OLLI News and Upcoming Events

OLLI Classes with space available

Bad Girls of the Bible
Democracy in Crisis: Europe and the EU
Looking Back After 150 Years: The American Civil War
Zora Neale Hurston & the Harlem Renaissance: Folklore, Gender & the Black Vernacular
Classical Electronic Music: Is There Such a Thing?
The War in the Pacific: The U.S. versus Japan
Armchair Traveler Visits West Africa Today: Contemporary Village Life in Burkina Faso
Men, Women and Travel: Tourism in Europe Since the Renaissance
Modern Architecture: From Europe to America
Theatre Behind the Scenes: A Moon for the Misbegotten
Beautiful Gardens: Optional Field Trip

Classes at the Villages:
Latin American History Three-Part Series: Part I - "The Native Peoples"
Geology of the National Parks of the West

Volunteer Fair – *Find your love . . . give back*

Because of the overwhelming response and interest expressed at the Aging Gracefully SIG presentation given by Vilma Pallette in November, OLLI’s Current Events Discussion Group and Be the Change SIG facilitators Len & Debbie Schreibstein will sponsor a volunteer forum with representatives from a variety of non-profit organizations. Participating representatives will discuss both the mission of their organization and volunteer opportunities.

This will be an excellent opportunity, in one location and at one time, to learn more about what various community organizations do and how you might be able to contribute in a meaningful way.

More details about date, time and location will come, so watch for details, or better yet, get involved.

IMPORTANT: If you have any personal knowledge of or connection to a specific non-profit organization or volunteer activity, please contact Debbie Schreibstein at Lendebsch@aol.com. She will then contact that organization to see if they would want to be represented at this event.

Call for Artists – OLLI Art Show coming

Dust off your pallets and clean your brushes, we’re organizing an OLLI Art Show and want to know who would like to participate. We’re in the early stages of organization and hope to exhibit 2-D artwork such as paintings and photography produced by OLLI Members. At this point, we are not yet sure how many artists and pieces of artwork to expect. The response to this message will help our planning by indicating how many members would like to potentially display their artwork.

We need not only artists but also people to help plan and organize this exciting first-time event! Please contact Don Wieland to answer any questions, to provide photos, sizes, and media of pieces you’d like to share and to tell us what you’d like to do.
Interesting insight into something we all experience

*By Monica David*

**Stress**

Stress is a situation we know we must try to avoid. But, what if, in fact, there is good stress as well as bad stress? Many of the common beliefs about stress don’t necessarily give the whole picture.

**COMMON MYTHS ABOUT STRESS**

*Stress is typically caused by having too much work*—

We know that too much work can overwhelm, but too little work can be just as dangerous. Having too little to do is boredom, which can cause muscle tension, stomach aches, and headaches—usually associated with too much to do. In fact, a study published this year in the journal *Experimental Brain Research* found that people’s heart rates and hormonal levels showed greater signs of stress when watching a boring movie than when watching a sad movie. Bored workers are more likely to engage in counter-productive behaviors, such as calling in sick or taking long breaks.

*Stress is always bad*—

Stress is usually seen as inherently toxic, which motivates people to avoid it rather than engage in it. It has been shown that if people learn to view stress as helpful, they learn to do handle its effects better. Stress can help people grow by developing a mental toughness, gaining a new perspective, and forcing individuals to re-examine their priorities.

*Stress is unhealthy*—

The role of perception is important. If people believe stress is having an adverse effect on health, they have a significantly greater chance of dying from a heart attack (even when adjusting for psychological, biological and behavioral risk factors).

**GOOD STRESS**

What is good stress, or “eustress?” We experience short-term stress during day-to-day living. Most healthy people are able to deal with repeated short-term stressors as long as—and this is critical—there is enough time for stress-related biological factors to be at low levels, such as at rest. Acute or short-term stress actually can have beneficial effects. For example, when short-term stress is paired with immune activation, such as during surgery or a vaccination, the immune response is enhanced. Good stress is also what we feel when we are excited and there is no threat or fear. It keeps us feeling alive and excited about life. The goal is to choose activities in life that make you feel happy and excited about life and to cut out those that can drain you. Of course, that’s simpler said than done. One way to think about this is to pay attention to how the thought of it makes you feel. Is it a “want to” or “have to” activity?

Short-term stress may also translate to better mental or physical performance, especially when chronic stress is low. Psychological and physical resilience mechanisms can help us to keep functioning even when there is significant chronic stress. It’s possible to change your perception of some stressors. The body’s stress response reacts strongly to perceived threats. If, instead, you perceive it as a challenge, the fear may be replaced by excitement and anticipation. One may see the hidden potential benefits, while reminding yourself of your strengths.

**HOW TO DEFEAT STRESS**

Given that we all experience stress at one point or another, the key is how we deal with it. In the next edition of The Link we will look into different strategies for dealing with stress. How does good stress become bad stress and how can we transform bad stress into good stress?

As we all are experiencing this happy, but potentially stressful time during the holidays, what are your strategies for keeping you sane? I encourage you to send me your list. I’ll include some of them (anonymously) and we’ll see how they compare to those suggested by experts.
Mr. Bob

By Bob Welker

I’m the oldest of three children, born in San Francisco but have lived in San Jose most of my life. I was part owner of a family-owned business started in 1954. Since I retired, Welker Bros has become the largest employer of union floor coverers in Northern California and the largest commercial flooring contractor in the nation, and is still primarily a family run corporation.

A few years into my retirement I was told about a program through NCCJ (National Conference of Christians and Jews), that provided volunteers to read stories about diversity to grade school children. My wife’s friend was in this program and she encouraged me to give it a try.

I have 5 children, 3 step children, 12 grand-children and 6 great grandchildren. I was happy in retirement and had a full life but this friend insisted that my life would be enriched by serving in this way. So I signed up. And she was right! I was hooked! The teachers were supportive and enthusiastic, the children were delighted and so, I became “Mr. Bob.”

A few years later NCCJ was reorganized and it became the National Conference of Community and Justice. In changing their focus they decided to eliminate the reading program. But that didn’t stop me. The teachers insisted I continue. So for the last ten years, once a month I show up to read to first graders at Payne Elementary School. As I walk across the school yard, I am greeted by the children yelling, “Mr. Bob! Mr. Bob!” My heart over flows with joy, knowing that some of these children remember me, even if it’s been a few years since I’ve read to their class.

Some of the children’s stories are: Polar Express, Sacagawea, The Baby Otter and The Library Mouse. I don’t just read to them, I like to engage the children as well. I ask questions and quite often I’m surprised at how much they know and understand. I also get a chance to ham it up a bit. I bring stuffed animals, I wear funny hats and I use different voices for the animals or people in the story.

When I first started this program I read to one first grade class of about 20 children. This year that number has increased to five classes - over 100 children - all at Payne Elementary School.

If you are interested in volunteering to read to children, just contact your local grade school or library and you will be welcomed.

Because being with children brings me such joy, in 2007 when I was asked to be a docent at de Saisset Museum at Santa Clara University, it just seemed like the right thing to do. An important part of the fourth grade curriculum is studying the California Missions. As a docent I have the honor of teaching and guiding these young minds through the California History Museum and the Mission at Santa Clara. I do one or two tours a month with 15 students in each group. This program includes a slide show about the life of the local Native Americans and a hands on cart with shells, furs, acorns and tools, items the children love to look at and touch. Then I lead them through the Mission Church and Santa Clara University grounds. The total tour, from slide show to touring the grounds, lasts about 1½ hours.

If you are interested in becoming a docent at de Saisset Museum contact Lindsey Kouvaris at 408-374-7229.

Well, my wife's friend was right, volunteering and being with young children has enriched my life in many ways.

Book Exchange

For all you OLLI members who love to read and who love to share what you’ve read, we have a Book Exchange bookshelf where you are encouraged to give a book and take a book. When you’ve read the book, bring it back and take another.

The Exchange has been very popular and has had quite a turnover in books.

Please take a look at your bookshelves or stacks of books and see what you can bring in to share in our Book Exchange.

The bookshelf is located just inside the small hallway leading to the OLLI Director’s office in Loyola Hall.
Special Interest Groups

CURRENT SIGS

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CULTURAL CORNUCOPIA

Cultural Cornucopia will meet on Tuesday, January 6, from 12:15-1:30, in O’Connor Hall, Room 201. The conversation will be centered on Stealing Buddha’s Dinner, by Bich Minh Nguyen. This is one of the three 2015 Silicon Valley Reads selections.

EXPLORING THE BAY AREA

The ETBA SIG has some exciting trips planned for 2015. March 19th we will tour the grounds and mansion at Woodside’s Filoli Estate. It just happens to be tulip and bulb season, so the grounds should be in spectacular form! Watch for more details to come.

In April members of ETBA are invited to attend Opera San Jose, more details to come.

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, fill in the form to let us know about your suggestion. To reach us please send an email to ETBASIG@GMAIL.COM.

GENEALOGY

The Genealogy SIG will have a tour of the San Jose Family History Center on Thursday, January 15th at 1PM. 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

The OLLIwood SIG is back to its regular movie watching date on the 3rd Monday of the month. We went to see and discuss Interstellar in November and Wild in December. To be added to the list contact evelynhow@yahoo.com.

PHOTOGRAPHY

The Photography SIG went to the ‘Christmas in the Park’ exhibit at Cesar Chavez square in downtown San Jose, where they have trees donated by various organizations, including schools, businesses, and non-profit organizations. We walked around the plaza, taking many pictures, and then enjoyed lunch at ‘Johnny Rockets.’ We met a week later to share and critique our photos. Our next expedition will take place early next month, where we will go to the Triton Museum of Art in Santa Clara, which has both outdoor and indoor art and sculpture.

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

Photo by Joann Cablas, Shoreline Park
Lifelong learning through travel

OLLI members traveling to Cuba enjoy a delicious pre-trip lunch with an included lecture by Professor Greg Baker, Chair of the Food and Agribusiness Institute at SCU, who addressed aspects of Cuban culture, food production, customs, religion, and everyday life to help prepare participants for their Cuban experience.

Fun with friends, pre-trip lunches, lectures and post-trip reunions are some of the advantages of traveling on one of the OLLI Learning through Travel excursions.

While the Cuba trip is sold out, give yourself a holiday present. Visit our website for more details and up-to-date information at www.scu.edu/osher/travel and book one of the following trips that still have space available:

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, truffle hunting, and a home-hosted lunch with an Italian family.

June 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.

Mark your calendar and join us for a talk open to all OLLI members on the Wonders of Turkey by Tamer Teoman, archaeologist and travel director for our trip to Turkey. Thursday, January 29, 10AM, Weigand Room, Vari Hall, Building #804.

OLLI @ Santa Clara University Organizational Structure

Many people are curious about how OLLI@SCU operates and is governed. The energy, imagination, and dedication of volunteers is the lifeblood of our OLLI and it is through these efforts that the richness of the program you enjoy today is realized. If you have an interest in guiding its progress and success, either through joining a committee or in a leadership role, please speak to either Andrea Saade, Program Director, or to one of the committee chairs. The most gratifying rewards of your membership come from the community you help create.

This issue will describe the organizational structure and how the various councils work to form the whole. In future issues, the different positions and their roles and responsibilities will be described. Then, the various committees and their responsibilities along with the members of each will be featured. All of the volunteer positions have term limits. This ensures new energy and fresh ideas to invigorate the program as well as giving others the opportunity of leadership.

The Osher Lifelong Learning Institute at Santa Clara University is located within the College of Arts and Sciences where the Program Director, Andrea Saade, reports directly to the Assistant Dean of the College, Rafael Ulate. Reporting to the Program Director is the Administrative Assistant (AA), Grace Perez, a student intern, Brittany Woodward, the Council of Chairs (CoC), and the Executive Council (EC). Andrea Saade, Grace Perez, and Brittany Woodward are all paid staff positions. All other positions are staffed by volunteers.

The Executive Council consists of the Program Director, the Associate Dean, the Council of Chairs, and an Executive Advisor, Frank Barone.

The Council of Chairs consists of the Chairperson of each of the committees plus the Program Director and the Executive Advisor. There are currently seven committees that comprise the CoC OLLI at SCU: Curriculum, Lifelong Learning through Travel, Membership, Operations, Social & Events, Special Interest Groups (SIGs), and Volunteer. A list of the committee chairs and their contact information can be found on the last page of The Link.

January 2015

The Link – OLLI@SCU
Campus Events

Santa Clara University 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

CREATIVE IN COMMON
16 January – 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
January 16 – 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.

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

Pope Francis’ Witness at the Margins
Angela Senander, University of St. Thomas
January 15, 2015 | 4-5:15 p.m. Please RSVP at www.scu.edu/ic/bannan
St. Clare Room, Library and Learning Commons
Santa Clara University

Leading by example, Pope Francis challenges both the scandal of poverty and the scandal of separating faith from daily life. So often his mode of engagement is dialogue, an admirable and challenging approach rooted in encounter. His witness at the margins draws attention to the need for both social justice and personal conversion as expressions of faith.
Encountering Jesus: Who Do You Say that I Am?

James Martin, S.J., University of Pennsylvania, Lecture delivered by livecast
January 22, 2015 | 4-5:15 p.m. Please RSVP at www.scu.edu/ic/bannan
Forbes Conference Room, Lucas Hall 126
Santa Clara University

What does it mean to meet the Christ of faith and the Jesus of history? Can we come to know Jesus through the Gospels? Father Jim Martin, S.J., author of the New York Times bestseller Jesus: A Pilgrimage helps us to understand what the Son of God has to do with the carpenter from Nazareth.

A View from the Bus

Simone Campbell
January 27, 2015 | 4-5:15 p.m. Please RSVP at www.scu.edu/ic/bannan.
St. Clare Room, Library and Learning Commons
Santa Clara University
Co-sponsored by Diocese of San Jose

Sr. Simone Campbell, public advocate for peace-building, immigration reform, healthcare and economic justice will reflect on the integral relationship between faith and justice within her own vocation and share her journey as a “Nun on the Bus” to ignite social change.

Day of Meditation and Mindfulness

Sarita Tomayo-Moraga & Rob Scholla S.J.
January 31, 2015 | 9:00am-4:00pm. Please RSVP at www.scu.edu/ic/bannan
Multifaith Sanctuary, St. Joseph’s Hall
Santa Clara University
Fee $25, lunch included

Join us for a day of mindfulness and meditation in the Ignatian and Zen traditions. Experienced Dharma Teacher and SCU Religious Studies Professor, Sarita Tamayo-Moraga and Robert Scholla, S.J., Bannan Faculty Fellow in the Ignatian Center for Jesuit Education, will guide participants through a series of meditation and mindfulness practices from the Catholic (Ignatian) and Buddhist (Zen) traditions. This retreat grows out of a yearlong dialogue and interreligious retreat both facilitators participated in, examining the intersections and distinctions among Zen Buddhist practice and Ignatian Spirituality.

Looking at Vatican II with Pope Francis’ Eyes

John O’Malley, S.J, Georgetown University
February 5, 2014 | 4-5:15 p.m. Please RSVP at www.scu.edu/ic/bannan.
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.
Ethics at Noon:

Race, Law, and Justice: A Conversation about Unarmed African-American Men Dying in Police Encounters

PANELISTS:
* Judge LaDoris Cordell, Independent Police Auditor, City of San Jose
* Jeffrey Rosen, District Attorney, Santa Clara County
* Professor Margaret Russell, SCU School of Law

8 January 2015, 12:00 noon - 1:00 p.m. Please RSVP for this event
Williman Room, Benson Center

The cases of Michael Brown and Eric Garner raise new and profound questions about race, law, and justice. The panel will address: Why do you think these incidents are happening? Do they represent a systematic problem and, if so, what is that problem? What changes, if any, need to be made to address problems raised by these incidents? The panel will also address what role compassion plays in addressing these matters, in keeping with the Ethics Center theme of Compassion this year.

Follow us on Twitter: scuethics ● Event Hashtag: #racelaw

Life Online and the Challenge of Compassion

Professor Shannon Vallor, SCU Philosophy and author: 21st Century Virtue: Cultivating the Technomoral Self

15 January 2015, 12:00 noon - 1:00 p.m. RSVP for this event
Media Room A, Learning Commons and Library

Compassion is a core virtue of ethical life in Buddhism, Christianity, Confucianism, and many other global moral traditions. But life online is radically altering the habits and practices through which human compassion has traditionally been developed and expressed. Professor Vallor will reflect on these shifts and their implications for ethics, particularly in the context of social media.

Follow us on Twitter: @scuethics ● Event Hashtag: #lifeonline

Regan Lectures on Applied Ethics

Regan Lecture: The Meaning of Mercy: A Reflection on a Central Theme of Pope Francis

Cardinal Oscar Andres Rodriguez Maradiaga

January 20, 2015, 7:00 p.m., Music Recital Hall
RSVP for this event

The Ethics Center is delighted to feature Cardinal Rodriguez as our Regan Lecturer for the 2014-15 academic year. One of the most influential leaders in the Catholic Church today, Cardinal Rodriguez is coordinator of the unprecedented 8-member Council of Cardinals named by Pope Francis to provide counsel on governance of the Church. We have asked the cardinal to speak on the theme of mercy in light of Pope Francis’ emphasis on this theme, and in light of such issues as the migration of children from Central America to the United States, the Vatican Synod on Pastoral Care of the Family, and economic inequality.

@scuethics ● #maradiaga
SCU Library presents:

A Tribute to Maya Angelou

LITERARY CUISINE
February 9, 2015, Noon - 1:30 P.M.
Williman Room, Benson Center, Santa Clara University

Maya Angelou was a world renowned author, poet and civil rights activist. Please join the University Library at a luncheon to celebrate her life and work. A mouth-watering menu has been selected from Maya Angelou’s book *Hallelujah! The Welcome Table: A Lifetime of Memories with Recipes*.

This event features a line-up of guests from across campus. Aldo Billingslea, the Associate Provost for Diversity and Inclusion as well as an Acting and Performance Studies Professor, will recite poetry along with student, Regina Fields. Additionally, Adjunct Lecturer, Allia Ida Griffin from the English Department will provide a short overview of Maya Angelou’s life and work.

Bon Appétit will cater the event for $12 per person. Please email libraryevents@scu.edu to receive notification when the reservation site is available. Two lucky guests will win 2 tickets to the next Literary Cuisine event or a copy of the book.

In compliance with the ADA/504 please direct your accommodation requests to: Kelly De Leon-Lopez, University Library at 408-554-5031, 72 hours prior to February 9, 2015.

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Sustainability at SCU

Eco-Fashion & Art Show
January 22, 2015, 7-9 pm, de Saisset Museum

All designers must submit their masterpieces to participate in the runway by 1/15/15.

The Eco-Fashion and Art Show is a night of learning and celebration of art and music with eco-fashion on the runway, featured art galleries of the de Saisset Museum, and music, all showcasing the talents of Santa Clara students, staff, faculty, and alumni! Designers are encouraged to design and create outfits made of recyclable or waste materials as an educational tool about the influence and impact of the fashion industry. Attendees will enjoy the creative atmosphere, will learn about the environmental and social impacts of clothing, and will also have the chance to dabble in art themselves! More info here. For any questions and donation arrangements, please contact Cara Uy, Sustainability Coordinator at cuy@scu.edu.

Attend, donate materials, or design an eco-fashion outfit for the annual Eco-Fashion & Art Show!
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
January 7 - Hindustani Ragas: Indian Classical Music
January 14 - The Living Earth Show: New music
January 21 - Music from Zimbabwe
January 28 - New Music Festival featuring Alvin lucier

RUSH HOUR CONCERT
Kristen Strom, jazz saxophone
January 15 | 5:30pm, Music Recital Hall, FREE

FACULTY RECITAL
Bruno Ruviaro, electronic
January 23 | 7:30pm | Music Recital Hall | Get Tickets Here

SCU NEW MUSIC FESTIVAL
The Music of Alvin Lucier
January 28 – 30 | 7:30pm | Music Recital Hall | Get Ticket Here
CHARISMA

January 15 - 17 | 8:00pm | Fess Parker Studio Theatre | Get Tickets Here

Student Spotlight Series: Charisma 2015 - Members of the Charisma group reflect on their lives in an intense exploration of spirituality and the arts that combines art, music and the spoken word.

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**Deadline for submissions for the February issue of The Link is 21 January. Please submit events, corrections, and additions to Carol Lindsay at clindsay408@comcast.net**

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