OLLI News and Upcoming Events

Attention New Members

There will be a New Member Reception Saturday, February 7, 10:00-12:00 in Vari Hall, Wiegand Room (click map). If you are a new member this year (since August 2014), you’re invited to come and learn about OLLI, have fun, and meet other members. You’ll gain some insights into upcoming events, upcoming courses, Special Interest Groups (SIGs), planned trips, and volunteer opportunities that may interest you. Light refreshments will be served but we’ll need to know you’re coming. Registration deadline for this event is 3 February. Please click on this RSVP link to register or for more information.

Destination Learning – Save the Date - 25 March

If you love history, ecology, on-the-water outings, yummy food, or horses—yes—horses, this trip is for you.

Join us on our upcoming narrated cruise of the Port of Stockton and environs, with an additional tour at the Sargent Equestrian Center in Lodi where you will learn about different horse breeds and enjoy a show with Friesian horses.

Wednesday, 25 March 2015
Leaving at 8:45 and returning by 5:00PM
$125 includes transportation, fees, gratuities, lunch and parking.
Registration information will be sent out in a few weeks. Watch for it.

OLLI Art Show coming

As you’ve heard, we’re in the early stages of organizing what should be a fun and inspirational event – an art show exhibiting photography and paintings by OLLI members.

Please contact Don Wieland with any questions, to provide photos, sizes, and type of media you’d like to share and to tell us what you’d like to do if you’d like to help with the event.
Andrea’s Corner

Dear Members,

I am not surprised the month of January has just passed me by. A lot of changes have taken place and I would like to take the time to announce them.

As we begin the winter quarter OLLI has been informed of a scheduled move for the new building. Our program will be moving to a new location in the summer of 2015 along with the Education Counseling Psychology (ECP) organization and Engineering Department. This “space” planning announcement was made at the Fall Kickoff with a spring date in mind, however we were given information that the building is not ready and the expected date to finish the remodel is June 30, 2015, which puts our move well into summer. Our goal is to start holding Fall 2015-16 classes there at the earliest. Yes, I understand there will be ample parking, for all those inquiring minds.

As everyone has noted, our winter courses are located pretty much all over the SCU campus. We will continue this trend through spring until we move. I truly hope everyone is enjoying being on the main campus, where food is easily found and students abound.

Next, I would like to thank you all for your campaign contributions to date that help us manage our expenses and bring you the quality program you all expect from OLLI@SCU. Our goal this year is to raise $ 25,000 and we are a little less than half way there at $ 10,000. Let’s keep our OLLI momentum going and expect to see an envelope in your catalog this next quarter to help support the effort.

Lastly, we have our catalog going to print in the next couple of weeks and you can expect a mailing around the first week of March if not sooner.

Happy Spring,

Andrea

OLLI Fundraising Update

By Frank Barone

We are happy to report that as of January 1, 2015 OLLI members have donated a total of $10,145 to our annual campaign. We would like to thank the 156 members who “stepped up” and gave whatever they could afford. They recognized the value of OLLI in their lives, whether through classes, special interest groups, volunteer work, or any of the other many activities we offer. Not the least of which is just enjoying the company of each other and the Santa Clara campus as we all continue to learn together.

These donors represent only 15% of our total membership. If you planned to make a donation but just haven’t gotten around to it, please take a moment to make your donation sooner rather than later. As the saying goes, “just do it!” Please consider joining this special group of members and do whatever you can. You can donate on our website or, if you prefer to write a check, you can use the envelopes you will receive with the spring course bulletin.

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News Flash - Santa Clara’s Lifelong Learners were in Cuba on Day 1!

Twenty-six travelers from the Osher Lifelong Learning Institute (OLLI) at SCU arrived in Havana, Cuba on the 16th of January. What timing for a trip there—as it was the very first day travel restrictions between the U.S. and Cuba were lifted. Havana was full of press from all over the world. Anne Rutherdale, host for the OLLI lifelong travelers, was lucky enough to sit on the plane next to an NBC producer who interviewed her. Part of that interview appeared on KQED as part of the Business report. Another SCU traveler, Diane Snow, was interviewed by the German Press.

Anne admires the “colorful resourcefulness, vivacity, and spirit” of the Cuban people. She saw that the Cuban people are hopeful for reform, but believes things will not move quickly.

The world is your classroom when you travel with OLLI@SCU

An update on Learning Through Travel in 2015

The 2015 Learning Through Travel Program offers OLLI@SCU members exceptional travel opportunities to take learning outside the classroom. On January 15, 28 members departed on a 9-day trip to Cuba—at the very time Cuba and the U.S. are beginning to normalize relations! Look for an article by one of the trip participants in next month’s Link, as well as an announcement of a group presentation on the trip at an upcoming Travel Talk SIG meeting. You won’t want to miss this opportunity to hear first-hand what it was like traveling to Cuba at this auspicious time.
We have four additional trips this year that are fully booked. Our trips not only have a strong educational component, they’re helping to build community and friendships between vital, energetic, and well-educated members who love to travel.

What’s ahead in 2016?

We recognize that you want to start making your travel plans a year in advance. For that reason the Learning Through Travel team is busy at work researching interesting, educational, and varied destinations for 2016. In late March you’ll receive a survey asking you to express your interest in these specific trips. After tabulating your responses we’ll announce our complete 2016 travel program.

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Managing Stress
The second in a two-part series on the effects and management of stress in our lives.

By Monica David

We know there are two kinds of tension: physical, as experienced post-surgery, and emotional, dealing with difficult situations. We know that one’s emotional state decidedly affects one’s health in measurable ways. Similarly, our physical state may impact how we feel about our lives. So, to manage stress it is important to make both emotional and physical changes, as the two kinds of activities are so intimately linked.

Emotional Ways of Dealing with Stress

1. A big one is to have self-compassion. This may not be immediately obvious, but it is inexorably linked to our expectations of ourselves. If we can look at our failure with kindness and understanding and without harsh criticism, we will be less anxious and depressed. It also helps us improve performance, making it easier to learn from mistakes. This is another way of seeing one’s work in terms of progress, not perfection. A “get-better” mindset leads to acceptance that mistakes are possible, which results in less stress. Thinking about progress already made, even small wins, can keep us going.

2. Rely on routines. If you think about what the major causes of stress are in the work place, for example, you might come up with deadlines, heavy workload, and terrible bosses. But it is having too many decisions that creates mental tension. If you can, reduce the number of decisions you have to make every day. Do it by using routines or doing it at the same time every day. President Obama in a recent interview shared that he only wore grey or blue suits, thereby reducing the number of his daily decisions.

3. Meditation has been shown to help the part of your brain that allows you to plan, be creative, and keep emotions under control. Multi-tasking and digital overstimulation activates the neocortex, which eventually tires out. It shuts down and the other more primitive parts of the brain take over. Studies with fMRIs show that the neocortex stays awake longer in people who meditate daily. It helps people be more creative, productive, and more loving and patient. The mind can be calmed almost instantly. Exercise is known to offer those benefits, but tests show that meditation takes it to another level.

4. Smiling makes us feel relaxed and happy by transmitting nerve impulses from facial muscles to the limbic system (key emotional center in the brain).

Physical Ways of Dealing with Stress

Following is a list of various steps you can actually take. The first three are really important for everybody, it just takes a commitment.

The remaining ones could all work. The idea is to choose those that sound right for you and that work for you.

1. Add “where” and “when” to your To Do list. For those of us who depend on To Do lists, we know that crossing something off the list is extremely satisfying, but seeing the same item sit there, is extremely stressful. This is also known as “if/then planning.” It involves deciding in advance when and where you will work on a specific task, which results in a greater chance of actually doing it. This helps us avoid stress and control emotional responses.
Stress – cont’d.

2. Breathe from the diaphragm, which oxygenates your blood.
3. Compose a mantra, e.g.,”I can handle this.”
4. Be a fighter, find an alternative.
5. Count to 10.
6. Just say no.
7. Stand or sit and stretch out your arms from the sides and shake hands vigorously for about 10 seconds, combined with deep breathing.
8. Space out. Look out the window and find something natural that catches your eyes, e.g., clouds floating by.
9. Call a friend.
10. Get a puppy.
11. Goof off.
12. Straighten up. This promotes circulation, increasing oxygen levels in the blood, helping to lessen muscle tension.
13. Tend your garden.

Two books of interest:
Mindset by Carol Dweck,
My Age of Anxiety by Scott Stossel

Onboard with Online

Reprinted from SCU School of Engineering Engineering News E-news Online

Editor’s note: Frank Barone, Dean’s Executive Professor, Chair of the Engineering Management and Leadership Department, serves as Executive Advisor on OLLI@SCU’s Council of Chairs.

MOOCs, Massive Open Online Courses, are causing a stir in academia. But while the opportunity for reaching thousands of students who would otherwise not have access to higher learning appeals to faculty at a Jesuit university whose dedication to social justice and global engagement are cornerstones of its very existence, the nuts and bolts of how to enter this arena while still providing personalized education has been a challenge for the engineering professors at SCU.

“Offering a class fully online goes against the grain of what we do here; for me, a hybrid works,” said Aleksandar Zecevic, professor of electrical engineering and associate dean of graduate engineering programs. Last winter, Zecevic offered a hybrid version of ENGR 343, Science, Religion, and the Limits of Knowledge, at St. Xavier’s College in Kolkata, India, recording seven of the ten lectures for online viewing and presenting three in person. “For this course, I start with the science that we all agree on. Beginning from a place of shared understanding opens the topic of religion and allows people to question their own common sense.” Zecevic finds these ground-laying lectures are easily handled online, but when the subject matter turns to more controversial topics such as miracles and pluralism, he likes to be there, in person, to enable a fully interactive dialog. “It makes a huge difference that I am there; it is much more effective than a purely online class. Without exception, students noted in their evaluations that the interactive piece was the most valuable component of the course. That’s what is unique about how we teach here at SCU—the personalized interaction with the students.”

Seeing it work so well in Kolkata has opened doors, and SCU recently signed a three-year Memorandum of Understanding with St. Xavier’s College in Mumbai, India. Zecevic will be offering the course concurrently for students in Kolkata and Mumbai next winter, and this fall he is teaching a joint class for students in Santa Clara and Uruguay, presenting in-person lectures at each location.

South America was also the destination for Department of Engineering Management and Leadership chair Frank Barone last summer. Universidad Católica del Uruguay is starting an Engineering Management Program of their own, and they asked Barone to offer EMGT 380, Introduction to Systems Engineering, to their students. He traveled to Montevideo, presenting the first two lectures there before moving to a live online format.

“Though I wasn’t teaching the course at SCU at the time, I wanted to do my class live,” Barone said. “It was nice to meet the students in person first before giving the rest of the lectures remotely. We got to know each other, which enabled better interaction throughout the course.” Homework assignments and exams were handled via email; office hours were a little more flexible, to say the least. “I was available 24-hours a day to answer questions,” said Barone with a smile.
“The students were excellent,” he added. “They understood the concepts and did a great job on their group projects. It’s valuable for universities to be able to add to their curriculum in this way, and it enhances the experience for students—they get a different point of view from those in other countries.”

Also commenting on the benefits of taking Santa Clara engineering on the road, Zecevic said, “It’s not about making more money; it’s about taking the things we do that are interesting and different and bringing them to different parts of the world. This opens doors and brings great visibility to Santa Clara. And having our students interact with peers from some of the top schools worldwide is a tremendous experience. Santa Clara engineering is being taught on three continents now, I’d love to see us in Europe one day.”

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Special Interest Groups (SIGs)

<table>
<thead>
<tr>
<th>Current SIGs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aging Gracefully</td>
</tr>
<tr>
<td>Appassionati Italiani</td>
</tr>
<tr>
<td>Be the Change</td>
</tr>
<tr>
<td>Biking</td>
</tr>
<tr>
<td>Cultural Cornucopia</td>
</tr>
<tr>
<td>Current Events Discussion</td>
</tr>
<tr>
<td>Exploring the Bay Area</td>
</tr>
<tr>
<td>Genealogy</td>
</tr>
<tr>
<td>Hiking</td>
</tr>
<tr>
<td>Mystery Book Club</td>
</tr>
<tr>
<td>Olliwood – at the Movies</td>
</tr>
<tr>
<td>Photography</td>
</tr>
<tr>
<td>Travel Talks</td>
</tr>
<tr>
<td>Click here to see the OLLI Calendar</td>
</tr>
</tbody>
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AGING GRACEFULLY

The next Aging Gracefully SIG will be held February 18, 10:00-12:00, in Benson Center, Parlor A. We are continuing to address topics that received the most votes in our recent ‘SIG Topics’ poll. Here is the list based on votes:

1. Maintaining Brain Health
2. How to Create an Engaged Life
3. Biggest Fears and Do They Change As We Age Further
4. What are You Looking for in this Stage of Your Life —Happiness, Fulfillment, Purposeful Life (and what does each mean?).

Each received a significant number of votes, and, of course, they are all related. For more information, contact Monica David, monica.david123@gmail.com.

EXPLORING THE BAY AREA

The ETBA SIG will go to Filoli Estate in Woodside on March 19th to enjoy the seasonal tulip and bulb floral display and tour the historic estate.

April 19th, ETBA members are invited to attend a 3:00PM performance of San Jose Opera’s Magic Flute. Details for this event will be posted six weeks prior to the event.

Some other venues under discussion for future trips are:

- Santa Cruz Food Tour
- USS Potomac, Alameda
- Bronco Billy Day & Essanay Studios, Monterey movie bus tour
- Fremont
- Disney Museum in San Francisco
- Dunsmuir House for the December holiday

We encourage members of the ETBA to get involved helping us locate and investigate new venues to explore! To suggest a new venue, CLICK here and fill in the form to let us know about your suggestion. To contact us please send an email to ETBASIG@GMAIL.com.

GENEALOGY

The next meeting of the Genealogy SIG will be in the Sycamore Room of the Santa Clara City Library at 1:30PM on Tuesday, February 17th. A reminder email will be sent to members prior to the event and will include detailed address information. For any questions, please contact Max Jedda at maxjedda@yahoo.com or 408-735-8697.
OLLIWOOD went to the movies and saw SELMA in January. A lively discussion ensued. February 16 will be the next outing. If you would like to be added to this SIG, please contact evelynhow@yahoo.com and she will make sure you are notified of the time and place of our outings.

PHOTOGRAPHY

In January the Photography SIG took an expedition to the Triton Museum on Warburton Avenue in Santa Clara, which is, fairly close to Santa Clara University. It has a lot of very interesting paintings, as well as outdoor sculptures. Some of the most interesting paintings included a series of paintings by Margaret Keane, under the global label of “Big Eyes.” A movie entitled “Big Eyes,” came out last year, directed by Tim Burton. Another interesting subject of the paintings in the museum concentrated on eggs, done by Holly Van Hart, a grand prize winner of the Triton Museum’s 2013 statewide painting competition.

The SIG just met to review photos, and talked about future expeditions and various photography classes available. One in particular - the Sunnyvale/Cupertino Adult Education classes, run by the Fremont Union High School District, looked pretty interesting. See https://ace.fuhsd.org/ to get more information about their class offerings.

In February, our photography expedition we will be to Vasona Park, in Los Gatos, as well as the Los Gatos downtown area. For more info on the Photo SIG, contact Tom McNeal, trmcneal@comcast.net

How OLLI at Santa Clara University works - Part 2

This is a continuing feature describing 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 January Link described where OLLI fits into the SCU structure and the composition of the Executive Council and the Council of Chairs. This month’s feature will describe the duties of the EC, EA and the CoC.

The Executive Council (EC)

The Executive Council consists of the Program Director (Andrea Saade), the Associate Dean (Rafael Ulate), the Executive Advisor (Frank Barone), the Council of Chairs, and any other members deemed appropriate by the Program Director. Their duties include:

- Serving as ambassadors and advocates for the Osher Lifelong Learning Institute at Santa Clara University and with the Silicon Valley community at large;
- Advising the Program Director on policy decisions, on the development of the organization’s vision, mission, and goals, as well as on program implementation;
- Meeting twice a year: once to update the Five Year Strategic Plan and the second time to discuss programmatic needs/concerns/current issues regarding lifelong learners and educational research regarding trends in senior learning;
- Executive Council member’s terms shall be for three years and can be renewed at the discretion of the Program Director.

The Executive Advisor (EA), a volunteer position

The role of an EA (Frank Barone) is to help provide oversight and implementation of the strategic plan on behalf of the Program Director, and in that capacity serve on both the Executive Council and the CoC. EA must be a member of OLLI, is appointed by the Program Director and has a three-year term which, can be renewed at the discretion of the Program Director. Duties include:

- Attending the Executive Council meetings and the monthly CoC meetings and record meeting minutes and distribute them;
- Assisting the Program Director with the forecast of the annual OLLI budget;
- Statistical analysis for the program;
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.

How OLLI @ SCU works – cont’d.

- Serving as an official representative of OLLI in the event the Director is unable to attend an event or function as a speaker.

The Council of Chairs (CoC), all volunteer positions

The Council of Chairs meets monthly to exchange information on each individual committee, to collaborate on ideas, and enhance OLLI’s visibility on campus. The CoC consists of each Committee Chair, the Program Director, and the Executive Advisor. Specific duties include:

- Meeting monthly to discuss individual committee work and programs on the OLLI agenda;
- Updating all council members on planned and future committee events that require funding and any kind of sourcing;
- Committee Chairs can submit budget requests for review by the Program Director;
- Collaborating with other committees of OLLI to ensure program processes overlap and logistics run smoothly (example: Volunteers and Operations);
- Discuss potential University events that OLLI can “partner with” to promote OLLI on campus and with SCU.

Campus Events

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

Current Exhibits

**ARTIST LECTURE: RICHARD SHAW**
Wednesday, February 4, 7:00 PM, free
de Saisset Museum auditorium

Enjoy a lecture by ceramic artist Richard Shaw, known for his impressive *tromp l’oeil* sculptures and witty explorations of everyday objects. Learn about Shaw's creative techniques as he shares his body of work, which truly fools the eye.

**CREATIVE IN COMMON**
Continuing – 15 March 2015
Family. Such a powerful word with so many varied meanings. What does it mean to you? Who do you think of as family?

Rooted in the de Saisset Museum’s permanent collection, *Creative in Common* explores family through the work of ten artists who are related—partner to partner, parent to child. Using traditional definitions of family as a jumping off point, the exhibition invites viewers to reflect upon and share their own interpretations and experiences of family.

**KEEP, CARE AND COLLECT ON**
Continuing – June 14, 2015
The de Saisset Museum celebrates its 60th anniversary in 2015 with an exhibition of recent acquisitions that highlight the growth in the museum’s collection over the last six decades. *Keep, Care and Collect On* highlights pieces that have come into the collection in the last four years, including works by well-known artists as Fletcher Benton, Wayne Thiebaud, and Andy Warhol.

**SCU Library**

Archives and Special Collections at the Santa Clara University Library is pleased to present "*Treasures from the Vault.*" This exhibit will feature the library's rare books and manuscripts with strengths in pre-1800 theology and Jesuitica. Please join us for an **open house on February 11, 11:00AM – 5:00PM** to

view selected pieces from the collection.
2014-2015 Bannan Institute: Ignatian Leadership

Bannan Institutes are yearlong, thematic programs hosted by the Ignatian Center for Jesuit Education at Santa Clara University. Each institute features a series of lectures, retreats, and events that address matters of significance within the Jesuit, Catholic Intellectual tradition and seek to foster an ethic of dialogue among persons of diverse philosophical and religious commitments.

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

RSVPs are Required.

WINTER 2015 EVENTS: LEADERSHIP AND JUSTICE

LOOKING AT VATICAN II WITH POPE FRANCIS’ EYES

John O’Malley, S.J, Georgetown University
February 5, 2015 | 4-5:15 p.m.
St. Clare Room, Library and Learning Commons
Santa Clara University

From the moment Pope Francis appeared on the balcony of St. Peter’s after his election, he caught the attention of the world and soon became acknowledged as one of the great leaders of our times. However, unlike his immediate predecessors he rarely speaks about Vatican II. Why? How, if at all, do his sometimes dramatic gestures relate to the council? The lecture will address such questions.

Please RSVP at WWW.SCU.EDU/IC/BANNAN.

INTERRELIGIOUS DIALOGUE AND LEADERSHIP: BUILDING RELATIONSHIPS AS PERSONS

Rabbi Abraham Skorka, Seminario Rabinico Latinoamericano, Buenos Aires
February 10, 2015 | 4—5:30 p.m.
St. Clare Room, Library and Learning Commons
Santa Clara University

Rabbi Abraham Skorka, a friend and co-author of “Of Heaven and Earth” with Pope Francis from Argentina, will discuss the importance and impact of interfaith dialogue with San Jose diocese Bishop Patrick McGrath and San Jose Temple Emanu-El rabbi Dana Magat. Please RSVP at WWW.SCU.EDU/IC/BANNAN.

IGNATIAN LEADERSHIP SYMPOSIUM | VOCATIONAL LEADERSHIP: INTEGRATING JUSTICE, FAITH, AND THE INTELLECTUAL LIFE

February 20 | 9:00 a.m.-3:00 p.m.
Recital Hall, Music and Dance Building
Santa Clara University

Three notable SCU alumnae—Congress member Zoe Lofgren, Yale’s first female chaplain Sharon Kugler, and UC system president and former director of Homeland Security Janet Napolitano—will reflect on the foundations of and challenges within their vocational commitments and leadership. Register at WWW.SCU.EDU/IC/BANNAN.
Ethics at Noon
Thursday February 19, 2015, Noon – 1:00PM, LUCAS HALL

ETHICS AND ECONOMIC INEQUITY
As part of a Compassion series, this panel of SCU economics professors explores the ethical implications of the current state of income and wealth distributions. PANELISTS: Professor Alexander Field, SCU Orradre Professor of Economics, and Professor William Sundstrom, SCU Economics

Follow on Twitter: @SCUETHICS Event Hashtag: #ethicsecon - REGISTER

MEMORY IN THE INFORMATION AGE
Wednesday February 25, 2015, 7:00-8:00PM, LUCAS HALL

Professor Luciano Floridi, one of the five members of Google’s Advisory Board on “the right to be forgotten," will address the recent debate on that topic within a broader interpretation of the impact that information and communication technologies have on our self-understanding, our social interactions, and our conceptualization of the world. This event is part of the "IT, Ethics, and Law" lecture series, and is co-sponsored by the Markkula Center for Applied Ethics, the High Tech Law Institute, and the Stanford Center for Internet and Society.

Follow on Twitter: @SCUETHICS Event hashtag: #infoethics - REGISTER

COMPASSION AND THE CLASSROOM
Wednesday March 4, 2015, 5:00-6:00PM, Learning Commons, St. Clare Room

How do you teach about compassion in the classroom, especially amid a hurried, smartphone-checking K-12 population? Father Tom Bonacci, a Passionist priest, is a highly-sought after speaker on such topics and leads this presentation.

Follow on Twitter: @SCUETHICS Event: #classroomethics - REGISTER

2015 BUSINESS ETHICS ONLINE EDUCATION (MOOCS)

Nearly 3,000 students and business professionals have already registered for the Ethics Center online business ethics courses since their launch, and newcomers are invited to the Winter 2015 session, open until June 15, 2015. A new social media ambassadors program is also launching to help kick off the excitement! The MOOCs are hosted on the Canvas.net platform and are taught by Kirk O. Hanson, longtime professor of business ethics at Stanford Graduate School of Business and Santa Clara University.

Registration is now open
2015 Valeriote – Goldman Symposium on Public Health and Social Justice

WOMEN’S HEALTH AND HUMAN RIGHTS: GLOBAL ACTIVISM FOR SOCIAL CHANGE

On Thursday, February 12, 2015, we will welcome Sheryl WuDunn, business woman, writer, and the first Asian-American reporter to win a Pulitzer Prize. Ms. WuDunn and her husband, New York Times columnist Nicholas Kristoff, have co-authored several best-selling books, including *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*. Their most recent book, *A Path Appears: Transforming Lives, Creating Opportunity*, focuses on global citizenship and making a difference through activism and philanthropy. This event will begin at 7:30 PM in Mayer Theatre. Tickets are free but you must use the online ticketing system to reserve your seat(s) in Mayer Theatre.

Ms. WuDunn is the first keynote speaker of the inaugural Valeriote Goldman Symposium on Public Health and Social Justice, made possible by a generous contribution from alumna Sue Valeriote ’77 and her husband, Ken Goldman. This year’s Symposium is focusing on the complex impact of social and economic factors on women’s health, and on local and global strategies for change. Sue and Ken’s sponsorship of the Symposium includes funding to support five public health students each year to work at summer internships at non-profit organizations addressing the issues raised in the Symposium.

PRESIDENT’S SPEAKER SERIES

*Hear Andy Ackerman ’78 in conversation about directing and producing some of TV’s funniest and most beloved series.*

February 9, 2015
Mayer Theatre, 7:30 p.m.

For more information and to buy tickets

Bon Appetit’s Ask Mickey: Energy Bars

What should I look for when trying to pick an energy bar? I fear that some are just candy bars in healthy clothing.

Ingredients are listed on labels in order by weight, so choose bars that are based on real foods whose lists are topped by whole grains, nuts, seeds, and dried fruits. Your best bet are ones with only a few ingredients that look similar to a product you could imagine whipping up in your own kitchen!

Next, review the level of vitamin supplementation. If you consume a balanced, varied diet, and perhaps even take a daily multivitamin, a heavily fortified bar may provide too much of some nutrients. While some vitamins are present naturally, numbers boasting levels like “1000% RDA” tell you there may be more of that vitamin than your body needs.

Finally, look at the total calories and other nutrients to decide how the bar fits into your overall diet. An afternoon snack may only need to provide 100-200 calories. Some bars go substantially higher and may be more appropriate as an on-the-go meal replacement. Finally, if your pick contains added sugars on the ingredient list, check the total grams of sugars listed under Carbohydrates to decide if this is the kind of bar that counts more as a nourishing snack … or a decadent treat. By knowing what to look for, you can ensure that you are supporting your goals for energy and well-being!

About Ask Mickey: In the Ask Mickey column, Bon Appétit Management Company Registered Dietitian Nutritionist Lulu Cook offer 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@cafebgonappetit.com.
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
February 4 | Cellist Robert Howard and guitarist Adam Cockerham
February 11 | Flamenco music and dancing
February 18 | Brazilian piano
February 25 | New Music ensemble

SONGS & SCENES ONSTAGE
Saturday, February 21 | 7:30pm
Sunday, February 20 | 2:00pm
Music Recital Hall
Get Tickets Here

SCU ORCHESTRA
John Kennedy, Music Director and Conductor
February 28 | 7:30pm
Santa Clara Mission Church
Get Information and Tickets Here
IMAGES 2015
February 5-7 | 8pm
February 8 | 2pm
Louis B. Mayer Theatre
Get Information and Tickets Here

ONE-ACT FESTIVAL
February 14-15 | 2PM
Fess Parker Studio Theatre
Get Information and Tickets Here

A MOON FOR THE MISBEGOTTEN
Eugene O’Neill’s Final & Moving Play
Directed by Fr. Fred Tollini, S.J.
February 27 – March 7 | 8pm
Sunday, March 1 | 2pm
Louis B. Mayer Theatre
Get Information and Tickets Here

SCU•PRESENTS VISITING ARTISTS SERIES

COMEDYSPORTZ
FAMILY WEEKEND
February 20 | 7:30PM & 9PM
Music Recital Hall
Get Information and Tickets Here
## February Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thru - 15 March</td>
<td></td>
<td>de Saisset Museum</td>
<td>Creative in Common</td>
</tr>
<tr>
<td>Thru – 14 June</td>
<td></td>
<td>de Saisset Museum</td>
<td>Keep, Care and Collect On</td>
</tr>
<tr>
<td>4 Feb</td>
<td>12:00 Noon</td>
<td>Music Recital Hall</td>
<td>Cellist Robert Howard and Guitarist Adam Cockerham</td>
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<tr>
<td>4 Feb</td>
<td>7:00 PM</td>
<td>de Saisset Museum</td>
<td>Richard Shaw lecture</td>
</tr>
<tr>
<td>5 Feb</td>
<td>4:00 – 5:15 PM</td>
<td>St Clare Rm., Library and Learning Commons</td>
<td>Looking at Vatican II with Pope Francis’ Eyes</td>
</tr>
<tr>
<td>5-7 Feb</td>
<td>8:00 PM</td>
<td>Mayer Theatre</td>
<td>Andy Ackerman</td>
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<tr>
<td>8 Feb</td>
<td>2:00 PM</td>
<td>Louis B. Mayer Theatre</td>
<td>Images 2015</td>
</tr>
<tr>
<td>7 Feb</td>
<td>10:00 AM - 12:00 Noon</td>
<td>Wiegand Room, Vari Hall</td>
<td>New Member Reception</td>
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<tr>
<td>9 Feb</td>
<td>7:30 PM</td>
<td>Mayer Theatre</td>
<td>Andie Ackerman</td>
</tr>
<tr>
<td>10 Feb</td>
<td>4:00 – 5:30 PM</td>
<td>St. Clare Room, Library and Learning Commons</td>
<td>Interreligious Dialogue and Leadership</td>
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<tr>
<td>11 Feb</td>
<td>12:00 Noon</td>
<td>Music Recital Hall</td>
<td>Flamenco Music and Dancing</td>
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<tr>
<td>11 Feb</td>
<td>11:00-5:00 Open House</td>
<td>SCU Library</td>
<td>Treasures from the Vault</td>
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<td>12 Feb</td>
<td>7:30 PM</td>
<td>Mayer Theatre</td>
<td>Louis B. Mayer Theatre</td>
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<td>14 – 15 Feb</td>
<td></td>
<td>Fess Parker Studio Theatre</td>
<td>One - Act Festival</td>
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### Date

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 Feb</td>
<td>TBD</td>
<td>TBD</td>
<td>OLLIWOOD SIG</td>
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<tr>
<td>17 Feb</td>
<td>1:30 PM</td>
<td>Sycamore Room, Santa Clara City Library</td>
<td>Aging Gracefully SIG</td>
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<td>18 Feb</td>
<td>10:00 AM – 12:00 Noon</td>
<td>Benson Center, Parlor A</td>
<td>Ethics and Economic Inequality</td>
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<td>19 Feb</td>
<td>12:00 Noon – 1:00 PM</td>
<td>Lucas Hall</td>
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<tr>
<td>20 Feb</td>
<td>9:00 AM -3:00 PM</td>
<td>Recital Hall, Music &amp; Dance Building</td>
<td>Vocational Leadership</td>
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<tr>
<td>20 Feb</td>
<td>7:30 and 9:00 PM</td>
<td>Music Recital Hall</td>
<td>Comedysportz Family Weekend</td>
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<tr>
<td>21 Feb</td>
<td>7:30 PM</td>
<td>Lucas Hall</td>
<td></td>
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<tr>
<td>22 Feb</td>
<td>2:00 PM</td>
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<tr>
<td>23 Feb</td>
<td>7:00 – 8:00 PM</td>
<td>Lucas Hall</td>
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<tr>
<td>25 Feb</td>
<td>12:00 Noon</td>
<td>Music Recital Hall</td>
<td>New Music Ensemble</td>
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<tr>
<td>25 Feb</td>
<td>2:00 PM</td>
<td>Music Recital Hall</td>
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<tr>
<td>27 Feb- 7 March</td>
<td></td>
<td>Music Recital Hall</td>
<td>Memory in the Information Age</td>
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<td>28 Feb</td>
<td>7:30 PM</td>
<td>Santa Clara Mission Church</td>
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<td>29 Feb</td>
<td>5:00 – 6:00 PM</td>
<td>SCU Orchestra</td>
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<td>4 March</td>
<td>5:00 – 6:00 PM</td>
<td>Library and Learning Commons</td>
<td>Compassion and the Classroom</td>
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## OLLI STAFF

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**Office Assistant:** Brittany Woodward, olliatscu@gmail.com

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**Travel:** Dorothea French dfrench@scu.edu  
**Volunteers:** Len Schreibstein lnshrbstn@aol.com

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**Deadline for submissions for the March issue of The Link is 20 February. Please submit events, corrections, and additions to Carol Lindsay at clindsay408@comcast.net**