OLLI News and Upcoming Events

OLLI at SCU welcomes new Executive Director

MESSAGE FROM DR. TERRI PERETTI, ACTING DEAN, COLLEGE OF ARTS & SCIENCES

As many of you already know, Marie Brancati has accepted the College’s offer to become OLLI’s inaugural Executive Director. She began her new role on 9 March and will be sharing time between OLLI and her current position as the College’s Director of External Relations.

As our Executive Director, Marie will focus her energy on developing OLLI’s fund-raising and community outreach efforts. We’ve seen OLLI grow from a fledgling program just 10 years ago to a now 1,000 plus-member community -- and poised for more growth. To ensure we can continue developing and delivering quality programs enjoyed by all our members, OLLI will be looking to partner with external organizations and integrate itself more into the surrounding community.

Marie is the optimal choice to lead us in these endeavors. An alumna of Santa Clara, she has a proven track record as a fundraiser and organizer in the valley. Her stints with Santa Clara's Bronco Bench, Lucile Packard Children's Hospital at Stanford and O'Connor Hospital Foundation have cemented her reputation as a leader in the community.

OLLI is in great hands as it looks to the future. With Andrea and Grace continuing to ensure the operation runs smoothly and Marie building bridges to the community, OLLI is guaranteed to be a welcoming and thriving community for decades to come.

Please help me welcome Marie and, even better, look for her at an upcoming OLLI event and introduce yourself. I look forward to seeing you as well.

New inside – “Get up and go!”

A new feature this month by Julie O’Keefe, Get up and go! reviews a visit to the Asian Art Museum, currently featuring “Seduction: Japan’s Floating World” and “The Printer’s Eye,” exhibitions sponsored by The Bernard Osher Foundation and tying in with the Japanese Woodblock Prints Spring quarter class. You’ll also find a review of a light-hearted and fun new movie, The Second Best Exotic Marigold Hotel.

Save the date – 17 June – Potluck Picnic

Don’t forget to mark your calendar for the 3rd Annual Potluck Picnic. Watch for more details.

Volunteers needed to help plan and manage Picnic

Volunteer positions are critical to the success of these events and your participation will help achieve that success as well as form new friendships in the OLLI community.

We’re looking for volunteers to help plan and manage different aspects of these events as well as general volunteers to help the events run smoothly. A planning meeting will be held in the next few weeks. Please don’t assume we know you will volunteer.

Email Bev Seligman, bevseligman@gmail.com, to sign up and specify Volunteer. in the subject line of your email, or phone her, 408-998-1711.
Meet the Instructor - Dr. William C. Dement, MD PhD

By Jeffrey Englander

Dr. Dement will be teaching a class, Sleep and Dreams, during the Spring quarter. He kindly agreed to be interviewed by phone.

How did you get interested in studying Sleep?

In High school, I became interested in my own vivid dreams and looked around for books about this. The best one at the time was Sigmund Freud’s “Interpretation of Dreams.” I eventually made it to medical school thinking that I would go into Aerospace medicine or surgery, when we heard a lecture from Nathaniel Kleitman, who was one of the first investigators of sleep. I volunteered for a summer research project with Dr. Kleitman and was hooked.

What have been some of the challenges in studying sleep?

Mostly it’s been funding, both for studying people and performing research. We opened the first clinic for studying narcolepsy in 1964. It went bankrupt. I accepted any invitation to any group to give presentations about sleep. In 1970 I went to Blue Shield attempting to convince them to pay $400 for sleep studies. One of the physicians in the room stood up before I was finished and announced, “I am not staying in this room one more minute listening to this charlatan!” I think the rest were so embarrassed by him that they approved the proposal.

What have been some of the challenges in studying dreams?

It took us 9 submissions to get a paper accepted that proved that cats experience REM(rapid eye movement) sleep. It is amazing that dreaming seems to be necessary. Even if you prevent REM sleep with drugs or sleep deprivation, it eventually comes back.

What are some of the surprises you’ve found?

I didn’t expect that newborns would have REM sleep. Even centenarians have REM sleep. Reptiles have REM sleep. Traumatic dreams can be recurrent but people think they occur more often than they really do. We have found that Vietnam Vets have recurrent dreams often about very traumatic events.

What are you most proud of in your work?

In the 1960’s Stanford had the only Sleep Medicine clinic in the country. I convinced 5 other centers to have clinical service. Now there are over 3000 centers in the US and one can be board certified in Sleep Medicine.

The undergraduate class I teach at Stanford is one of the most popular, typically over 300 students attend. I hope that Santa Clara University will offer such a class. Undergraduates are fun to teach as they are curious about the topic whereas medical students just want to know the immediate application for patients.

Visit Dr. Dement’s Sleep Well web site - http://web.stanford.edu/~dement/ to learn more about his fascinating work on this topic.

Exploring Society through Photography

By Carol Lindsay

This was an undergraduate course taught by Renee Billingslea that engaged students with members of the community in an outreach project through meaningful conversation and connection. Ten OLLI members volunteered to participate and both students and seniors were rewarded with a deeper understanding and appreciation of their new cross-generational friend.

Billingslea emphasizes “much of their learning comes from reflections on their individual community-based experiences, which, when brought into the classroom, enhance the students’ understanding of photography as a “vehicle for connecting with others and to recognizing social issues in the community.”
Exploring Society – cont’d.

Through a series of meetings the students collected information, stories and life experiences from their subjects and wove a narrative script, music, and images into a fascinating “portrait” of their new friend. The students worked in concert with the Theatre Department to script and edit the images and story and the end result was a three-minute iMovie that was insightful, fun, professional and creative. The participants were given copies of their photos along with a copy of their movie, a “digital portrait” produced by their new friend, which no doubt will be a keepsake.

To learn more about this course click here. Renee will be teaching an Osher studio course on digital photography this Spring quarter.

OLLI Art Show

The first OLLI Art exhibit is scheduled to run mid-September through mid-December in the SCU Learning Commons and Library, and will coincide with the grand SCU Reunion this fall.

If you are thinking of participating in this opportunity to share your painting, drawing, and photography talents with other members, SCU students, and visitors to the SCU Library, please don’t wait because we need to know for our planning purposes and to secure your space in the exhibit. Contact Don Wieland to provide photos, sizes, and type of media you’d like to exhibit and to tell us what you’d like to do if you’d like to help with the event. You don’t have to exhibit to help.
Romance of the Arts – OLLI members go to LA

By Tom McNeal

A group of 30 folks took the 'Romance of the Arts' trip down to LA in early March. The trip was managed by the Road Scholar organization, which provided a wonderful coordinator (Peg Steel), and excellent lectures by several experts in the field. We stayed at the WH Grand Hotel in downtown LA, which provided both breakfast and dinner most nights, in addition to providing rooms for the lectures that we had before each expedition. We started out with visits to the LA County Museum of Arts (LACMA), the beautiful Getty Center museum, the Norton Simon museum, and the Huntington Library and Botanical Gardens. After that, we toured the Walt Disney Concert Hall and attended a wonderful performance of the LA Philharmonic, conducted by Gustavo Dudamel. Our last day there we visited the Los Angeles Central Library, which was an interesting end to a wonderful series of expeditions. To see more pictures of our adventure, click Shutterfly.

Get up and go!

By Julia O’Keefe

This is a new feature to inspire you to get out and go. Let us know what you think and your suggestions for places to feature.

At the Asian Art Museum, San Francisco

SEDUCTION: JAPAN’S FLOATING WORLD

The “floating world” is an idealized world of fantasy and pleasure, unsullied by any hint of harsh reality. It came to life in the 17th century in a district of Edo (Tokyo) called Yoshiwara, a large walled area where a person of means could find sex, the finest food and drink, and plenty of entertainment. The exhibit Seduction: Japan’s Floating World reveals this fantasy world through exquisite paintings of the most famous courtesans, examples of painted and embroidered coverlets used by courtesans and their clients, and some everyday objects they used. Included are ceramic and glass vases and jars, a 400-year-old sleek metal rabbit incense burner, and a highly ornate mirror stand. Also on display is an incredible 17th century scroll depicting the Yoshiwara district from gate to gate: beautiful, highly-paid courtesans and their entourages on parade, servants and vendors lugging delicacies and gifts, and less-prized prostitutes on display behind wicker divides. The 58-foot scroll was painted by one who knew the district well; Hishikawa Moronobu was himself married to a former courtesan. Through 10 May, sponsored by the Bernard Osher Foundation. http://www.asianart.org/exhibitions_index/exhibitions
Get up and go – cont’d

THE PRINTER’S EYE

Complementing Seduction is an exhibit of “ukiyo-e,” pictures of the floating world,” from the collection of San Francisco printer Robert Grabhorn. Beginning in the early 18th century, these pictures were printed using wood blocks. Wood block printing became an art form that allowed those who could not visit the Yoshiwara district in person to enjoy the “floating world” vicariously. For about the price of a bowl of noodles, a person could buy a print depicting women of great beauty, dressed and coiffed in the latest fashion, partaking in all types of leisure activity.

Printer Grabhorn’s collection documents with a series of prints the development of woodblock printing process. The earliest prints were really just printed outlines to which an artist later added some color. Within a few decades, however, the technique had evolved into a method of carving and fitting together separate blocks for each color. The carving and fitting required artisans of the highest skill, and this exhibit features a nine-minute video of a master carver and printer showing exactly how it is done.

The exhibit includes much more: guide books to pleasure and to the Yoshiwara district, videos of Kabuki Theater, and a film of a cross-dressing actor performing the Wisteria Dance. Well worth a look!


The Second Best Exotic Marigold Hotel – a film review

By Julia O’Keefe

A few years have passed since Sonny Kapoor (Dev Patel) and Muriel Donnelly (Maggie Smith) bought the Best Marigold Hotel. Many guests have come and gone, but a core remains to spend their final years in the exotic and colorful surroundings of Jaipur, India. They are an active group of British seniors who seek love and adventure for their final years. Despite the Marigold’s lack of many modern hotel amenities and services, the residents love the place. They eat well, socialize, and seek love, escaping their humdrum pasts in an exotic and very inexpensive setting. The community at the Marigold has heart; Sonny calls roll each morning just to make sure that everyone is indeed alive.

The Best Exotic Marigold Hotel is a success, and Sonny and Muriel see an opportunity to grow the business. They attempt to lure an American hotel chain into supporting the purchase of a second Best Marigold Hotel. The plot of the film revolves around the arrival and identification of a secret hotel inspector who will come to evaluate the potential of opening an additional, larger hotel as part of an American franchise.

Against this background of business ambition and hotel expansion, the residents of the Best Exotic Marigold Hotel play out their relationships in an array of romantic sub-plots worthy of a 1960s soap opera. Sonny is wracked by jealousy when a handsome friend appears to be wooing his fiancée. An estranged wife (Penelope Wilton, Isabel of Downton Abbey fame), appears. Douglas (Bill Nighy) and Evelyn (Judi Dench), both in their 70s, struggle to express their true feelings. Lovers are unfaithful because each thinks the other has been unfaithful.

All the soap-opera sub-plots are played out by wonderful actors. The cast is superb, and the setting is India. Relationships develop in tropical courtyards, in crowded streets and markets, and exotic ex-pat bars. This is India, after all, and the film overflows with color, concluding in glittering wedding scenes, complete with a huge Bollywood dance number. The film is great fun, a perfect escape from everyday life in Silicon Valley.
This is a continuing series that describes the structure and governance of our OLLI at SCU, provided to further your understanding of our organization and perhaps interest you to become part of its leadership. The March Link described the role of the Curriculum Committee. This month the focus is on the Membership Committee.

The Membership Committee is responsible for attracting new and retaining current members in the OLLI community. They provide a welcoming orientation for new members, conduct periodic membership surveys to help fine tune the program to members’ needs, and they develop and disseminate recruiting materials throughout the community.

**Monica David**

Monica is chair of the Membership Committee, facilitator for the Aging Gracefully SIG, and serves on the Curriculum Committee. She was featured in last month’s Spotlight for her role on the Curriculum Committee and you can read about her in the link provided.

**Rosemary Neff**

Rosemary was born and raised in San Francisco and earned a B.A. in Psychology from SF State College. After graduation, she got a job in the General Services Administration's Transportation Division and worked there for the next ten years. During this time she met her husband, Tom, and within two years they had two daughters. After trying to work full time and raise two children under the age of two, she decided to become a stay-at-home mom. A few years later their third daughter was born and the family moved to Newark in search of more space.

Over the following years she put in countless hours as a volunteer at her daughters' schools, sports and social activities. The Neffs are very proud of their daughters, one a lawyer, one a nurse, and the eldest in her second year of medical school. Rosemary’s mother, due to her failing health and a diagnosis of Alzheimer's disease, had followed the family to Newark soon after they had moved. After all the girls left home, Rosemary spent the next four years as the primary caregiver for her mother, whose health required an increasing level of care, with the last two requiring care 24/7 in order for her to remain at home.

When her husband, Tom, learned about OLLI’s Shakespeare class from a colleague, she signed up for the class and loved it. She was impressed by the intelligence and energy she saw in OLLI members who took the time to make her feel welcomed, and she has continued taking classes every semester, attends OLLI SIGs, helps host classes, and this year joined the Membership Committee. Her interests lie in politics, literature, history, music, among many.

**Charlotte Ross**

Charlotte attended the University of Oklahoma, married a classmate, had two daughters and three granddaughters. Six years ago she was widowed and two years ago she moved to Saratoga to be near her California daughter and grandchildren. She discovered OLLI via Debbie and Len Schreibstein, long-time friends.

She served as Executive Director of the Suicide Prevention and Crisis Center of San Mateo County (from its founding in 1966 until her retirement in 1988), where she was active in developing accreditation procedures for suicide prevention and crisis centers in the US. Throughout her career she worked toward developing programs revolving around the prevention of youth suicide and played a key role in framing the California legislation mandating the development of a statewide program on youth suicide prevention for public schools. In 1985 she was appointed President/Executive Director of the Youth Suicide National Center in Washington, D.C. She served as technical advisor to the first television film on youth suicide, “Silence of the Heart” (1984), which was inspired by experiences at the San Mateo Crisis Center.

In 1993 Charlotte advocated for the rights of the terminally ill to be allowed to die with dignity. Having devoted more than 25 years to helping those who sought to end their lives prematurely, she also sought to help those whose final days held only extreme pain.
and distress. She supported Oregon’s 1993 successful Death with Dignity legislation and went on to found the Death with Dignity National Center in 1994. She served as the Death with Dignity National Center’s CEO until her retirement in 1999.

LINDA SMITH

Linda was born in Berkeley attending UC Berkeley “in utero” while her mother got her BFA. She says, “I guess I started my lifelong love of learning very early!” She grew up in the Bay Area and has lived here her whole life except for a brief stint in upstate New York when her father worked for IBM Fishkill. She went to Los Gatos High and UCSC (BS in Physics) and later earned her Master’s in Electrical Engineering from Santa Clara University. After working in high-tech in Silicon Valley for a long time, she retired from her career as Electrical Engineering Director at National Semiconductor in 2012. She joined OLLI@SCU in 2013 where she’s had the pleasure of taking a wide variety of classes and participating in many interesting events, especially the Special Interest Groups (SIGs).

She has thoroughly enjoyed taking a leadership role in facilitating the TravelTalks SIG and co-facilitating the Hiking SIG. She strongly recommends that anyone who wants a fulfilling and rewarding volunteer experience look into the volunteer opportunities at OLLI. In addition, she says that she has made several new friends and developed a sense of community, she feels is very important as one gets older. Besides OLLI and lifelong learning, she enjoys traveling, experiencing and exploring different cultures and languages, good food, reading, beauty, art, music and dance, animals, flowers, hiking and nature, and spending time with family and friends.

Special Interest Groups (SIGs)

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AGING GRACEFULLY

The next Aging Gracefully SIG will be held 13 April, 1:00PM. We had a lively discussion at the March meeting covering the range of services and opportunities for “seasoned” adults. One member brought up his participation on the Santa Clara Senior Advisory Commission and the issues they are addressing. Another member made an impassioned plea that we all think ahead to what we want to happen at the end of life, document that in detail, share it with those who will be affected, and review regularly. In preparation for our April meeting, members talked about the issues that are of most concern to them. The top “vote getters” were a) Brain health, and b) what we are looking for at this stage of life—happiness, fulfillment, purposeful life (and what does each of those mean?). For more information, contact Monica David.

At our last meeting on 31 March, our theme was “Helping Our Communities.” We were fortunate to have representatives from both the Assistance League of Los Gatos/Saratoga and Sunnyvale Community Services join us for informative presentations. They addressed the services and missions of their respective organizations, both of which assist those in need in our community.

In the coming months, we plan to sponsor both further presentations by other community agencies and a visit to a local agency. Our goal is to provide group members knowledge of community resources and possible volunteer activities so that they too can “be the change.”

For more information, and to be notified about future activities, please contact Debbie Schreibstein, group facilitator, at Debbie1509@aol.com.
CURRENT EVENTS

The Current Events Discussion SIG meets monthly. Each month, we discuss one major topic of interest, and as time allows, the most recent and important events in the news. Because of the interest and participation on the part of OLLI members, we have expanded to two groups.

Our next Current Events Discussion SIG meetings will be held on 6 & 7 April. The first option will be a group meeting from 1:00 to 3:00PM, Monday, 6 April, and the second option will be a group meeting on Tuesday, 7 April from 1:00 to 3:00PM.

Discussion will be based on a book by two former congressmen, Martin Frost and Tom Davis, one a Democrat and the other a Republican. Their recently released book is titled *The Partisan Divide: Congress in Crisis*.

To facilitate the discussion, we will view online video excerpts from an interview where the authors discuss both the current situation and proposed solutions.

Both groups, Be the Change and Current Events will meet in the OLLI classroom, Loyola 160. To attend, you must first register by contacting Len Schreibstein, group facilitator at LnShrbstn@aol.com, or Debbie for the Be the Change. Also, please feel free to contact Len for more information about the group.

EXPLORE THE BAY AREA

Don’t miss our 19 April outing to Opera San Jose’s performance of “The Magic Flute.” Enjoy a wonderful opera, in great seats with other members of ETBA! Registration is happening now, don’t miss the unique opportunity!

Planning continues for visits to the Walt Disney Museum (San Francisco), the Essanay Silent Film Museum (think Bronco Billy, located in Niles Canyon near Fremont), and other points of local interest.

If you know of a great local place to visit, please let us know!

To contact us please send an email to ETBASIG@GMAIL.com.

GENEALOGY

The Genealogy SIG March meeting included 11 of us in good discussions of our individual ancestries. The April meeting will be a working meeting in the Heritage Pavilion of the Santa Clara City Library where we can use the resources there to work on our individual searches. The day and time of the next meeting will be communicated to members of the SIG and will be on the OLLI calendar. All of those on the SIG roster will receive a reminder email. For any questions, please contact Max Jedda, 408-735-8697.

OLLIWOOD

On 16 March everyone in the OLLIWOOD group enjoyed "The Second Best Exotic Marigold Hotel" and we are now looking forward to the selection for 20 April. Anyone interested in joining the group email Evelyn at evelynhow@yahoo.com. Those on the SIG’s mailing list will be notified once we know what is playing. To join the SIG, contact Evelyn Howard.

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**The Link Editorial Board:**

Carol Lindsay, Editor
Monica David, Associate Editor
Becky Bell, Spotlight Editor
Max Jedda, Photo Editor
John Daly, Dick Gaskill, Photographers
Anne Tyler, Events Listing

*Deadline for submissions for the April issue of The Link is 23 March. Please submit events, corrections, and additions to Carol Lindsay at clindsay408@comcast.net*
Campus Events

SCU offers a wealth of enriching opportunities that you as an OLLI member may attend. Check them out!

(Editor’s note: Please be aware when there is an evaluation form available at any of the presentations on campus that allows you to identify yourself as an “Osher member” or an “OLLI Member,” that it is important to both SCU departments and to OLLI to know that OLLI members are attending these campus events.

Current Exhibits

**Brian Wall: Squaring the Circle**

April 10 – June 14, 2015

Squaring the Circle explores the recent work of British-born Bay Area sculptor Brian Wall. Working predominantly in large scale, Wall manipulates simple forms to create compelling, abstract sculptures that seem to defy gravity. Composed of multiple parts welded together—some cantilevered, others balancing precariously on a single point—each work contains within it a sense of impending movement. For more information, click here.

Photo by Tina Scalth

**Keep, Care and Collect On**

Continuing April 10 – June 14, 2015

Click here to learn more about this continuing exhibit.

**Voices of Partition**

Thursday, 23 April 23, 6:30PM, Free

Nearly 2 million people died and over 15 million were uprooted during the 1947 Partition of South Asia. Explore the Partition through a free screening and crowd-sourced survivor footage followed by witnesses sharing their stories. This program is co-presented by the 1947 Partition Archive and the de Saisset Museum with support from API Chaya.

**Artist Lecture: Squeak Carnwath**

Wednesday, 29 April 29, 7:00-8:30PM, Free

Join us for a conversation with Bay Area artist Squeak Carnwath. Through a Q&A-style dialogue with the audience, Carnwath will share her thoughts, experiences, life and art. This program is co-sponsored by the de Saisset Museum and SCU’s Department of Art and Art History.

**Leavey School of Business**

**Quantitative Easing: Money For Nothing?**

What is “quantitative easing” and what will the U.S. economy look like without it? Did multi-trillion dollar spending by the Federal Reserve on government and private-sector bonds smooth the path for further recovery, or doom the U.S. to constant boom-and-bust cycles? On April 7 Santa Clara University will host a screening of the documentary *Money for Nothing*, followed by a panel discussion with prominent economists who have divergent views on the topic. For information on the event and its panelists, please visit: http://www.scu.edu/business/quantitative-easing/
DENA DUBAL, MD, PhD

Longevity and the Aging Brain

21 April 2015
Music Recital Hall

Reservations required - RSVP

Assistant Professor and David A. Coulter Chair in Aging and Neurodegenerative Disease and Director, Laboratory of Neuroscience & Aging, University of California, San Francisco

Dr. Dubal leads a team unraveling how to slow or block aging of the body and brain. Using synergistic and cutting-edge approaches, her lab is investigating how an anti-aging approach holds promise in developing treatments to improve brain health in normal aging and disease. Her discoveries have been profiled in media such as NPR, the Economist, and the Wall Street Journal – and are recognized as potential therapies for living longer and better.

SCU Library

SPRING BOOK OF THE QUARTER

Book Title: The Nethergrim
Author: Matthew Jobin (SCU Anthropology Professor)
Date: May 21, 2015, 4:00-5:30PM
Location: University Library, 3rd Floor, St. Clare Room

2014-2015 Bannan Institute: Ignatian Leadership

Drawing on the Spiritual Exercises of St. Ignatius, the 2014-2015 Bannan Institute will explore the theme of Ignatian Leadership as a vocational practice or way of proceeding that seeks to affect personal and communal transformation.

Visit www.scu.edu/ic for our full event listing and to RSVP for events.

GERALD MCKEVTIT, S.J. | UNFINISHED BUSINESS: THE PAST AND FUTURE OF JESUIT HIGHER EDUCATION

April 14 | 4:00 p.m., St. Clare Room, Library and Learning Commons

SCU Emeritus Professor of History and University Historian, Gerald McKevitt, S.J., will discuss the beginnings of Jesuit education as an innovation as well as the new demands facing the system in our secular era, as well as the future of Jesuit educational leadership today.
STEPHANIE RUSSELL | GUIDEPOSTS AND FORECASTS: SHARED GOVERNANCE AND COLLABORATIVE LEADERSHIP IN JESUIT UNIVERSITIES
April 20 | 4:00 p.m., St. Clare Room, Library and Learning Commons
Stephanie Russell of the Mission and Identity Office at Marquette University will comment on the values and strategies of shared governance at Jesuit universities.

THE BOTTOM LINE OF CONTEMPLATIVE LEADERSHIP: EXPLORING THE IMPACT OF SPIRITUAL ENGAGEMENT BY ORGANIZATIONAL LEADERS IN HIGHER EDUCATION, BUSINESS, AND HEALTHCARE
April 28 | 4:00PM, St. Clare Room, Library and Learning Commons
SCU professor Andre Delbecq, a pioneer in the field of leadership spirituality, will discuss the value of incorporating spirituality into the workplace, with Elizabeth McCabe and Diarmuid Rooney of Ministry Leadership Center, and David McCallum, S.J. of Le Moyne University.

THE PSYCHOLOGY OF COMPASSION AND CRUELTY: INTERDISCIPLINARY REFLECTIONS
6 April, 12 noon - 1:15 p.m.
Location: Vari Hall, The Wiegand Center
This panel presentation features Santa Clara University contributors to The Psychology of Compassion and Cruelty: Understanding the Emotional, Spiritual, and Religious Influences. The book was edited by Thomas Plante, the Augustin Cardinal Bea, S.J., University Professor and director of the Spirituality and Health Institute at Santa Clara University. Additional contributors and panelists for the event are: Barbara Burns, SCU Liberal Studies, Andre Delbecq, SCU Management, Diane Dreher, SCU English Sarita Tamayo, SCU Religious Studies, and Sarita Tamayo, SCU Religious Studies. This compilation offers expert evidence-based reflections on the development and nurturance of compassion. How do psychology, religion, and spirituality increase compassion and minimize cruelty? The panelists will offer evidence-based reflections about the development and nurturance of compassion. REGISTER

ENHANCING RESILIENCY AND CULTIVATING COMPASSION IN YOUTH
22 April, 5:00 p.m. - 12:00 a.m.
Location: Benson Center, Williman Room
Featured speaker: Professor Rony Berger, Tel-Aviv and Ben-Gurion Universities, Israel Co-sponsored by the SCU Liberal Studies Program, the Dean of the School of Arts and Sciences, and the Markkula Center for Applied Ethics The first "Compassion in Action for Children Lecture in Liberal Studies" features Dr. Rony Berger, a world-renowned psychologist who has worked extensively with children in high conflict areas worldwide to help them develop resiliency and foster compassion. Professor Berger is leading a large international study to identify underlying processes that transform former political extremists and gang members from anti-social violence into peaceful pro-social activities. A reception follows, sponsored by the Santa Clara University Future Teachers Program. REGISTER
Ask Mickey: What’s good for you — and the planet?

At Bon Appétit, we believe that what’s good for our bodies also tends to be good for the environment. While this connection between personal and environmental health has been part of the nutrition discussion for years, it’s not currently considered by the government when developing nutrition policy.

In late February, a group of experts in nutrition, medicine, and public health released their recommendations to the United States Department of Agriculture for the 2015 Dietary Guidelines. For the first time, the committee made the bold recommendation to include sustainability in the report. They stated:

The major findings regarding sustainable diets were that a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet.

Replacing meat and dairy with plant-based options even one day per week significantly reduces water usage and greenhouse gas emissions.

Here are a few easy swaps to improve your health while helping out our planet:

- Replace red meat with beans, tofu, sustainable fish, or locally produced poultry and eggs at one meal per day (or more).
- Substitute half the meat in meat sauces, lasagnas, or other dishes with mushrooms or other hearty vegetables.
- Skip the cheese and top your pasta or other dishes with a squeeze of citrus and fresh herbs.
- When eating in Bon Appétit’s cafés, look for food labeled with these menu icons: Low Carbon Diet, Vegan, Sustainable Seafood, or Farm to Fork.

The USDA has invited the public to comment on the guidelines through April 8 then will likely release the final 2015 dietary guidelines by the end of this year. Stay tuned! Email your questions and feedback to nutrition@cafebonappetit.com.

SCU•PRESENTS THE PERFORMING ARTS @ SCU
April 2015
FOR TICKETS AND DETAILS FOR ALL EVENTS VISIT: WWW.SCURPRESENTS.ORG

DEPARTMENT OF MUSIC

Give us 50 minutes and we'll give you the world!
FREE and open to the public.

MUSIC AT NOON
Wednesdays at 12:00PM
Music Recital Hall

Click here for the full Music at Noon schedule
8 April | Jazz featuring Dahveed Behroozi, piano
15 April | Thelonius monk tribute
22 April | Excerpts from Calisto
29 April | Teresa mccollough, piano
SCU ORCHESTRA

JOHN KENNEDY, MUSIC DIRECTOR AND CONDUCTOR

Friday, 24 April | 7:30pm
Mission Santa Clara
Get Tickets Here

SCU•PRESENTS ARTS FOR SOCIAL JUSTICE

LINEAGE DANCE: CEILING IN THE FLOOR

Saturday, 11 April | 8pm
Sunday, 12 April | 2pm
Original music by Brandon Toh
Choreography by Hilary Thoms
Directed by Marisa Echeverria
Get Tickets Here

OLLI STAFF

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