OLLI News and Upcoming Events

Welcome new members!
OLLI at Santa Clara University is reaching more and more people who want to join the fun of learning without pressure, meet new friends, and find new interests to explore.

A hardy welcome to the 422 new members who have joined OLLI@SCU and welcome back to the 576 renewing members! These are exciting times, indeed!

Lanyards
As a new member you’ll receive your lanyard and name tag which you’re asked to wear to all classes and SIGs you attend. The new name tags/lanyards are distributed at the first class in which you’re enrolled. If you haven’t received your name tag or lanyard, please stop by the office – there are bundles waiting to be claimed.

Special Interest Groups (SIGs)
What is a SIG?
SIGs are another way for OLLI@SCU members to continue lifelong learning beyond the classroom. A SIG is formed by a nucleus of people with a special interest in the same subject, and who are willing to participate as active, rather than as passive, learners. SIGs are independent and self-directed, with members deciding where and when they will meet and how the group will function.

Meeting regularly, SIGs not only provide new and enriching opportunities to form friendships with other members, they also provide continuity with the OLLI@SCU program over the summer break in the class schedule. The current SIGs:

- Aging Gracefully
- Appassionati Italiani
- Be the Change
- Biking the Bay Area
- Cultural Cornucopia
- Current Events Discussion
- Exploring the Bay Area
- Genealogy
- Hiking!
- Mystery Book Club
- Olliwood - Let's Go to the Movies
- Photography
- Travel Talks

Want to propose another SIG?
Download and fill out the SIG Proposal Form, and send it to Osher Lifelong Learning Institute, Santa Clara University, 500 El Camino Real, Santa Clara, CA, 95053. If you propose a SIG you are not committed to being the facilitator, but you must be willing to organize and preside over the organizational meeting. We will post the proposed SIG on the OLLI@SCU home page and in the Link. When six or more people have expressed an interest in the proposed topic, the SIG coordinator will put you in touch with one another. Once a SIG has formed we will post an announcement on the program's Home Page with the name and contact information of the Group's facilitator. Get involved, join a SIG.

Class locations and campus map
This year many classes are located in buildings that are new to many of us. There is a wonderful interactive map available where you can type the building into a search box and a flashing blue light shows you exactly where the building is located.
Monica David named new chair of Membership Committee

Monica David spent 30 years as a market research and consulting executive in the hi-tech industry, working for companies such as Dataquest, Gartner Group, and CustomerSat. She retired four years ago, determined to continue learning. Aside from taking many classes, Monica has been deeply involved in various jobs in OLLI: she serves on the Curriculum Committee; facilitates the Aging Gracefully SIG; creates and administers the member surveys; and is Associate Editor of The Link.

The Christmas Truce

This Christmas season Dr. Scot Hanna-Weir and the Santa Clara Chorale will present The Christmas Truce, a moving musical remembrance of a moment in history.

In December of 1914, German and English soldiers on the front lines of World War I set aside their weapons and took up carols in an historic impromptu truce. One-hundred years later, the Chorale remembers this demonstration of humanity through the singing of carols and songs known to be sung at the event, interspersed with readings from contemporary soldiers’ letters and seasonal choral pieces. Click to see schedule and to purchase your tickets.

OLLI member Peter Ross says “If you've not read it, the 2001 paperback, “SILENT NIGHT, The Story of the World War I Christmas Truce” by Stanley Weintraub is well worth reading and offers a fascinating depiction of part of WWI.” He offers the following book review, which he wrote in 2004 for SF Folk Music Club newsletter.


This is not a book about music, but music plays several key roles in it. SILENT NIGHT is the true story of the spontaneous truce in December 1914, along the front lines between German, British, French, and other troops. In many places this truce was initiated by German soldiers singing Stille Nacht and placing small Christmas trees on top of the parapets. This led to carol-swapping by both sides from the safety of their trenches, then burial of the dead in No-Man's Land, and finally fraternization where men traded sweets and spirits, shared family pictures, and even engaged in some ragged soccer games. At one place the Germans even sang a song beginning, "Es ist sehr weit zu Tipperary..."!

John McCutcheon's moving song, "Christmas in the Trenches," has memorialized this truce. In hearing the song many times I had always assumed that the truce was an isolated incident, whereas the book documents that it happened in numerous places along the front, and on several days, including Christmas Day itself. Two pages of the book discuss McCutcheon's song, even quoting several lines such as the one asking "whose family" would be fixed in the sights of a gun, and, "The ones who call the shots won't be among the dead and lame," and "on each end of the rifle we're the same." Stanley Weintraub, the author of SILENT NIGHT and a professional historian who specializes in military history, concludes that, "However erroneous the song's specifics were, the conclusions were not."

SILENT NIGHT describes events leading up to and after the "massive truce," as well as why similar truces didn't occur later in the war. It offers fascinating insight into and depiction of what life was like in the trenches. Several poignant photos of soldiers fraternizing in No Man's Land left one wondering whether they survived the war. Although not an easy read, I recommend SILENT NIGHT as a book that you won't forget.

Peter Ross

December 2014

The Link – OLLI@SCU
A group of 18 “Be-the-Change” SIG members participated in a very informative tour of the Second Harvest Food Bank on Wednesday, 19 November. They gained a perspective about the mission and operation of the food bank and about volunteer and donation opportunities. A startling 1 of 10 individuals or families in our community receive assistance from this program. Second Harvest distributes food to over 300 partner organizations in Santa Clara and San Mateo County, who then distribute that food to individuals and families in need.

For more information, please check out the Second Harvest website at http://www.shfb.org/

In addition, if you would like a more personal perspective about what our group learned on this tour, please feel free to contact Debbie Schreibstein at Lendebsch@aol.com. Include your phone number and Debbie will contact you to share her personal impressions and what she learned as a tour participant.

“Be the Change” plans to schedule more site visits of non-profit organizations in 2015 as just one part of the group’s activities.
Lifelong Learning Through Travel

Lifelong Learning travelers returning from a Romance of the Rhine & Mosel Rivers cruise

It’s fun traveling with other Olli members, SCU alumni, and friends and family of SCU. If you haven’t made your travel plans for 2015, please consider booking one of the exciting and educational Learning Through Travel trips that still have limited space available. Visit our website for more details and up-to-date information www.scu.edu/osher/travel.

March 1 – 7, 2015  The Romance of the Arts in Los Angeles
OLLI@SCU is partnering with Road Scholar to provide you with an opportunity to explore the rich and exciting arts of the Los Angeles area. From “behind-the-scenes” docent tours of four great art museums and the Walt Disney Concert Hall, to a live performance of the L.A. Philharmonic Orchestra conducted by Gustavo Dudamel, you’ll find yourself enjoying a wide variety of cultural experiences while you leave the driving to Road Scholar.

Booking deadline for this trip December 1, 2015

April 13 – 27, 2015  Tuscany & Umbria: Rustic Beauty in the Italian Heartland
Travel with Overseas Adventure Travel (OAT) on an exclusive OLLI @ SCU tour limited to 16 travelers. On this 14 day trip you’ll visit and learn about the art, history, culture and architecture of both familiar and hidden gems in the Italian heartland. In addition, you’ll have the opportunity to engage in a range of distinctive activities such as Italian cooking lessons, a bike ride atop Lucca’s city walls, scenic walks through the rustic countryside, and a home-hosted lunch with an Italian family.

Booking deadline for this trip December 1, 2015

July 1 – 16, 2015  The Classical Splendors of Western Turkey
Every step of the way, Turkey is the kind of out-of-the-ordinary, hospitable and utterly memorable destination every traveler longs for! As an OLLI @SCU Lifelong Learner you’ll: *Marvel at Istanbul’s treasures including Topkapi Palace and the Hagia Sophia; *Stand amazed at the sandstone spires and pinnacles of Cappadocia; *Enjoy life aboard a luxurious teakwood yacht cruising the fabled Turquoise coast; *take Coastal walks to the ruins of sunken Roman baths; *Wander through the astonishing ruins at Ephesus, Asia’s capital in the Roman imperial era; and *enjoy a variety of boutique hotels (cave hotel in Cappadocia) to an elegant cliff top hotel in Kusadasi overlooking the sea.

Limited space still available.
Aging Gracefully

We are planning to hold our next meeting during the second week of December. Check the OLLI Calendar for date.

The highlight of our November meeting was a talk given by Vilma Pallette to members of the Aging Gracefully SIG, as well as to OLLI members at large. We were reminded that the population of people over 65 is growing and that there is a decided trend toward retirement at 55. A key question, besides figuring out how to ensure financial security after 55 is what will you do with your time? Her advice was to start with identifying what makes for a happy life: community/networking, expanding the mind, not undervaluing yourself, being honest with yourself, having a positive attitude. At the top of her list was to “Find your Passion!” Volunteer for a cause you believe in. The wonderful thing is that by giving back in ways that enhance the lives of those left fortunate it will also bring you happiness. We plan to continue the discussion in December. A Doodle calendar will be sent out to determine the date and time slot that works for most.

For more information, contact Monica David at monica.david123@gmail.com, or call 408-735-1066.

BE THE CHANGE/CURRENT EVENTS

On December 8th both the Current Events Discussion group and the Be the Change SIGs will meet together for a special event. We will have a presentation for members of both groups about the all-important issue of homelessness, especially in Santa Clara County and ideas about what can be done to make inroads in solving this challenge for our community.

The co-presenters, and co-facilitators, will be Ms. Jenny Niklaus, Chief Executive Officer of Home First and Ms. Linda Chin, a member of both OLLI and Be the Change SIG. Linda is also a long-time volunteer and board member with Home First.

We will meet in Loyola Hall room 160 on Monday, December 8, 11:00AM - 12:45PM. We would like to invite other OLLI members to join us. As space is limited, if you have not already done so, please reserve a seat by contacting Debbie Schreibstein at LENDEBSCH@AOL.COM. We hope to see many of you there for what will be a relevant thought-provoking presentation and discussion.

EXPLORING THE BAY AREA (ETBA)

The ETBA SIG has several trips planned for 2014-2015. We’ve had several very successful trips this fall beginning with two walking tours of Willow Glen, then a tour of Levi’s Stadium and Museum. On March 19th we will be meeting at Woodside’s Filoli Estate for a tour of the grounds and mansion when it will be tulip and bulb season, so the grounds should be in spectacular form!

In April members of ETBA are invited to attend Opera San Jose, more details to come. Members of the ETBA are encouraged to get involved in helping us locate and investigate new venues to explore! Contact Sandy Gruver at ETBASIG@GMAIL.COM for more information.

Photo at Levi’s Stadium by Judi Harrison
GENEALOGY

Because it is such a busy time, the Genealogy SIG won't meet in December. In January, we will have a tour of the Family History Center in San Jose. The date and time will be posted on the OLLI Calendar when they are finalized, and SIG members will be sent this information via email. For more information contact Max Jedda, 408-735-8697.

OLLIWOOD

Olliwood had another successful outing. Good movie. Good discussion. The next outing will be on December 15. Movie, time and place to be announced shortly before, as always. If interested in this SIG contact evelynhow@yahoo.com.

PHOTOGRAPHY

In November, the photography group went to Shoreline Park, in Mountain View, on the 10th, and then got together to review pictures on the 17th. The weather was clear and calm and we got some beautiful photographs.

Our next monthly expedition will be to Caesar Chavez Park in downtown San Jose, where we’ll be taking pictures of the annual 'Christmas in the Park.' We will meet on the steps of the San Jose Museum of Art, on December 8th, at 11AM, and we’d love to have you join us. Some of us may visit the museum for the two portrait exhibits currently being featured.

For more info on the Photo SIG, contact Tom McNeal, trmcneal@comcast.net.

Photo by Max Jedda

The Link Editorial Board:
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Becky Bell, Spotlight Editor
Max Jedda, Photo Editor
John Daly, Dick Gaskill, Photographers
Anne Tyler, Events Listing

For submissions, corrections, comments, contact Carol Lindsay, clindsay408@aol.com
Café Bon Appetit presents Ask Mickey: Navigating the Holidays, Nutritiously

How do I keep my health goals in focus, while still enjoying the holidays – and the sometimes decadent meals that are part of the season?

Most of us experience a double challenge to our wellness goals during the holidays. We’re even more crunched for time than usual, making it harder to fit in exercise and healthy meals that will balance the heavy, fatty, sugary, and salty foods common at these events. Here are a few ideas that can support you to have a joyous and celebratory holiday season while staying on track with your health goals.

1) **Use technology**: Options abound, from new wearable fitness trackers that motivate you to fit in some extra steps to online support communities for wellness behaviors. Find an approach that works for you, and make technology a tool that keeps you moving.

2) **Prepare for action**: Cook in advance now so you can have a freezer full of quick, easy, and nourishing meals that can be ready as fast as it takes to have less-healthy options delivered. Soups, stews, and casseroles are all good candidates for freezing in single or family-size portions.

3) **Keep your balance**: Aim for an In Balance plate. Filling half the plate with fruits and vegetables, a quarter with whole grains, and a quarter with lean proteins, gives you lots of room to enjoy wholesome family favorites and rich holiday treats alike. Even at the most indulgent meals of the season, by doubling up on the vegetables and going lighter on the other meal components, you can still taste and enjoy all of your special favorites without regret as you move into the New Year.

The holidays don’t have to derail your efforts to take care of yourself with nourishing foods and physical activity. By planning ahead and using the many tools available, you can enjoy the best the season has to offer while still making your health and well-being a priority.

**About Ask Mickey**: At Bon Appétit, we know there’s a lot on your plate that you worry about. Making good food choices helps you avoid unwanted pounds, work and sleep better, and form long-lasting healthy eating habits. In the Ask Mickey column, Bon Appétit Management Company Registered Dietitian Nutritionist Lulu Cook offers tips on “chewing the right thing” and answers your nutrition questions. (Mickey, aka Michelina, is a particular feisty Italian grandmother who continues to inspire us.) Email your questions and feedback to nutrition@cafebonappetit.com.

**Sustainability at SCU**

**Forge Farm Stand**

Fridays, 11:30-1:30pm, weather permitting
Fresh, organic, affordable!
Located at the Forge Garden
Join our e-mail list - sign-up here!
Weekly emails about upcoming events and farm stand specials

**Water Catchment Workshop | Saturday, 12/6 | 10-12pm**

Hopefully it will be a rainy winter, so let’s harvest the rain! Learn how to install simple water catchment systems off roofs and other structures. Learn about other water-wise gardening techniques. Workshops and Events: RSVP HERE!
SCU•PRESENTS THE PERFORMING ARTS @ SCU
December 2014
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 12PM
Music Recital Hall
Click here for the full Music at Noon schedule

December 3, 12:00
SCU music students and SCU A Cappella finish off the quarter!#music@noon

SCU JAZZ BANDS
December 3 | 7:30PM
Music Recital Hall
Tickets $5-$15
OSHER MEMBERS ONLY $5
Get Tickets Here

FESTIVAL OF LIGHTS: SCU CHOIRS
December 5 | 7:30pm
Mission Church
Tickets $5-$15
OSHER MEMBERS ONLY $5
Get Tickets Here

DEPARTMENT OF THEATRE AND DANCE

CHOREOGRAPHERS’ GALLERY
December 4 | 8pm
December 5 | 7pm & 9pm
Louis B. Mayer Theatre
Get Tickets Here

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December Events

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Deadline for submissions for the January issue of The Link is 17 December. Please submit events, corrections, and additions to Carol Lindsay at clindsay408@comcast.net