

College of Marin



EMERITUS STUDENTS NEWSLETTER

Lifelong Learning

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

**Karen Hemmeter (karen@hemmeter.com) &
Marian Mermel, Co-Presidents**

Don Polhemus (dondorpol@aol.com), Editor

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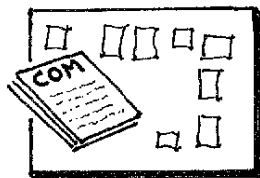
July—August 2011



Photos by Marian Mermel

ENJOYING THE ANNUAL MAY PARTY — See article, page 3

COM IN THE NEWS



Commencement Exercises

-- On Saturday May 28, 2011, College of Marin had its 84th commencement at the Diamond Physical Education Center gymnasium. A total of 273 students received various degrees, namely, 152 Associate in Arts degrees, 79 Associate in Science degrees and 60 certificates, with some students receiving more than one degree. (I. J. 5/27/11)

College Honors Youngest Graduating Student - Brian Wheaton (17) is the youngest COM student transferring to a four-year university as well as earning the highest grade point average among transferees. Brian will be honored with the Irwin P. Diamond Outstanding Graduate Award and also will receive the Rachel Shiner Award, an honorarium for College of Marin's youngest students. He will be transferring to UC Berkeley this fall, majoring in economics, and then plans to attend graduate school. Vocational student **Rosemarie Bergquist**, graduating from the medical assistant program, will also receive the Diamond award. (I. J. 5/26/11)

Proposed New Academic Center Community Meetings

-- There will be a series of open forums for input on the proposed new Academic Center for College of Marin. The meetings are open to the public from May through August 2011. The first meeting was held on May 19th; consecutive meetings on design review will be held on July 12, 2011 (Tuesday) and August 16, 2011 (Tuesday) from 7 PM to 8:30 PM at Olney Hall Auditorium, Room 96, Kentfield Campus. (I. J. 5/25/11)

Hall of Fame (Athletic) Inductees Announced

College of Marin will hold its second Athletic Hall of Fame dinner at the San Geronimo Golf Course on June 4, 2011. Inductees are: **Harry Pieper** (COM 1948), **Joe Morello** (COM Baseball Team 1950's), **Peter Arrigoni** (COM athlete signed by the 49ers), **Honor Jackson** (COM Football Star), founder of non-profit group benefiting local youths, and **Al Endriss** (coached COM baseball team to 465 victories beginning in 1982.)



Submitted by: Alicia Warcholski

CURRICULUM COMMITTEE REPORT

June 16, 2011

At the May Committee meeting we interviewed four applicants and approved "Conversational Yiddish" by **Julie Egger**, "Functional Fitness" and "Zumba Gold" by **Diana Scranton**, the latter being a new dance/exercise program specifically designed for active older adults. We also approved "Transformational Feldenkrais Movements" by **Kay Pepitone**. We declined to approve four class offerings from the fourth interviewee.

Additionally, we approved for the fall/winter/spring sessions four classes offered by three instructors who had been interviewed previously by the Committee. The classes are "Introduction to Mark Twain" by **William Wallace**, "Art of Anatolia: From the Hittites to the Ottoman Turks" and "Significant Others: Intimacy and Creativity in the World of the Visual Arts" by **Kerrin Meis**, and "Boomer Fitness and Wellness", by **Betsy Best-Martini**, a program designed for the boomers born between 1946 and 1954. Subsequently, we approved by e-mail a second class by **William Wallace** entitled "Introduction to Jane Austen".

Karen van Kriedt shared with us that 51 classes were offered for the Winter 2011 session, 7 of which were cancelled. There were 1046 enrollees in the remaining 44 classes. For Spring 2011, 63 classes were offered with 13 classes cancelled, and 1148 enrollees in the remaining 50 classes.

For Fall 2010, ESCOM covered the enrollment costs of three students in "Basic Watercolor", three students in "Energy Warm Ups" and one student in "Exercise for Fitness" so that these low enrolled classes could continue. For Winter/Spring 2011, ESCOM covered the enrollment costs of two students each in "Beginning Computing" and "Exercise for Fitness", and one student each for "Advanced Wild Goose Qigong", "Basic Knitting", and "Joy of Tai Chi" so that those low enrolled classes could continue. The total cost for the year was \$983.

The Committee has completed interviews for now, and we will reconvene in August.

*Respectfully submitted,
Dick Park, Chair*



THE VOTERS HAVE SPOKEN: ESCOM'S CANDIDATES ELECTED

In a show of approval of their past service, and confidence in their future contributions to the success of ESCOM, our voters have re-elected incumbent members of the Council and a new member to replace retiring veteran Council Member **Gloria Jones**.

Marian Mermel, having served as Co-President with the (also) retiring **Karen Hemmeter** for two consecutive terms, has been elected to a one-year term as President of ESCOM. Vice President **Dick Park** was re-elected to an additional one-year term in that office. Council Members **Margot Jasie**, **Len Pullan** and **Bill Raffanti** were re-elected to additional two-year terms, while first-time candidate **Marlene Knox** was elected to her first two-year term.

The newly elected and re-elected officers and members will begin their terms effective with the ratification of the election results at the June meeting of the Council.



Many thanks for their dedicated service to the Council are extended to retiring Board Member **Gloria Jones** and Co-President **Karen Hemmeter**, with ESCOM's wishes for continuing good health and success in their future endeavors.

*Paul Tandler, Chairman
Nominations and Election Committee*

RETIREMENT FACILITIES

If any of our readers are even thinking about retirement care some day, we want to remind them that our late editor, Joan Hopper, prepared a list of all the facilities in Marin County as well as a check list of various features which the retiree might wish to consider in making a decision. These forms are available at both Emeritus offices.

EDITOR'S NOTE

The next newsletter staff meeting will be held Friday, August 5, 10:30 AM, at the Kentfield Emeritus Center.

ANNUAL MAY PARTY

Co-President **Karen Hemmeter** and her team member **Bob** opened their beautiful, exquisite home for the most wonderful party planned for members, staff and friends of Emeritus on May 7, 2011. The party committee included Co-President **Marian Mermel** and Vice-President **Dick Park**. **Eva Long** represented College of Marin Trustees.

The rooms were filled with happy people drinking and eating delicious food. The dining room table overflowed with fresh fruit, hot and cold canapés, cheese platters, and desserts. Guests had the choice of eating inside or outside overlooking the rose garden. On the patio, a selection of beverages, wine, punch and sparkling water was served by Treasurer **Art Ravicz**. The wine (two cases of it!) was donated by member **Charles Falk**.

Leslie Harlib, at the piano, conducted a sing-along that filled the rooms with joyous music. Sheet music with lyrics was thoughtfully provided for everyone and drew the crowd together. The day concluded with the raffle of a painting donated by artist **Kay Carlson**.



Gigi Welch

WANT TO BE USEFUL?

Experience Corps + K-3 Kids = Success.

It's never too late to return to school! Are you looking for a way to share your love of reading and kids while contributing some time and skills in your community? **Experience Corps Marin** offers free training for volunteers aged 55+ to work as early literacy tutors and mentors in K-3 San Rafael elementary classes. Now is the time to become a member of our seasoned and talented team of tutors! Find out more about participating in our next orientation on Tuesday, August 23, from 10:00 AM to 1:00 PM. Stipends are available for tutoring commitments of 10 plus hours a week. To receive an application packet, contact **Susan Kraemer** at 415-464-1767 or via email, skraemer@ncphs.org. To learn more about Experience Corps, go to our website www.experiencecorps.org

NEWS FROM IVC

Events listed below are held in the Emeritus Meeting Room, COM Indian Valley Campus, Bldg. 10. Call Larry Witter 883-6889, Gloria Kopshever 883-7805, Bill Raffanti 883-4079 (931-6399), Rudy Ramirez 491-0522.

Monday Afternoon Opera: July 11, 2 PM, *Cyrano de Bergerac* (DVD), with Placido Domingo, Sondra Radvanovsky, an opera in four acts, filmed in Spain. Sung in French with subtitles, 141 min. ESCOM/IVC Meeting Room, Building 10. Free.

Community Swimming at COM/IVC Pool: June 20 - August 11, recreational and lap swimming, Monday through Thursday, noon to 4 PM. Admission is \$5 per day for adults; reductions for disabled and children. Lifeguards call (415) 883-2211, ext. 8260. Recreational parking passes are available.

Indian Valley Organic Farm: Produce, plants and flowers sold at the Farm at COM/IVC Wednesdays, 10 AM - 3 PM. In addition, at the Novato Farmers Market every Tuesday on Grant Ave., 4-8 PM. Be a volunteer for a day, Wednesdays or Fridays, at Indian Valley Organic Farm & Garden – help us grow something big. You will be working side by side with our corps members, students, master gardeners and community members like yourself to cultivate a fresher, healthier future for everyone. And you will have a chance to see our new rainwater catchments system by which as much as 1500 gallons of water may be saved at one time. Register at 415-454-4554 or 707-303-3069 ext. 285. Look for the beekeeping workshops during summer and other special Farm events at: www.Indianvalleyfarm.org.

Aqua Exercise for Older Adults Update: This increasingly popular way to exercise will resume on August 1 in the Indian Valley pool after the regular summer session, June 20 - July 30. Mondays thru Thursdays from 10:10 – 11:30 AM.

Global Issues Club: Before she left for Costa Rica with the Task Force on the Americas, **Colleen Rose**, club coordinator, left follow-up information about the actor in the Howard Zinn play

Marx in Soho, viewed and discussed on June 17. The play, filmed in Marin, starred Jerry Levy who appeared with the Actor's Theater, the Vermont Theater Company and the Elm City Players, and also in productions at Marlboro College since moving to Vermont in 1975. He has also appeared as Weller in D.L. Coburn's "the Gin Game," and directed Herb Gardner's "A Thousand Clowns."

7/15 *Tillie Olsen--A Heart in Action*, a Film by Ann Hershey, 66 minutes. This beautiful portrait of the woman who wrote *Tell Me A Riddle* and *I Stand Here Ironing* includes interviews with Alice Walker, Gloria Steinem, and Tillie's activist daughters, who continue to inspire, telling us: "The human condition innately longs for freedom and in its deepest recesses, knows that freedom for one is freedom for all."

8/19 *Salvador Allende*. Released 2004, 100 min. September 11 is also the anniversary of the death of Salvador Allende, the democratically elected president of Chile whose government was brought down by a CIA-backed coup d'état in 1973. Director Patricio Guzmán explores the tragic recent history of his country.

IVC Book Forum

7/25 *Bobos in Paradise*, David Brooks

8/22 *The Warmth of Other Suns*, Isabel Wilkerson

9/26 *Atlas of the Unknown*, Tania James

Great Books Discussion Group

6/28 *Jackson's State of the Union Address*, *Lincoln's Emancipation Proclamation*, and *U. S. vs. Susan B. Anthony*.

July and August subjects have not been chosen yet.

IVC Philosophy Club: The new series, *Philosophy and Religion in the West*, which began in April, continues with Professor Phillip Cary, Eastern University, PA. Note: COM Fall Credit Schedule, page 76: PHIL 117, History of Philosophy: Late Modern to Contemporary. Wed. afternoon at COM/IVC.

IVC Film Noir Theater Club

6/25 *Desperate '47*, Steve Brodie, Audrey Long, Raymond Burr. Director Anthony Mann.

7/09 *Dark Waters '44*, Merle Oberon, Franchot

Tone, Thomas Mitchell. Director: Andre de Toth.
7/23 *Woman on the Run* '50, Ann Sheridan, Dennis O'Keefe & Robert Keith. Director: Norman Foster.

8/06 *Odds Against Tomorrow* '59, Harry Belafonte, Robert Ryan & Gloria Grahame. Director: Robert Wise.

8/20 *The Phenix City Story* '55, John McIntire, Richard Kiley & Kathryn Grant. Director: Phil Karlson.

Humanities Club: The following courses of study will be considered this month.

1. Great Pharaohs of Ancient Egypt --- 12 lectures.
2. Machiavelli in Context --- 24 lectures.
3. The Genius of Michelangelo --- 36 lectures.
4. I Claudius --- 12 hrs 20 min. Remastered Edition

Phone 491-0552 or email ruramc@mac.com to state your choice.



IT TAKES A VILLAGE...

Sometimes screwing in a light bulb is not a simple thing. Suppose the light fixture is on the ceiling and requires a ladder to reach it. Suppose your sense of balance is not what it once was and the doc says "no climbing." Must you call an electrician to come to your house to change a darned light bulb? Or wait until your son arrives for a visit at Christmas?

These are the kind of niggling, irritating choices, multiplied over the years, that force seniors to think about giving up their homes for the convenience of residential care. But independent minded Marin elders now have another useful option to consider.

Officially launched this month, an organization called Marin Village is part of a nationwide movement to help older people remain in their own homes as long as possible. The idea started in Boston, and we now have several groups in Marin County. **Louie Sutro** of Kentfield began the effort, and **Jo Burnett** of Tiburon is now the execu-

tive director of Marin Village, at present a county information center and core for the groups that are forming. For a \$200 annual fee, members of Marin Village can access reliable service information by phone or computer, or obtain the help of a neighborhood volunteer from their own organization.

For information, such as "I need a plumber; can you give me the name of a good one?" or "I want a caretaker; whom should I call?" we have the volunteer component because many of the things seniors need are not the kind of things you pay for. As for the volunteers, she says, "We know that many people are quite willing to help out; they just need a little structure to do so. So we're trying to set up a volunteer group in each town."

Marin Village also has a social component to its services. "As you know," says Burnett, "we've got so many older people living in hillside homes bought when they were younger. Once their mobility is reduced, they can become isolated and can't participate in the outside world. So on our website, we're offering different ways for people to connect."

For elders who are not computer savvy, there are conference calls for chatting with other people while at home. Envisioned are book clubs, knitting groups or other classes for active seniors. Each "village" group will come up with its own unique offerings.

Any residents who are interested in promoting a "village" for their community should check out the Marin Village website: www.marinvillage.org. All it takes are a few like-minded people to arrange a planning meeting in someone's home.

A representative from Marin Village will come to give an overview of the project. There are also links on the website for service professionals who wish to be on the referral list, and of course, information for signing up as a member or volunteer.



Loretta Dawe

"FREE" PARKING

Valda Carter reports that parking in the free lot recently proved to be costly. Though she saw no signs prohibiting use of her space she received a \$50 ticket for using a fire lane. *Keep your eyes open.*

THE BEST OF TIMES: THE PHONE CALLS



Returning home from my weekly visit to the beauty shop where I am alternately scalded and sheared, waiting for my beautician to comb my three remaining strands of hair, I shamelessly eavesdrop on the old biddies on either side of me. Discovering what I should have known all along, I learn what must be an eternal truth: all sons call their mothers on the way home from work. I am beginning to wonder if today's brides have it written into

their marriage contracts or is just it an implied verbal agreement.

On one side of me was a woman whose face was completely slathered in white paste (I'm certain she was one of my neighbors but she was completely unrecognizable.) She said that her son and his second wife (trophy of course) travelled extensively and she had asked him to put San Francisco on his itinerary so she could have a meaningful conversation with him. I could relate to this because I have often felt the same way.

The lady sitting on the other side of me had her head wrapped in so much aluminum foil she looked like she was suited up for the next space mission. "When my son calls," she told me, "I can hear him place an order at McDonald's. 'Just a Big Mac and a diet coke until I get home and see what the old lady has burned for dinner tonight.'"

"His wife is seriously in need of culinary aid," she whispered.

My youngest son who lives in Denver calls regularly on his way home from his office and I believe he takes out his day's frustrations on the traffic around him as he rants and rages. "OMG, that #@%*&!!! I just saw an accident. Someone nearly creamed me." By the time he is in his neighborhood I feel like I have been through a war zone.

My eldest son on the other hand calls every morning. "Good morning, Mom, I am going to lose you as I am about to go through a tunnel. I'll call you back." End of conversation. Truth be known, he lost me at the last speed bump.

I have discussed this situation with the telephone company and have it in the strictest confidence

that all of these wives have the system rigged so that their husbands cannot call their mothers from home. The phone companies are in collusion on this. It was these same women that started the rumor about getting cancer from cell phones. All mothers with daughters may ignore my diatribe.

If you want to be part of my class action suit against the phone company, send me your name, your son's name, your cell phone number and \$5.00. As soon as I can coordinate this information, I will do something with it. Please hold on for a minute. My other phone is ringing.



Iris Tandler

IS ONE DOG YEAR EQUAL TO SEVEN HUMAN YEARS?

The age-old adage that one dog year equals seven human years derives from the simple mathematical division of the average human lifespan by the average canine lifespan.

It's true that dogs do age much faster than humans because of their higher metabolic rate. Usually, the larger the mammal, the slower the metabolism and the longer the life. But the seven-to-one rule of thumb for a dog's "realistic" age must be inaccurate because it's not uncommon for dogs to live to the age of fifteen, but very few humans live to 105.

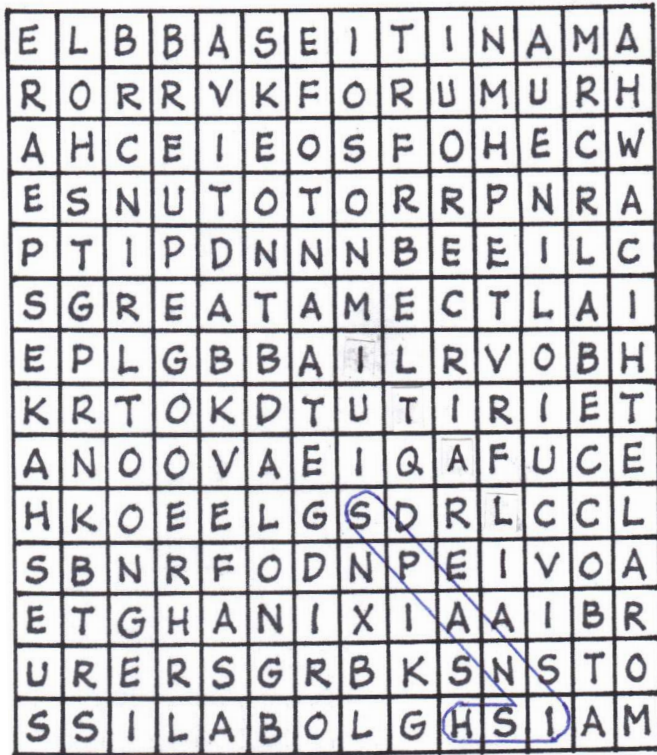
In any case the seven-year rule should not be applied proportionally, though it might be appropriate for the middle section of a dog's life. The beginning or final developmental phases cannot be correlated to those of a human because a dog tends to be fully sized and sexually mature at the age of one, while the same cannot be said of a human of seven. A more accurate yet simple method of calculating a dog's "realistic" age is to allocate 21 years for the first year (i.e., when dog and human both reach adulthood) and then 4 years for every additional year.



The size and breed of a dog are also factors that impact on how fast it ages. Large dogs age the fastest, so even the above rule cannot be applied to all breeds. A large ten year old dog is considered to be seventy-eight, whereas a small ten year old dog is equivalent to fifty-six.

WANT ACTION? JOIN AN EMERITUS CLUB.

BUT TRY ALL THE ANGLES WITH THESE WORDS FIRST



ADVENTURER'S	ITALIAN
BOCCE BALL	IVC BOOK FORUM
BOOK BANTER	IVC FILM NOIR
BRIDGE	MORAL-ETHICAL
CURRENT EVENTS	OPERA
FRENCH	SCRABBLE
GLOBAL ISSUES	SHAKESPEARE
GREAT BOOKS	SINGALONG
GREAT IDEAS	SPANISH
HUMANITIES	WRITERS

AN ANGLED WORD PUZZLE BY PAUL GRUNER
(SEE EXAMPLE: EACH CLUB WORD IS ANGLED.)

ART EXHIBIT OF NANCY POLLOCK



On exhibit at Emeritus Kentfield are some of the works of COM faculty member Artist **Nancy Pollock**. Ms. Pollack is at home in any medium--her encaustics, oils, acrylics, charcoals, and pastels are widely shown and have received many awards. In 1989 the Small Business Administration first place prize included posters in every post office in the United States; then in 2009 the cover for Marin Arts Council Open Studios Directory and posters.

Her first Emeritus Center exhibit is from July to September 2011. Be sure to come to the reception for her on Monday, July 18, from 4:30 to 6:30 PM and find food, fun and FINE ART!

Len Pullan, Art Chairman

YOUR MOST TREASURED BOOK

Which is the book I treasure? Which is the one I miss in all the shelves of stuff I shall not live to read? It's the one I loaned to her, of course. I knew I shouldn't do it. Don't you guess, sometimes, when you're lending a book, that it's never going to come back? Didn't I know in my heart that I was only offering her the book as a way of trying to get her to come back? You just write it off to experience, don't you? What was the book? You know, I'm not even sure any more. It would take so long to work out what's missing, and it's all I can do to remember her.

[This beautifully written paragraph appeared recently in the *Chronicle* Book Review section and we thought our readers would enjoy it. The writer is David Thomson, author of *The New Biographical Dictionary of Film* --Ed.]

**To Emeritus Students, College of Marin,
835 College Ave., Kentfield, CA 94904-2590**

Enclosed please find my check for \$15 for membership in the Emeritus Students.

Name _____

Address _____

Telephone _____

E-Mail Address _____

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

TIME DATED MATERIAL

**Non-Profit
Organization
U. S. Postage Paid
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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: 3rd 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: 4th Wednesday, 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. Marlene Knox, 459-1427, marlsteve@comcast.net.

