagus, small potatoes, tomatoes, all seasoned with fresh herbs. No fat. My son fills my plate and knowing my appetite, he serves me small portions. Dessert is "to die for" and here, also knowing my weakness, I am served a rather large portion.

The conversation is wild and furious. It flies back and forth over my head. I can't follow who or

what these young people are talking about. I have just spent thousands for new hearing aids and I am beginning to wonder why. There are no demands put upon me to participate in the conversation. We finally return to the living room for coffee and I claim my usual corner on the couch. I surreptitiously peek at my watch. I am usually in bed with a book at this time. I look at my husband. The original "party boy", he is enjoying a late night cognac with his son and ignores me. But I pick up my cane and head for the door. I make my rounds of the room. Once again I am hugged and kissed. My son gets a very tight grip on my arm and walks us to the door. Once again he has done his duty. "I love you, Mom," he says. "I love you".

*Iris Tandler*



## WHY DO GOLF BALLS HAVE DIMPLES?

Dimples have been a feature of golf balls for over a hundred years. They were first introduced when golfers found that roughed-up and dented balls traveled much farther than smooth balls. Dimpled balls travel farther yet, for two reasons.

First, the dimples on the surface of a golf ball cause the boundary layer on the upstream side of the ball to transition from laminar to turbulent. The turbulent boundary layer is able to remain attached to the surface of the ball much longer than a laminar boundary and so creates a narrower, low pressure, wake and hence less pressure drag. The reduction in pressure drag causes the ball to travel farther.

Second, backspin generates lift by deforming the airflow around the ball, in a similar manner to an airplane wing. This is called the Magnus effect. Backspin is imparted in almost every shot due to the golf club's loft (i.e., angle between the clubface and a vertical plane). A back-spinning ball experiences an upward lift force which makes it fly higher and longer than a ball without spin.

The number of dimples on a golf ball must be balanced against their size. Too many small dimples, for instance, make a ball seem smooth, rendering their aerodynamic contouring ineffective. The 350 to 400 dimples currently found on modern balls have been found to be the optimum number.

---

## AT THE HOLIDAY INN

The following is where you'll find me when I can't live alone anymore. No nursing home for me. I am checking into the Holiday Inn! With the average cost for a nursing home care at \$188 per day, there is a better way when we get old and feeble. I have already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it's \$59 per night. That leaves \$129 a day for breakfast, lunch and dinner in any restaurant we want, or room service. Laundry, gratuities and special TV movies are included. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. Five dollars in tips a day will have the entire staff scrambling to help you. They treat you like a customer, not a patient. There is a city bus stop out front, and seniors ride free. The handicapped bus will also pick you up (if you fake a decent limp). To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of the better restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up.

It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you are not stuck in one place forever, you can move from Inn to Inn, or even from city to city. Want to see Hawaii? They have a Holiday Inn there too.

TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience.

The Inn has a night security person and daily room service. The maid checks to see if you are OK. If not, they will call an ambulance or the undertaker. If you fall and break a hip *on the premises*, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days' mini-vacation. The grand kids can use the pool. What more can you ask for?

*So, when we reach that golden age,  
We'll face it with a grin.*

*Just forward all our snail mail to:  
Holiday Inn.*

**Don Polhemus**



## ARE PARROTS THE ONLY BIRDS THAT TALK?

The usual sounds of birds are innate and involve no learning. But some birds have the ability to learn noises by imitating them: thrushes and lyrebirds; hummingbirds; and parrots. And of these, parrots are the best imitators. Why this is so is believed to be due to the parrot's intelligence and social structure.



These birds possess self-awareness (for instance, being able to recognize themselves in mirrors), which is a characteristic trait of intelligent animals. This superior brainpower, compared with birds such as pigeons and chickens, helps them to imitate the sounds that they hear. Parrots don't have vocal cords and can't actually talk or understand what words mean. Instead, by learning to control the muscles in their throat to change the rate of airflow they simply repeat the sounds and voices they hear.

While parrots in captivity mimic the voices of humans, scientists believe that they developed the skill of imitation as a survival benefit. Parrots form strong monogamous relationships, and mimicry between partners promotes social bonding, leading to more effective communication and the higher likelihood of producing offspring. Mimicry in larger groups helps to identify members of the group and allows development of an advanced social structure.

Male parrots tend to be better mimics than females, possibly because a male parrot that is able to imitate a wide variety is likely to be a seasoned survivor and therefore a superior mate. Also, a parrot who is able to mimic different sounds and switch between them regularly is likely to maintain a female's interest, as well as prevent predators or rivals from locating it.

**Emeritus Students  
College of Marin  
835 College Avenue  
Kentfield, CA 94904-2590**

**TIME DATED MATERIAL**

**Non-Profit  
Organization  
U. S. Postage Paid  
Permit No. 8  
San Rafael, CA**

**Return Service Requested**

**CLUBS:** Participation in all clubs requires an Emeritus Students Activities Card. For further information, call 485-9652.

**ADVENTURER'S CLUB:** Call Ruth King, 898-5845, for information on next meeting.

**BOCCE BALL CLUB:** Bocce ball on Tues. at San Rafael courts, 9:30 AM. Call John Kouns, 332-5929 for other activities.

**BOOK BANTER CLUB:** 2nd Friday September to May, 12:00 - 1:30 PM, Emeritus Center, Kentfield. Len Pullan, 381-6952, lenpullan@comcast.net.

**BRIDGE CLUB:** Mon. 1:00 - 4:30 PM, Cafeteria, Kentfield. Tom Metzger, 479-8290, trmetzger@comcast.net; Lynn Mason, 456-2508.

**CURRENT EVENTS CLUB:** 2nd & 4th Thursdays, 10:00 AM - 12 noon, Emeritus Ctr. Jerry Weisman, 383-1831, gweisman@sprintmail.com; and James Kennedy, 388-3939.

**FRENCH CLUB:** Call Doyleen McMurtry, 472-4738, dmcmurtry@LVHA.net, for information on next meeting.

**GLOBAL ISSUES CLUB:** 3<sup>rd</sup> Friday, 2:00 - 4:00 PM, IVC, Room 140, Bldg 10. Colleen Rose, 898-0131, colleenrose@juno.com.

**GREAT BOOKS DISCUSSION GROUP:** 2nd & 4th Tuesdays, 10:00 AM - 12 noon, IVC, Room 140, Bldg. 10, near Admissions. Don Polhemus, 883-3567, dondorpol@aol.com.

**GREAT IDEAS IN PHILOSOPHY CLUB:** Thursdays, 1-3 PM, Room 140, Bldg. 10, IVC. Larry Witter, 883-6889, lswitter@sonic.net.

**HUMANITIES CLUB:** 1st & 3rd Saturdays, 1-3 PM, Room 140, Bldg 10, IVC. Rudy Ramirez, 491-0522, rurmac@mac.com.

**ITALIAN CLUB:** 4th Tuesday, 2-4 PM, Emeritus Center. Mila Weed, 453-6054, unsarda@mac.com.

**IVC BOOK FORUM:** 4th Monday, 3-5 PM, IVC, Room 140, Bldg. 10, near Admissions. Louise Kerr, 883-2823, lkerr210@comcast.net.

**IVC FILM NOIR DVD CLUB:** 2nd & 4th Saturdays, 1-3 PM, Bldg. 10, next to Admissions, Room 140, IVC. Rudy Ramirez, 491-0522, rurmac@mac.com.

**MORAL-ETHICAL & LEGAL ISSUES ROUNDTABLE:** 1st & 3rd Tuesdays, 10 AM - 12 noon, Emeritus Center, Kentfield. Cole Posard, 491-4118, colemanposard@att.net; Len Pullan, 381-6952.

**OPERA AND BEYOND:** Last Wednesday of month, 1-3 PM, Emeritus Center, Kentfield. Gil Deane, 456-2853, gildeane@aol.com.

**SCRABBLE CLUB:** Every Thursday, 2:00-4:00 PM, Cafeteria, Kentfield. Marlene Knox, 459-1427, marlsteve@comcast.net.

**SHAKESPEARE CLUB:** Third Monday. Please call Valda Carter, 388-6335, valdated@sbcglobal.net, for time and place.

**SINGALONG CLUB:** 2nd Wednesdays, 2:30-3:30 PM, location TBA. Marlene Knox, 459-1427, marlsteve@comcast.net.

**WRITERS' WORKSHOP:** 1st Tuesday of the month, 1-4 PM, Emeritus Center. Shirley Pullan, shirlmv@comcast.net, or Marlene Knox, 459-1427, marlsteve@comcast.net.

