What’s Inside

OLLI News and Upcoming Events

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Annual Potluck Picnic

Wednesday, 17 June, 11:30AM – 2:00PM
Arbor Center, Santa Clara Central Park
909 Kiely Boulevard, Santa Clara
Cost - $12 per person, $15 at the door. Deadline for registration – June 14
Click here to make your reservation

Save the dates
Mark your calendars for these upcoming events

New summer classes not to be missed

PANAMA PACIFIC INTERNATIONAL EXPOSITION
In observance of the 100th anniversary celebration of this significant world’s fair a series of very special class offerings is planned for June 23, 24, and 27. More details found inside.

“OPERA IN OUR NEIGHBORHOOD” in two parts:
Part 1 - June 15 & 22 will cover Tosca and Le Nozze di Figaro
Part 2 - Aug 24 & 31 will cover Carmen and A Streetcar Named Desire.
More details inside.

Destination Learning – A Santa Rosa adventure, July 9th

We will visit the amazing Canine Companions for Independence facility, the Luther Burbank House and Gardens, and the Charles Schulz Museum. Lunch at the Warm Puppy Cafe.

Registration information will be sent out in early June. Watch for it. Trip will be limited to 50 participants.
An interview with OLLI’s new Executive Director - Marie Brancati

By Becky Bell

Today I met with Marie Brancati, the new executive director of OLLI, and discovered her to be a woman of many hats. The hat she was sporting today was that of Executive Director of OLLI. Her official position with the university is Director of External Relations in the College of Arts and Sciences, a title that has evolved over her 17 year career at Santa Clara. While the university maintains a central development office responsible for fundraising in general, Marie’s job is fundraising and stewardship of special initiatives associated with patron-established programs. These include the DeNardo Lecture Series, the Vari Italian Studies Initiative, the Dean’s Leadership Forum, and numerous outreach and development programs. Her office is physically located in the Vari Building and falls under the rubric of the College of Arts and Sciences. She is liaison to many departments including Office of Development, Alumni Association, Marketing and Communications, and Undergraduate Admissions and Financial Aid. It seemed a natural fit for the new position of Executive Director of OLLI to fall under her umbrella.

Marie’s position with OLLI became nominally effective in March but due to prior commitments was put on hold until the May/June time frame. She has met with the OLLI Council of Chairs and is in the process of meeting with its former directors. This communication has served to further identify her role in ensuring the longevity of OLLI and in determining areas where OLLI can reflect and integrate with the mission of the University.

One of the requirements for funding from the Osher Foundation is that OLLI have a strong fundraising base and a global vision reflected in a five-year plan. In her short time at the helm Marie has identified several avenues of fundraising: targeting SCU reunion classes to encourage gifting from graduates over 50, corporate sponsorship of some classes, estate planning gifts, and identifying individual donors with a personal interest in specific areas of learning. Marie recognizes the huge volunteer contingent currently in place that contributes to the operation of OLLI and is looking for avenues to express appreciation to those members for their tireless effort.

On a personal level Marie admits to the guilty pleasure of scrapbooking as a hobby. Not the electronic version but the actual hands on “cut and paste” type. Being of Italian heritage, of course she enjoys cooking in her newly remodeled kitchen. Her family travels have included numerous trips to Disneyland when her son was young. Her winter vacation, a trip to Hawaii, fulfilled a lifelong dream of her Mother’s to some day visit the 50th state of the union. When queried about future travel plans she said her interest in history has planted the seed of an Amtrak tour of the original thirteen US colonies. That may be one trip she reserves for retirement, many years in the future.

Marie shared with me that she has found OLLI members and administration to be positive and enthusiastic about the quality of instruction and variety of classes offered. She feels that Santa Clara University is a “well-kept secret” in our community but could be less of a secret through its association with OLLI. I think we can all look forward to growing and enhancing our organization under Marie’s leadership.

OLLI summer classes

As the end of the academic year approaches, the OLLI@SCU Curriculum Committee is pleased to announce several summer programs

This year marks the 100th anniversary of San Francisco’s famous World’s Fair of 1915, the Panama-Pacific International Exposition (PPIE). This event celebrated the completion of the Panama Canal and the rebirth of San Francisco after the 1906 earthquake and fire. A number of Bay Area institutions will mark this anniversary with exhibits, lectures, publications, etc. SCU’s OLLI program plans to join in the celebration with “A Week at the Fair” (June 23 – 27).

Looking ahead to the 2015 – 2016 Opera San Jose season, Andrew Whitfield, Resident Conductor and Chorus Master, will offer two courses on four operas being featured this year. “Part 1” of “Opera in Our Neighborhood” will cover Tosca and Le Nozze di Figaro on June 15 and 22. “Part 2,” on August 24 and 31, will cover Carmen and A Streetcar Named Desire. The courses will feature videos of performances and, if possible, some live performances by resident artists from Opera San Jose.

Also of note, this fall we will offer a course on Frank Norris’ The Octopus: a story of California, taught in two parts by SCU English Professor Terry Beers. The first part will explore the historical background of the book and its place within California’s tradition of social novels. The second class session, several weeks later, will be devoted to a discussion of the novel, with special attention to its characters and its depiction of the San Joaquin Valley. To take full advantage of this course, you really need to read the novel, which is quite long. Scheduling the two class sessions several weeks apart will give you time to do this; but, for those of you planning your summer reading lists now, you may want to add The Octopus.

The Curriculum Committee is working to complete the 2015 Fall Quarter schedule of classes within the next few weeks. Watch for a preview of 2015 – 2016 classes at the annual OLLI Kick-Off event on Saturday, August 22. In the meantime, the Curriculum Committee hopes you enjoy this summer’s offerings.
Special summer program brings the 100th Anniversary celebration of the Panama-Pacific International Exposition to OLLI members

JOIN US for “SCU OLLI: A Week at the Fair” - June 23 – June 27

This year marks the 100th Anniversary of the 1915 World’s Fair, the Panama-Pacific International Exposition (PPIE), held in San Francisco. This remarkable event celebrated the opening of the Panama Canal and heralded the rebirth of San Francisco following the ruins of the 1906 earthquake and fire. Both achievements gave notice to the world of American moxie and “can-do” attitude.

The building of the Canal – a decade-long construction miracle by the US Army Engineers and a feat of engineering unsurpassed at the time – was considered one of the seven wonders of the modern world. Hardly less remarkable was the transformation of San Francisco from the ruins of the ’06 quake to a city ready to undertake the building of a world’s fair that would open less than a scant nine years afterwards. The story of the Fair is worth remembering, and worth retelling 100 years later – for the audacity of the act and the transformations that affect us still.

A FAIR OF FIRSTS, BIGGESTS, AND BESTS

World Fairs were the Olympics, Disneyland and Macworlds of their time – all rolled into one. To attend was often the dream – and memory - of a lifetime. Visitors to the Fair (nearly 19 million of them) found 635 acres containing more than 100 buildings - pavilions and exhibition palaces showcasing technological, historical and artistic exhibits from nearly every nation and U.S. state. Fair-goers enjoyed grand boulevards, innovative landscaping and lighting, aviation demonstrations, and an amusement midway known as the “Joy Zone.” An assembly line produced 18 Fords a day; the first transcontinental phone call was made, and special guests included Theodore Roosevelt, Harry Houdini, and Thomas Edison.

CELEBRATE AND LEARN

During this anniversary year more than 100 Bay Area organizations – under the aegis of PPIE100, a citywide consortium of cultural, civic, community, and historical organizations – are conducting centennial programs throughout the Bay Area to commemorate the historical significance of the Fair’s legacy. The single remaining in situ building, SF’s Palace of Fine Arts, has been reopened specifically to showcase the California Historical Society’s exhibit, “City Rising.” Visit the website, www.PPIE100.org for information about the wealth of events and on-going programs, exhibitions, screenings, concerts, lectures, demonstrations, panel discussions, and performances being offered. OLLI at SCU is proud to be presenting some of these events to our members this summer.

Tuesday, June 23: 10:00 – 11:30 am; Program followed by Q&A • Fee: $15
The Joy Zone: A Postcard & Photographic Tour of the PPIE’s Amusement District
Glenn Koch, Author, San Francisco Golden Age Postcards

Tuesday, June 23: 1:00 - 2:30 pm; Program followed by Q&A • Fee: $15
Food at the Fair: Culinary Historians of Northern California (CHONC)
Erica Peters, Author, San Francisco: A Food Biography & Pam Elder, Founding Member, CHONC; Nutritionist, Educator and Lecturer

Wednesday, June 24: 10:00 – 11:30 am; Program followed by Q&A • Fee: $15
Jewel City: Art from the Panama-Pacific International Exposition

Wednesday, June 24: 1:00 - 2:30 pm; Program followed by Q&A • Fee: $15
World’s Fair on Film: San Francisco 1915
Anita Monga, Artistic Director, San Francisco Silent Film Festival

Saturday, June 27: 10:30 am – 12 noon; Program followed by Q&A • Fee: $20
A Whirlwind Wrap-up of the Fair

Check out the OLLI website for detailed program and registration information.
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 April Link described the role of the Membership Committee. This month the focus is on the Social & Events Committee.

The role of this committee is to enhance the social aspect of the OLLI experience, build community within the membership by providing opportunities for social interaction and helping enrich the membership experience.

Linda Avignon-Wikke

Linda, born in Berkeley and raised in Oakland, started her college career at UC Davis, then returned to Berkeley to complete her BA in English with a minor in French. While at UC Davis, she gained insight into the Aggie life by helping care for and exercise a 500 lb. sow named "Baby," one fall, and a relatively nondescript sheep the next. However, while at Davis her sophomore year her innate love of travel led her to hop a northbound freight train with a group of friends! The vagabonds’ journey took them to Klamath Falls, Oregon, camping at Crater Lake before heading back south in an open boxcar. She'll never forget the beauty of snowy Mt. Shasta at night, with the silver moon highlighting the peaks. They actually made it back in time for class on Monday!

While at UC Berkeley, she built on her love of languages, taking courses in Spanish and Italian. Linda spent ten weeks one summer in a small rural village in Guanajuato state in central Mexico with a community service and development group called Amigos Anonymous. That summer gave her an invaluable opportunity to reinforce her newly learned Spanish and glean a rare personal view into another culture. After returning from this life-changing summer, she continued graduate work for teaching credential studies in both San Francisco and San Jose, which enabled her to teach kindergarten in her 20's in San Francisco, and Reading/Writing Skills in her 30's and 40's at West Valley College in Saratoga. She then capped off her career with 18 years of teaching blind and visually impaired students in the High School Mainstream program at California School for the Blind in Fremont from which she retired 2009, and where she regularly returns to a substitute teach. She considers Braille another language in her skill-set.
Linda and Emil, her husband of 40 years, are close to their sons, Justin and Devin. They raised their boys in an 1896 Victorian home in downtown San Jose that they bought in 1977. Their lifelong labor on the house was a true learning experience for all! They believe that the comprehensive work they put into their home, which was witnessed and participated in by their boys, helped make them the well-adjusted and adaptable problem-solvers they have become today.

Linda feels fortunate to live in our thriving area of California, with its diversity and myriad opportunities for culture and education. She continues the study of Italy and the Italian language in the Santa Clara Valley, takes as many OLLI classes and activities as she can manage, and in her "spare" time, she’s busy researching and organizing her next travel adventure, an activity of which she’ll never tire!

**Carol Lindsay**

A typical Navy brat, born in Philadelphia but raised in the south, Carol lived in various Navy communities, some of which are now ghost towns as the post war build-out faltered with the Berlin wall and the collapse of the Soviet Union. She had attended eight different schools by the time she was in 6th grade when her father took his final assignment to the ONI in the Pentagon. She got to go through her final six years in school with familiar faces, graduating Washington-Lee HS in Arlington.

Carol went to work for the Defense Intelligence Agency (DIA), tracking Vietcong movements as US involvement in Vietnam escalated. It was here she met her first husband. She left her job to be a stay-at-home mom to her son and daughter. In 1971, they moved to Raleigh, NC where Carol was the local June Cleaver, Cub Scout den mother, Girl Scout leader, garden club president, swim club board member, classroom volunteer. As her children grew, she went back to work as a legislative assistant to a NC representative.

In 1982 the family moved to Birmingham, MI, and then in 1986 a job offer with Apple took them to Los Gatos. Each home they purchased was a “fixer-upper” that Carol remodeled, learning skills and talents along the way. She received an AA in interior design and went on to San Jose State and received her BA in Communications with a minor in Environmental Design.

After graduating from SJSU in 1996, she worked for a start-up tech company filled with energy and bright young engineers. As typical in a start-up, everyone did whatever jobs needed doing, the CEO’s office was in the snack room, and they shared desks, laughs and tears. They soon moved to larger spaces in Saratoga, grew and grew some more. Then in 1999, in the frenzy of mergers and acquisitions, they were bought by PTC, a large firm in MA. The bubble burst in 2000. As the process of closure began, they asked Carol to stay on to “turn off the lights.”

In 1997, while visiting friends in Raleigh, Carol got reacquainted with a former friend Ron Lindsay. She soon enticed him to CA and they wed in 2000.

Carol opened an interior design business in 2002 where she enjoyed helping people realize their visions for their homes. She retired from that and soon discovered OLLI where she continues to grow and meet new friends. She enjoys her grandchildren, her community garden plot, travel, wine and food.

**Sidney Mygatt**

Born to move, Sidney was an “Air Force brat,” originally from San Antonio, TX. Having never lived anywhere longer than three years until moving back to CA, she landed in San Jose/Los Gatos in 1969. She graduated from Principia College, and after raising three daughters, referring to herself as the leader of the pack, she went back to school. After 3000 hours of volunteer work and two years of schooling, she graduated and earned her license as an MFT from Santa Clara University.

She worked at Family Court for ten years, first, as a mediator of custody disputes and the last four years as the Treatment Court Manager. Now semi-retired, once a week for the past eight years, she facilitates a support group for women who are victims of domestic violence.

She enjoys gardening, traveling (when a special opportunity presents itself), bridge, walking her dogs, attending musical concerts and plays, and participating in the activities of the Daughters of Norway. She enjoys her book group, ballroom and country dancing, and spending time with her four grandsons and one granddaughter (and sleeping, when there is time).

Sidney was excited to join the Social Committee last year, knowing it would be a fun way to meet new people. She has enjoyed belonging to OLLI and looks forward to taking more classes and making more friends.

**Pam Saunders**

Pam’s mother, a second generation Californian, returned to Salinas, CA to deliver Pam after her husband was shipped overseas to England during WWII. Unfortunately Pam’s father didn’t return. The family moved to Cupertino in 1956, which was a rural valley, filled with blooming fruit trees, and Stevens Creek Road was a two lane road. She has fond memories of playing in the creek, although the numerous bouts of poison oak were not so enjoyed.
After graduating from Cupertino High, she briefly attended Foothill College, married and had three children. While working full time, she graduated with an AA from San Jose City College. She retired after 37 years of service to Santa Clara County. Most of her employment years were in the Social Service Agency, working as an office manager in large welfare offices, performing ergonomic evaluations for 2400 employees and finally, in the Welfare to Work Program.

Her retirement life has been filled with a variety of volunteer activities and attending OLLI classes. She was recruited for the Social Committee by the wondrous Dorothea French, a.k.a. “the whirling dervish.” Believing that the best way to meet new friends is by becoming involved in SIG Groups and in attending SIG functions, she has met many friendly people.

Bev Seligman

Bev was born and raised in the Boston, MA area. She started dating her late husband, Richard, when she was 15 years old and married him five years later. She was a typical wife and mother of the early ‘60’s. She stayed at home in Brighton, MA while Richard finished law school at night. They then spent two years in New Jersey with their two young children, Craig and Carla, before moving to Nashua, NH in 1966.

They had a very happy life there, watching their two children grow up, graduate from college and begin their own adult lives. Sadly, Richard was diagnosed with brain cancer in 1988 and passed away in 1989 at the young age of 54. Bev spent much time after that, traveling between Los Angeles and Nashua visiting Craig, Carla and her husband Jon and her two beautiful grandchildren Kira & Ben.

Bev considered moving to southern California to be closer to both of her kids and grandkids but knew Los Angeles was not for her. Ten years later, Carla and her family moved to San Jose and she followed shortly thereafter. She had had enough of the cold and snow and she was tired of watching her grandkids grow up in pictures and videos. She says “Up close and personal is much better.”

Once she moved, she knew she had to make a life for herself. She volunteered at Kira and Ben’s elementary school until Ben moved on to middle school. She joined organizations and made some very good friends. She found OLLI at SCU and it has been her “happy place.” She feels she’s now getting some of the college education she regrets she never had, but minus the tests and homework. Bev is on the social committee, is the SIG facilitator, and also a classroom host. She says she’s “still on a journey of discovery.” Who knows where it will lead.

Jacqui Smith

Although Jacqui is a third generation Californian, early on she lived a gypsy life, attending schools in France, New Jersey, Texas, San Jose, Japan, San Francisco…11 schools. She graduated Drake High School in Marin County and attended San Jose State and Cal State Hayward…before it even had a campus and changed names three times.

In adult life, Jacqui has lived in Hayward, San Leandro, Palo Alto, Danville, Los Gatos, Campbell and Willow Glen. Learning the back streets in any community is her specialty.

When she married her dentist 41 years ago, between them they had five girls…his three, her two (four of them 2-6 and one recalcitrant 13 year old), Jacqui cautioned them to always keep the Child Abuse Hotline number handy….or shape up. This advice must have worked as they have all grown up reasonably well.

Jacqui taught right out of college and returned to teaching when it became apparent that none of the five would earn scholarships, either academic or sport, and she better bring in some money instead of whiling away her time with volunteer work. Some of her best friends are people she met through these later teaching years with San Jose Unified.

She retired to become a grandmother, faithfully attending swimming, soccer, water polo, baseball, lacrosse and basketball events. Truth is, she’d rather be at the opera, symphony, ballet, a play or musical or, of course, the SJ Sharks!

Jacqui and Pieter raised their children in Willow Glen, remaining in the house until Pieter retired from dentistry 9 years ago. Now they are condo dwellers in downtown San Jose where they can walk to theatres and restaurants.

Jacqui enjoys the variety of Osher class subjects and their length, the people she has met through the program and being a part of the Social Committee and its activities, and Mah Jong and bridge with girl friends are two of her vices. No gambling, just really mediocre playing and no wish to improve. It’s all about catching up with each other’s lives.

While Jacqui and Pieter have traveled together a great deal over the years, they are slowing down, particularly their international travel. San Francisco and New York remain favorite playgrounds, but annual visits to their favorite city, Paris will be memories.

Ann Thalls

Ann was born in Oakland, California but spent most of her formative years in Phoenix, Arizona. After receiving a bachelor’s degree in Elementary Education from the University of Arizona, she decided to return to her Bay Area roots, eventually settling in Sunnyvale. She enjoyed a long career with the Redwood City School District, teaching a variety of grades over a 39 year span,
focusing mostly on upper elementary grades as a Language Arts/Social Studies teacher. During these years, she met and married her husband Jerry, and they raised two daughters. One resides locally in San Jose, and the other is in Washington, DC.

Ann retired in 2007, and joined OLLI in 2009 after being encouraged by Jerry, who is also an OLLI member. Aside from participating in OLLI classes and volunteering in various capacities, she derives great satisfaction from volunteering in her local community. She works at Sunnyvale Community Services, whose goal is to prevent homelessness and hunger in Sunnyvale. She also volunteers at Our Daily Bread, which serves hot meals to low income people in Sunnyvale. Besides OLLI and volunteering, she enjoys traveling, exploring the Bay Area, Scottish Country dancing, gardening, participating in a variety of groups, and spending time with family and friends.

Rose Tsai

Rose was born and raised in Hong Kong. She came to the United States on a student visa and began her college education as a freshman at Santa Clara University, graduating with the class of 1973. She has been a resident of Santa Clara County since 1971.

Rose is the mother of two sons, and she’s proud to say, both are SCU graduates. She has recently retired from a successful real estate career and is looking forward to having fun and enjoying life through OLLI classes, SIGs, and outings, and she will soon go on some vacations with the nice people of OLLI (Rose is a new member of the Social & Events Committee and we welcome her!)

Anne Tyler

Anne was born in San Francisco and raised on the Peninsula in Redwood City where she finished high school. She graduated from Cal Poly, San Luis Obispo with a BS in Education. After graduation she spent a year traveling in Europe and the Middle East. Anne taught elementary grades in California for a number of years, with intervening stints in international schools in Taipei and Tokyo.

She met her husband, Cliff, while both were teaching third grade in Palo Alto. When Cliff took a job in school administration in Oregon, Anne earned a Master’s Degree from the University of Oregon Library School. For the next 25 years she worked as a school library media teacher at elementary, middle and high schools in California, Oregon, Washington, and New Hampshire.

Upon retirement, she moved to San Jose when Cliff took a job as a professor with National University. She divides her time with lots of exercise classes, OLLI activities, management of her family’s real estate partnership, and either traveling or planning for the next trip.

Linda Chin and HomeFirst where homeless ends

Interviewed by Jeffrey Englander

For which organization do you volunteer?

I spend my volunteer hours working with HomeFirst, which is celebrating its 35th anniversary as a leading provider of shelter and services to the homeless community in Santa Clara County. In addition to operating the only emergency shelters in the County, we focus on "housing first" - helping chronically homeless clients into permanent housing.

What do you do as a volunteer?

I have a business and HR background, and am connected to the local community through previous volunteer work at Bellarmine. As a volunteer and Board Member at HomeFirst (formerly Emergency Housing Consortium and EHC LifeBuilders), I organize volunteers who help sort donations and put together move-in kits for clients who are being housed. I also serve as the chair for the Funds Development Committee.

What attracted you to volunteer for HomeFirst?

A good friend's brother nearly ended up on the streets when he developed schizophrenia - that's when I learned how easy it is for people to become homeless, and how inadequate our mental health services are to address those needs. I became familiar with HomeFirst through our son's involvement at Bellarmine, which runs a clothing/bedding drive, the "Winter Warmth Drive," that benefits our clients each winter, and began volunteering at HomeFirst in 2010.
Volunteer Corner – cont’d.

What do you appreciate about the experience?

I know I’m making a real difference, and I love working with other volunteers on projects that directly benefit our clients. There isn’t a broad base of support to solve homelessness, so every volunteer and donor has a significant impact. Our community responds generously to individual stories that are highlighted in the news, but we need long-term, ongoing commitment to house the over 7,000 homeless people in our county. Among our clients are foster youth, veterans, and families - they all deserve a safe place to live. We’re chipping away at the problem, and it’s incredibly rewarding to be part of the solution. People don’t realize how hard it is to get re-housed once you’ve lost housing - homeless clients are at the bottom of the totem pole when landlords are looking to fill vacancies.

How does the community benefit from your volunteering?

Not only is housing the homeless cheaper for the community - on average, it costs taxpayers four times more for emergency health care and judicial services than to provide housing - but housing clients also allows them to rejoin the fabric of our community. The cost of living in Silicon Valley is forcing people in low-wage jobs to move out of the area or out on the streets. We had clients living in the Jungle (the homeless encampment that was cleaned out this winter) who had housing vouchers, but there’s no housing available. The typical voucher only covers about two-thirds of the current fair market rent, and we are grappling with the double whammy of historically low vacancy rates and high rents. We have clients who are working multiple jobs but still can’t afford housing in a community with some of the highest paying jobs and most profitable and successful corporations in the world. This is an enormous social justice issue.

Click here to learn more about HomeFirst

A Taste of Tuscany and Umbria - a Worthwhile Life Experience!

By Evelyn Howard

April 12-26, ten OLLI members participated in the 4th successful Lifelong Learning Through Travel trip. After meeting at a couple of pre-trip gatherings and a lecture we were off to enjoy “Tuscany and Umbria: Rustic Beauty in the Italian Heartland,” an Overseas Adventure Travel journey led by our “fabuloso” trip leader Olivia, who took us to places that delighted our senses.

There were the sights: Carrera marble quarries; Tuscan hill towns; walled cities; cathedrals in Lucca, Siena, Florence, Assisi and Pienza with their frescoes and statues; hotels in historic buildings; a Contrada Museum in Siena; the roofless abbey of San Galgano; Little Jerusalem in Pitigliano; an Etruscan Necropolis; the artisan shops featuring crystal, weaving, mosaics, copper- smithing and leather; the dogs herding the sheep; and scenic drives through the Crete Senesi and the Orcia Valley.

The tastes and smells: pecorino and other cheeses, salami and other cured meats in Norcia; pan forte and ricciarelli in Siena; risotto in a cheese wheel, olive oil tasting at the Pruneti oil mill; wine tasting at Villa Sant’Anna winery; Chianina beef; the truffles we hunted and prepared outdoors with scrambled eggs; the pasta we helped the nonna make; a buffet with the catch of the day from Lake Trasimeno, prosecco; and, of course, pizza, cappuccino and gelato.

The sounds: talks by seven different guides in the various towns, Ignazio—a Benedictine monk telling us about his lifestyle; the bells of the cathedrals; the excited dogs on the truffle hunt; the sheep and the cows on our farm visits; Puccini arias at a concert in his home town of Lucca; and Cessare telling us about copper and his craft.

And finally all-encompassing: the donkeys we rode; the 4-wheel drives at the quarry and in the mountains; biking on the walls of Lucca; the boat ride on lake Trasimeno; hiking; cobblestones; climbing stairs and narrow alleys; a little rain; sunsets in hues of red, yellow and burnt orange. We could not have asked for more.
Lifelong Learning Through Travel with OLLI at SCU

The OLLI Learning Through Travel trips for 2016 have been announced and include: Spain to London aboard a small luxury ship, the M/S Corinthian; Authentic Cuba - an enhanced repeat of our successful trip earlier this year; Discover Enchanting Ireland; Turkey—In the Footsteps of St. Paul; Cultural Journey to Sicily; and domestic trips to Chicago, IL and Ashland, OR.

Check out the Learning Through Travel website for more details [www.scu.edu/osopher/travel](http://www.scu.edu/osopher/travel)

Spain’s Northern Coast and the Bay of Biscay

Less than one year from now on April 30th 2016, passengers from OLLI at Santa Clara will embark from Lisbon, Portugal on a lovely voyage called “Spain’s Northern Coast & the Bay of Biscay.”

The ship, the M/S Corinthian, is more like a luxurious yacht than an ordinary ship, and carries only 98 passengers with a crew of 70. This small ship is considered to be one of the most comfortable of the small ships sailing today, with suites measuring 215 square feet, and this trip is one of the best values afloat.

With this exceptional small ship, comes a unique itinerary. The ports of call are from Lisbon to Porto and Vigo, then into Spanish waters where we will visit Santiago de Compostola and La Coruna. The ship will continue its Atlantic journey with generous stops in Bordeaux and La Rochelle, plying its way up the Atlantic coast of France to Brest, St. Malo, close to Mont Saint Michel. The ship completes its voyage in Poole, England where passengers disembark for a two day stay in London with many included activities. This trip promises to be a cultural cornucopia of several different countries with some similarities in geography, but with very different cultures.

Grand Circle runs this exceptional trip which sells out very fast. Currently we are holding a few more places, but not for long.

OLLI’s Learning Through Travel website is undergoing construction, but you can check out the trip's itinerary by going to the [2015 GCT website](http://www.scu.edu/osopher/travel).

To reserve your place on this trip call Grand Circle Travel 1-800-597-2452, press 2. Mention code G6-25638 when booking.

Special Interest Groups (SIGs)

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AGING GRACEFULLY

At our last Aging Gracefully SIG, we had an in-depth discussion about Alzheimer’s. Almost all participants were quite familiar with this disease due to experiences with loved ones and shared their stories, including what they had learned. We also covered the latest research and have committed to keeping members up-to-date in this area. In fact, what prompted this discussion was the recent lecture by Dena Dubal, MD, PhD of USF, who leads a team researching *Longevity and the Aging Brain*. The study links the KLOTHO hormone with cognitive ability, longer lifespan, and better heart and kidney function. The lecture was sponsored by the SCU Gerald and Sally De Nardo Lectureship and is one of the many campus events open to OLI members. Our next meeting will address what we are looking for in this stage of our lives—happiness, fulfillment, purposeful life—and what we’re doing to achieve those goals. It will be held **June 16 at 10:00**. For more information, contact [Monica David](mailto:monica.david@scu.edu).
APPASSIONATI ITALIANI

Recently the Appassionati Italiani (Italian Aficionados) SIG was treated to a private showing of a selection of Italian materials by SCU Special Collections Librarian Elizabeth Newsom. Much of the collection was brought by the Jesuit fathers when they first arrived to found SCU. The content of the collection ranged from wonderfully-illustrated 14th century religious material to 18th-century detailed scientific charts. Elizabeth also gave us an explanation of the changes in printing from Gothic to Roman italics and described how she painstakingly restores some of the texts. Since Elizabeth is SCU’s first Special Collections Librarian, she has the delightful task of reviewing rare archives to discover gems and then creatively organizing them into special exhibits. So we may be in store for more treasures in the future! Elizabeth is happy to show these rare materials to others who may be interested and can be reached at eanewsom@scu.edu.

On May 6th, Debbie Cauble, an OSHER member and an ambassador at Sacred Heart Community Service spoke to our “Be the Change” group. It was a lively, informative, and interactive discussion about the variety of services that Sacred Heart provides to our community. In June our group will be able to take a tour of Sacred Heart to see the facility and see first-hand how this valuable agency makes a difference for those who need services. She also told us about another opportunity to volunteer at Women’s Gathering Place, which provides a safe place for homeless women to drop-in, relax, and have lunch.

This summer “Be the Change” plans to take a tour of Full Circle Farm in Sunnyvale. We will also continue to provide our members with information about some short-term volunteer opportunities and activities.

For more information about “Be the Change,” please contact Debbie Schreibstein at Lendebsch@aol.com.

CURRENT EVENTS

Our next Current Events Discussion SIG meetings will be held on Wednesday June 3, 2015. The first group option will be from 10 a.m.-12 noon on that date. The second group option will be from 1 p.m.-3 p.m. on that date.

Both groups will meet in the OLLI classroom, Loyola 160.

The topic will be a discussion of the very serious current world refugee crisis. This crisis has been set in motion by the conflicts in the Middle East and Africa and seems to be the greatest refugee crisis since World War II. It is testing attitudes toward migrants on the part of the United Nations, European Union countries and the entire world. This crisis has both huge humanitarian and moral implications.

Groups will discuss the implications of the crisis and possible solutions, and also look at current day genocide, both as an important and troubling issue in itself, and as a contributing factor to the refugee crisis.

Our May discussion was based on the book The Righteous Mind, Why Good People Are Divided by Religion and Politics by Jonathan Haidt, a social psychologist who looks at why we form the political beliefs we do, the implications of such beliefs and solutions to conflicts between various sets of beliefs. It was quite an interesting discussion. If you would like the notes from that discussion and the URL links for the websites of the U-Tube videos viewed, please send an e-mail to Len at the e-mail address Lendebsch@aol.com

If you are not currently a member of our group but want to attend a discussion on June 3rd, please contact Len Schreibstein, group facilitator, Lendebsch@aol.com. Please specify which time you want to attend, 10 a.m.-12 noon or 1-3 p.m.

Or if you can’t attend in June, but want to be put on the group’s email list to receive information about future discussions, please indicate that to Len.
EXPLORING THE BAY AREA

In April the ETBA attended Opera San Jose’s performance of the Magic Flute and it was truly “magical.”

Our next event is a trip to the Niles Canyon Essanay Silent Film Museum and grounds on June 24th. The deadline for sign up is June 10th with a cost of $16 per person and limited to 30 people.

Our plan is to schedule an event roughly every other month. Announcements will arrive in your email six weeks before the event. Activities currently being researched are (1) The Potomac – FDR’s floating White House now docked near Jack London Square (2) the Disney Museum (3) a Monterey Film Tour (4) the Dunsmuir House for a tour and tea in December (5) the Computer History Museum and (6) the San Juan Battista Mission.

To contact us or to become a member please send an email to etbasig@gmail.com.

GENEALOGY

The OLLI Genealogy SIG had a good discussion in its May meeting. We talked about genealogy web sites, useful classes, books, working with DNA results and the challenges of organizing our records.

Due to travel conflicts with several of our members, there will be no June meeting. The time and place for the July meeting will be provided to those on the Genealogy SIG email list after it is scheduled. If you want to join the group or sit in on a meeting, please contact Max Jedda at maxjedda@yahoo.com.

The OLLIwood SIG continues to go to the movies on the third Monday of the month. Next outing will be on June 15. We will see a movie and meet for a discussion right after. If interested, please contact Evelyn at evelynhow@yahoo.com and she will put you on the mailing list.

PHOTOGRAPHY

The photography SIG went to Villa Montalvo in Saratoga in early May, and had fun wandering around the Montalvo Arts Center, the big arboretum, the beautiful path to the ‘Love Temple.’ In the back of the main Villa, there is an amphitheater with several hundred seats used for various concerts and events. The estate was originally owned by Senator James Phelan, who served in the Senate in the early 1900s. It’s a really beautiful area with many hiking trails around the county park adjacent to the Arts Center. Diane Sparks took this delayed picture of us all.

The Link Editorial Board:

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

The next issue of The Link will be August. Deadline for submissions is 20 July.
Contact 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

Ask Mickey: The Truth About Carbohydrates?

I’m trying to lose weight. Are carbohydrates OK to eat?

With summer quickly approaching, it may seem like everywhere you turn, there’s a diet plan or quick weight-loss fix being offered. Many weight loss plans tell you to shun carbohydrates. The message can be misleading, and weight loss isn’t as clear-cut as avoiding all carbohydrates.

Carbohydrates are not just breads, pasta, rice, and other white foods. It’s a class of food that refers to any of a large group of organic compounds including sugars, starch, and cellulose.

Next, it’s important to understand that everyone needs carbohydrates. Our brain runs solely on carbohydrates. In addition, our muscles need carbohydrates to function properly. Many carbohydrate foods contain fiber, which is important for digestive health. Most people should get between 45% to 55% of their calories from carbohydrates. Athletes require more.

There are two types of carbohydrates: complex carbohydrates that come from whole foods (fruits, vegetables, whole grains, dairy, and beans). For both weight management and overall health, the majority of the carbohydrates in your diet should be complex ones. These foods not only contain health-promoting vitamins, minerals, and phytonutrients, but they also have fiber, which slows digestion and keeps you feeling full for longer. Refined carbohydrates can make weight loss more difficult. Foods like white rice or pasta; cookies, cakes, and candy; sugary beverages; and chips, pretzels, and other salty snacks are digested very quickly. This leaves you feeling hungry.

The key is to choose quality carbohydrates. Make half your plate non-starchy vegetables (leafy greens, peppers, carrots, cucumbers, etc.), and for a quarter, choose either a starchy vegetable (potato, corn, peas, and winter squash) or a whole grain (oats, quinoa, brown rice, farro, etc.). The remaining quarter should be a lean or plant-based protein.

SCU Presents the Performing Arts @ SCU
June 2015
For tickets and details for all events visit: www.scupresents.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
June 3 | SCU Music Students and Fresh ink
Music@noon returns in the fall of 2015, please visit scupresents.org for the most up to date schedule.
SCU WIND SYMPHONY
Dr. Douglas Harris, music director and conductor
Tuesday, June 2 | 7:30pm | Music Recital Hall
Get Tickets Here

FUSION
A COLLABORATION BETWEEN SCU CHOIRS AND ORCHESTRA
Friday, June 5 | 7:30pm | Mission Santa Clara
Get Tickets Here

DEPARTMENT OF THEATRE AND DANCE
WILLIAM SHAKESPEARE’S THE TEMPEST

Directed by Kimberly Mohne Hill
Through June 6
Wednesday-Saturday 8pm
Louis B. Mayer Theatre
Get Tickets Here

The Tempest is believed to have been written in 1610–11, and thought by many critics to be the last play that Shakespeare wrote alone. Set on a remote island, where Prospero, the rightful Duke of Milan, plots to restore his daughter Miranda to her rightful place using illusion and skillful manipulation. He conjures up a storm, the eponymous tempest, to lure his usurping brother Antonio and the complicit King Alonso of Naples to the island. There, his machinations bring about the revelation of Antonio's lowly nature, the redemption of the King, and the marriage of Miranda to Alonso's son, Ferdinand.

NEW PLAYWRIGHTS FESTIVAL
Sunday – Tuesday, May 31-June 2 | 7:30pm | Fess Parker Studio Theatre
Get Tickets Here

New playwrights who have completed a series of SCU playwrighting courses showcase their work in semi-staged readings. Enjoy the entire festival and experience the original one-act plays written, performed and directed by Santa Clara University students and alums.

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