OLLI News and Upcoming Events

Class Registration – 9 March
Spring quarter catalog will be available at the OLLI website 1 March. Registration will begin at 9:00AM on Monday, 9 March. Course catalogs will be mailed 3 March.

Save the dates
Mark your calendars for these “not to be missed” events. Watch for more details.

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<th>17 June 2015</th>
<th>22 August 2015</th>
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<tr>
<td>11:30AM – 2:00PM</td>
<td>(Time TBA)</td>
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<td>Santa Clara Central Park</td>
<td>Locatelli Center, SCU</td>
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Volunteers needed for these events
We’re looking for volunteers to manage different aspects of these events as well as general volunteers to help the events run smoothly. These are great opportunities to get involved, meet new friends, and have fun!

Please email Bev Seligman, bevseligman@gmail.com, to sign up and specify Volunteer and for which event you’re volunteering, in the subject line of your email, or phone 408-998-1711.

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

This is a wonderful opportunity for OLLI members to share their painting, drawing, and photography talents with other members, SCU students, and visitors to the SCU Library.

For exhibition planning purposes and to secure your space in the exhibit, please contact Don Wieland to provide photos, sizes, and type of media you’d like to exhibit and to tell us what you’d like to do if you’d like to help with the event. You don’t have to exhibit to help.
New Member Reception

By Monica David, Photos by Sidney Mygatt

The New Member Reception was a rousing success, with 42 new members and 16 guests attending. Members of the Membership and Social Committees welcomed the new members and guests, fostering interaction in a casual setting. During a brief program, Committee chairs described their goals.

Monica David talked about the priorities for the Membership Committee—member retention and growing membership. She invited current members, “our best salespeople,” to talk to family, friends, and colleagues. She said plans are underway to spread the word to community agencies and organizations.

The range and depth of courses are the main attraction of the OLLI program and Liz Salzer, chair of the Curriculum Committee, gave a preview of what to expect during the upcoming Spring Quarter. Highlights include The American Presidency: From FDR to Barack Obama; the Godfather Trilogy: Culture, Crime, and Cine-Analysis; Music and Struggle in South Africa.

Carol Lindsay, chair of the Social Committee, conveyed through photographs the fun that members had at the Fall Kick-off, New Member Reception, Spring Potluck Picnic, and the Holiday Dinner. And she noted that plans are underway for the very first OLLI Art show, where members will exhibit their art work in the University library.

Dorothea French talked about the OLLI Lifelong Learning through Travel program and showed a brief video of the pre-trip to Bruges, Belgium before the Rhine & Mosel river cruise last September.

Len and Debbie Schreibstein invited members to get involved as a volunteer and discover the fun of contributing to the success of our OLLI program. Our SIGs satisfy the intellectual, creative, active, and social needs of our members, and several SIG facilitators were on hand to describe with enthusiasm their groups’ activities.

Cuba, island of music and art

By Anne Rutherdale

On Jan 16th, 26 intrepid SCU OLLI travelers met at an airport hotel in Miami in preparation for our charter flight to Havana the following day.

We were aware of lifted restrictions for American travelers, scheduled to begin on the day of our arrival in Havana. When we arrived in Havana, representatives of the press were everywhere and several of our party were interviewed.
March 2015

The work of Jose Fuster, the “Picasso of Cuba”

That was the start of our seven-night Cuban trip, filled with many interesting excursions and lectures interspersed with music and art. We had an excellent guide, Erik, a former English teacher, who was very articulate and knowledgeable about his country. We learned not only about the geography and history of Cuba, but also about the daily life of Cubans today.

In all, we stayed five nights in Havana at the Hotel Nacional, an elegant1930s building and now a World Heritage site, which hosted many glamorous film stars in the ‘30s and ‘40s, and also was the scene of Mafia meetings in the ‘40s. The buildings and grounds are lovely, and the large gracious terrace on the Malecon is a great place to relax in the evening after a day of sightseeing.

Havana is large city, where two million of the 11 million residents of Cuba live. Havana has some picturesque areas, and a very eclectic Old square, Plaza Vieja, filled with wonderful architecture from the 17th century that fits very well with more recent Art Nouveau buildings. We had a very interesting walking tour with Erik, and enjoyed a colorful temporary exhibit called “Buddy Bears,” fiberglass bears of individual design created by different artists on behalf of their own countries.

During our four days in Havana we enjoyed a visit to the excellent National Art Museum; toured the National Art school and talked with students there; visited several artist studios, and heard a talk given by a very interesting architect and civic planner. One of our lunches was at Jose Fuster’s home and studio. Jose Fuster is often called the Picasso of Cuba, and the neighborhood which he has transformed with his colorful and free spirited mosaics has been named Fusterlandia. One of the high points was the visit to the Hemingway home, Finca La Viga, about ten miles outside of Havana. It is a gracious old restored farmhouse where he wrote several of his books. Everyone knows the old American cars in Havana now used as taxis, and as a special treat we were able to ride around some of the residential areas in Havana in these marvelous antiques.

The two nights we did not spend in Havana, we stayed in the very comfortable and attractive hotel Jagua, in the lovely colonial town of Cienfuegos, about a four-hour drive from Havana, and located on the southern coast. From there we visited the sugar growing area around the beautiful colonial town of Trinidad, learned the importance of sugar in Cuban history, and enjoyed the beautiful municipal museum.

It is astonishing to think of all the things we did during our week in Cuba. We visited four Unesco World Heritage sights, had many interesting lectures and had several opportunities to enjoy excellent music, but what stands out above all, is the beautiful and resilient spirit of the people we met. It was a memorable trip.

Go to https://ollicubatrip2015.shutterfly.com/ to see more pictures of our trip.

See the interview – A CNBC story about Americans in Cuba right after the embargo was lifted quoted Anne Rutherford who was leading a group of 26 people from SCU’s Osher Lifelong Learning Institute.
We have many “stars” that make our OLLI so successful, and among the brightest of those stars are the people who search out and bring the outstanding instructors and fascinating classes to our program. The members of the Curriculum Committee are as diverse in their interests and personalities as they are in their background. We thank them for their role.

ALAN BENNETT

Alan, born in Philadelphia 73 years ago, attended public high school and spent endless hours operating his ham radio set. He attended the University of Pennsylvania, where he studied physics and some Russian. He also attended an evening college where he received certification as a teacher of Jewish studies; additionally, he worked summers for the government in anti-submarine warfare R&D.

Alan began a lifetime of travel (more than 80 countries) by spending a summer in Europe and Israel before going to the University of Chicago, where he received a Ph.D. in Physics. After a post-doc year in Cambridge, England, he returned to Schenectady, NY, where he worked in the GE R&D Center. He also taught on sabbatical at Cornell and the Technion in Haifa, Israel. With his wife, Fran, and three kids (five grandchildren would be in the future), he moved back to Chicago, where he managed a laboratory for Gould Inc, an electronics company, which also owned a Polo Club!

Four years later, Alan had the opportunity to become VP of Research at Varian Associates in Palo Alto. Later he joined the Livermore National Lab to manage its technology transfer program. He was also responsible for part of a disarmament program in Central Siberia. While spending eight years commuting from Palo Alto to Livermore, Alan began to learn Spanish using tapes, and began home stays with families in seven countries in Central and South America.

He retired 11 years ago. At various times, he has been studying at SJSU; serving as a volunteer chaplain at Stanford Hospital; teaching supplementary science classes in elementary schools; tutoring at a Catholic Worker House; teaching ESL in East Palo Alto; acting as a mentor to the homeless; participating in U of Chicago and Great Books reading groups; studying Talmud; participating in the Palo Alto University Rotary Club; and watching his wife play bridge. The OLLI Program has turned out to be a great opportunity to learn and meet wonderful people.

With all his travel experience, Alan is a natural to coordinate the Curriculum Committee’s “Armchair Traveler” courses.

JACK CALLON

Jack Callon was born and raised with his twin sister, Janet, in Indianapolis, Indiana. Indiana University was the source of an undergraduate business degree and an MBA. Three years in the US Air Force preceded 28 years with IBM in sales and marketing positions. All of his time was spent in California except for two and a half years in Tokyo and three years in Munich, Germany. Jack took early retirement from IBM in 1988 and then spent 11 ½ years in the School of Business at San Jose State teaching Management Information Systems courses. This was followed by seven years in the School of Engineering at the UCSC, where his primary responsibility was to initiate a degree program similar to the MIS program at San Jose State. He fully retired in 2006.

Jack met his wife, Linda, when she was working for IBM in Los Angeles. She is currently an attorney with Berliner-Cohen in San Jose. They have three adult sons who live in Mountain View, Tokyo and Singapore. Jack and Linda have lived in Saratoga for 42 years.

As a member of the Osher Curriculum Committee, Jack is responsible for the history and law courses and the Distinguished Speaker Series programs.
MONICA DAVID

Monica, born in France, emigrated as a baby with her family to the U.S. She graduated from Smith College with high honors. A week after graduation she married her first husband and 11 months later gave birth to a son. By the time she was 27, she had three children, Steve, Elisa, and Cristina, all of whom live in the Bay Area. She married Gary 30 years ago and their blended family has blessed them with five grandchildren. They celebrated their anniversary recently in Monterey and Salinas, having been inspired by the recent OLLI class on Steinbeck.

Monica began working when her youngest was in the 2nd grade. Her first job was with Dataquest, a leader in the high-tech market research field, where she became the first female vice-president. For the next 30+ years, she worked in leadership positions in a number of Silicon Valley companies, including Gartner Group. While in her 60s, she started to give significant thought to retiring and how she wanted to spend her time. Her goals were to continue learning, do meaningful volunteer work, travel, and stay connected with family and friends (old and new).

She learned about OLLI from her sister who lives in the D.C. area and she says, “What a wonderful discovery! It has actually helped me meet all of the above goals while building on my experience in research.”

Her biggest challenge each quarter is to winnow down the courses she takes to a reasonable number. Her OLLI responsibilities include serving on the Curriculum Committee, chairing the Membership Committee, facilitating the Aging Gracefully SIG, writing articles for The Link; and managing and analyzing OLLI Member Surveys. She definitely plans to take advantage of the OLLI Lifelong Learning through Travel program. And she stays connected. She says, “I have met some wonderful people with similar interests through the classes, special events, committee work, and SIG participation.”

Monica’s primary areas of interest on the Curriculum Committee are architecture, religious studies, philosophy, psychology, health/human body, sociology, and theater.

JEFF ENGLANDER

Jeff Englander joined the Curriculum Committee in August 2014. He is retired from his position as Chair, Department of Physical Medicine and Rehabilitation (PMR), at Santa Clara Valley Medical Center. He still works there occasionally as a substitute attending physician. Jeff’s main focus of patient care and research was in the recovery from Brain Injury; and he was Principal Investigator of the Northern California Traumatic Brain Injury Model System of Care for 24 years. He continues to teach Stanford PMR residents as a Clinical Professor, Affiliate, in the PMR Division/Department of Orthopedic Surgery.

Now Jeff spends most of his time volunteering for: the Environmental Volunteers (www.evols.org), an organization that promotes “hands on” science experiences and field trips for people of all ages, from Redwood City to South San Jose; the San Francisco Bay Bird Observatory (www.SFBBO.org), as a citizen scientist counting nesting herons and egrets; and Jewish Family Services of Silicon Valley (http://www.jfssv.org/) as a friendly visitor.

He enjoys bicycling with ACTC and is the facilitator for the OLLI Bike SIG, practicing yoga, hiking, traveling, gardening and cooking. He and Susan have been married 38 years and have two sons, one studying for a PhD in Environmental Sustainability and the other teaching High School biology in Phoenix, Arizona.

Jeff’s interests on the Curriculum Committee are in the areas of science and music.

EVELYN HOWARD

Evelyn Howard has been a Curriculum Committee member for the last year and is the coordinator of the “Destination Learning” experiences. She was born in South America and came to the US as a teenager. Evelyn went to high school in Daly City and graduated with a BA from UC Berkeley, with a double major in German and Comparative Literature. She then went on to get an MLS from the same institution. Evelyn retired in 1999 from the Santa Clara County Library District where, for the last 18 years before retirement, she ran the Technical Services Dept. She returned to the reference desk as a substitute and enjoys being able to do that on a part time basis.

Evelyn has been married to Phil for 46 years and their blended family includes four daughters, three grandchildren and three great grandchildren.
DEBBIE MANSER

Growing up as an Army brat and moving around the country taught Debbie flexibility and resiliency. Two qualities that have helped her succeed throughout her life. Having spent her working career in high tech, Debbie was fortunate enough to work at Apple in its early days, and was part of the first Macintosh team. She worked at several other great Valley companies, before “retiring” to be a full time mom for her two children. Her son, Matt, is on the autism spectrum. Because there were no resources when he was a child, Debbie’s family created their own therapy plans. Matt now works part time in the ECommerce group at Goodwill Industries. Debbie’s daughter, Melissa, graduated magna cum laude from college last year and now works for a high tech start up in Portland.

Debbie says: In my ‘retirement,’ I have been a member of my children’s private school board and a founding board member of the Heritage Oaks Chapter of National Charity League. Volunteering has become a way of life for me. Last year I was the Event Chair for the American Cancer Society’s Saratoga “Relay for Life.” I love wine tasting and finding new restaurants. Lifelong learning is another passion—I am a member of The Delphian Study women’s group, serving as President this year.

As a member of the OLLI Curriculum Committee, Debbie coordinates classes in literature and film and welcomes suggestions for areas of interest from members. She says “The people I have met through the Osher program are amazing, and the classes are both enlightening and great fun.”

CHARLIE MENDOZA

Charlie graduated from San Francisco State University with a Bachelor’s Degree in Language Arts along with a General Secondary Teaching Credential. He also attended San Jose State University where he received a Master's Degree in counseling along with a Pupil Personnel Credential and a credential in School Supervision. Charlie worked for the Sequoia Union High School District for 33 years as a teacher, counselor, vice principal, and district Director of Student Personnel Services. After he left Sequoia, Charlie worked another six years with the Charles and Helen Schwab Learning Foundation where he worked with parents and teachers of students with learning disabilities.

Charlie and his wife Jean have lived in Santa Clara for 35 years. He is on the Board of Directors for Valley Village Retirement Community; serves as Program Chairman for SIR branch 39; and is a Vestry member at St. Mark's Episcopal Church in Santa Clara.

Charlie focuses on courses in political science and music.

LIZ SALZER

Liz joined the OLLI Curriculum Committee during the 2011 – 2012 academic year and became the Committee Chair for a three-year term on July 1, 2013. A native New Englander, Liz grew up in upstate New York and graduated from the College of Saint Rose (Albany, NY) and the University of Michigan. She spent her entire career in higher education as an academic librarian and administrator. She served as the University Librarian (Library Director) at Santa Clara University for nearly 26 years, before her July 2011 retirement. Prior to that, she was the Olga Meyer and Alice Meyer Buck Librarian and Head Librarian of the J. Henry Meyer Memorial Library at Stanford University for ten years. She started her career with the University Libraries at the State University of New York at Albany, where she held several positions. In addition to her work with SCU’s OLLI program, Liz also serves as a docent for the Santa Clara Valley Audubon Society, helping to lead fall and spring Wetlands Discovery Tours in Charleston Slough, mostly for classes of fourth graders.

Liz and her husband, Dick Baumgartner, a retired electrical engineer, live in Palo Alto. They both like to hike and travel; and, in addition to traveling in a number of parts of the U.S. and Canada, have also enjoyed hiking in Italy, France, Austria, England, Switzerland, and Spain.

PAT WILKINSON

Pat Wilkinson was first introduced to OLLI upon her retirement from Santa Clara University when, as part of her retirement package, she received a one-year complimentary OLLI membership. After attending a few courses, she suggested to the OLLI office that they offer some extra-curricular “Meet the Campus” opportunities. The response was: “Sure. Why don’t you do it yourself?” This led to a seven-year stint on the Curriculum Committee, of which three were as Committee Chair. Pat prizes her service on the Committee, and can imagine little that is more enjoyable than meeting interesting people, working with passionate instructors to develop courses, planning trips, and continuing to learn. Her early responsibilities were the Destination Learning trips and Meet the Campus tours (now defunct). Her current special interests are art, architecture, theater and history. But to make it clear that she her interests are wide ranging, she has created her own special area of course development: “Lifestyle.”
She wants other OLLI members to understand that an educational background isn’t a requirement for Curriculum Committee service or success; rather, an open and inquiring mind, coupled with a willingness to pursue all sorts of possibilities, is all that is needed. Pat’s own peripatetic background somewhat confirms this: she attended more than 12 schools in grades K-12, and has done all sorts of administrative work in museums and universities in DC and the Bay Area, none of which involved curriculum planning.

**Alive Inside – a film review**

*By Vilma Pallette*

Do you enjoy music? Do you have music that, when you hear it, transports you back to another time? Does it alter your mood? Do you have any idea the effect music has on the brain?

One of the most indelible stories relating to the impact of music when utilized in the care of dementia patients is the story in the documentary film, *Alive Inside*, the heartwarming and inspiring account that focuses on Henry, a 94 year-old Alzheimer’s patient who has been a wheel-chair-bound, unresponsive, decade–long silent resident in an assisted living facility. Although the film features a number of people and their responses to the introduction of music, the lingering image of Henry and his spontaneous animation when introduced to long-ago beloved music will remain in your memory.

Henry was discovered by Dan Cohen, a former high tech Consultant/Trainer for the U.S. Department of Education when, in 2006 Cohen was visiting the nursing home where Henry was residing. Cohen, a music lover, often wondered if he would eventually lose his own memory of his beloved ’60s music. It was on his mind when he asked the nurse-caretaker at the nursing home about the inert African American whose head was bowed, whose hands and feet were totally immobilized, if he, Henry, displayed any reactions. Her answer was “the Bible and music.” Henry’s ten-year stay was indelibly marked by his lack of recognition of his own daughter, who visited her totally inert father, un-discouraged by his silence.

And then Dan came along with his interest in Henry and his questions to Henry about music, such as “do you like music, Henry?” making sure that the responses would require simple ‘yes’ or ‘no.’ The result was that Dan had the inspiration to provide Henry with an iPod with carefully and deliberately selected music from the era of Henry’s youth: Cab Calloway, Bing Crosby and a recognizable score of others.

Henry’s reaction? He began moving his feet to the rhythm, making some high pitched musical sounds and eventually morphing into a voluble gent who could not only sing along but also actively share some of his musical memories.

It is not only an inspiring true story but also a clear lesson that there are many opportunities for caring people to make a difference, especially when believing and comprehending that truly anything is possible if we do not get discouraged by the challenges. In the Dan Cohen-Henry case, it is a clear demonstration of the reality that music doesn’t just trigger the memory of the music itself; it also triggers memories that went along with the music — plus something else in the brain that allows the individual to access other information and memories that previously were lost!

A footnote to this marvelous true story: by 2014 more than 1000 elder care facilities in 45 states and more than eight countries were participating in the Music and Memory non-profit program (website: [www.MusicandMemory.org](http://www.MusicandMemory.org)). See the trailer.

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**How OLLI at Santa Clara University works – Part 3**

*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 January Link described where OLLI fits into the SCU structure and the composition of the Executive Council and the Council of Chairs. The February Link described the duties of the EC, EA and the CoC. This month focuses on the role of the Curriculum Committee. Meet the members of the CC in this month’s Spotlight.*

**Curriculum Committee**

The goal of the Curriculum Committee is to identify, schedule, and evaluate courses and instructors for the OLLI program. The Curriculum Committee members suggest and research potential classes and bring these suggestions before the Committee for consideration. Class evaluations are analyzed to make sure that future classes reflect the preferences of the membership. The Committee analyzes class attendance and popularity of instructors. It also coordinates the Destination Learning activities.
Special Interest Groups (SIGs)

Current SIGs

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AGING GRACEFULLY

The next meeting of the Aging Gracefully SIG will be held 18 March at 10:00AM, Loyola 160. We will continue to discuss what we are looking for at this stage in life and what decisions we should be thinking about and reviewing, such as in the areas of residential care/retirement housing, financial, and legal. For more information, contact Monica David.

Be the Change

Our Be the Change SIG is going strong. On 17 February we had a planning meeting, and April Bignell, Family Services Director from JW House presented an informative and heartwarming talk about their services. JW House offers a welcoming home away from home and services to families who have loved ones in local hospitals.

We are planning two or three events during the spring quarter to include presentations by and visits to, local non-profit organizations.

Our next meeting will be on 31 March (location TBD) on the SCU campus. At this meeting, representatives from the Assistance League and from Sunnyvale Community Services will talk about their services and available volunteer opportunities.

For more general information about Be the Change, including the location of the March 31st meeting or about our upcoming programs, please contact Debbie Schreibstein at: Lendebsch@aol.com.

CULTURAL CORNUCOPIA

Cultural Cornucopia will meet on Tuesday, March 3, from Noon-1:30, in O'Connor Hall, 201. The conversation will be driven by The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics, by Daniel James Brown. This story is compelling enough on its own, but the setting, the Nazi Games, brings even more to the discussion.

EXPLORING THE BAY AREA

The ETBA SIG is currently taking registration for our Spring Bulb and House Tour of Filoli Estate in Woodside. The Filoli trip is scheduled for March 19, 2015 with arrival by 12:45 p.m.

On Sunday, April 19th, ETBA will be attending Opera San Jose’s performance of the Magic Flute. Registration for ETBA events generally opens 6 weeks prior to the event.

Spring activities currently being researched are: (1) Santa Cruz Food and Architectural Tour (May), (2) Niles Canyon Essanay Silent Film Museum and grounds (June), and (3) the Walt Disney Museum at the Presidio (early August). Details will be available as we get closer to the scheduled date of the event.

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

The February meeting of the Osher Genealogy SIG included discussions related to upcoming genealogical events and classes. In addition, we were able to browse the familysearch.org website together and learn new ways to search its resources. The next meeting of the OLLI Genealogy SIG will be in the Sycamore Room of the Santa Clara City Library on Tuesday, 17 March at 1:30PM. All of those on the SIG roster will receive a reminder email. For any questions, please contact Max Jedda, 408-735-8697.

OLLIWOOD

15 OLLIWOOD members saw Still Alice at Santana Row on 16 Feb and then discussed the movie over snacks at Pasta Pomodoro. Next outing will be on 16 March, and who knows what we will be seeing. Those on the SIG's mailing list will be notified once we know what is playing. To join the SIG, contact Evelyn Howard.

PHOTOGRAPHY

The Photography SIG went to Vasona and Oak Meadow Parks in Los Gatos this month; they are adjacent parks and are very interesting and beautiful, with lots of birds of various kinds. With the additional rain at the beginning of February, the parks looked quite nice, and lots of wildflowers were budding out. They also have a train station, called the 'Billy Jones Wildcat Railroad', which provides train rides on a miniature train through the park. It was a fun expedition.

Our next photo expedition will be 12 March, 10:30AM. We'll meet in front of SCU Mission Church and take photos around the campus. Email Tom McNeal with questions or to be added to our distribution list.

Our review of the photos taken on campus will be on Thursday, March 26th, 1:00PM in the Sycamore Room of the Santa Clara Central Park Library.

Spanish-speaking interpreters needed

The SCU Katharine & George Alexander Community Law Center has a need for Spanish speaking interpreters.

The program provides pro bono legal representation to low income individuals in the areas of consumer law, immigration law, workers' rights and certain tax-related matters, and helps low income individuals understand and enforce their legal rights. Clinics are held on Monday afternoons, Tuesday evenings and Wednesday afternoon and evenings. Many of the clients are Spanish speaking and we like to provide volunteer interpreters for them during the intake process.

We have a set schedule each semester and we provide the training.

If you are interested, please call Dianne Blakely 408-288-7030 x250. Learn more here - http://law.scu.edu/kgaclc/
**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)*

**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.

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**Dena Dubal, MD, PhD**

Longevity and the Aging Brain

April 21, 2015

Music Recital Hall

Reservations required - RSVP

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

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

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**Compassion and the Classroom**

Wednesday 4 March, 5:00-6:00PM

Library, St. Clare Room

Registration required - RSVP

How do you teach about compassion in the classroom, especially amid a hurried, smartphone-checking K-12 population? And how do you do so in the context of Catholic schools in a way that connects young people meaningfully with the stories of compassion in the Gospels? Father Tom Bonacci, a Passionist priest, is a highly-sought after speaker on such topics and leads this presentation. Join us on Twitter: @scuethics Event:#classroome
Bon Appetit’s Ask Mickey: Is fat still “bad” for me?

Heart disease runs in my family, so I try to eat a heart-healthy diet. Lately I’ve been hearing low-fat foods are out. Are there other foods I should be concentrating on now?

Heart disease is the leading cause of death in America. In the past, “low-fat foods” meant highly processed replacements for “regular” versions, high in sugar. Such foods don’t promote heart health, and for many, they may have led to weight gain and other health problems. Today, health providers know that a balanced diet rich in produce, whole grains, and primarily plant-based fats provides the best shot at overall health.

Filling your plate with abundant amounts of produce keeps the calories low and the nutrients high. Whole grains, such as barley and farro, are also a great source of vitamins and minerals. They offer fiber, which is linked closely to heart health.

Enjoying primarily plant-based fats with your meals, such as olive oil, nuts, seeds, and avocado, is another way to boost satisfaction and promote heart health. Consuming fatty but heart-healthy fish such as salmon and sardines can play a beneficial supporting role in a diet. If you choose to eat red meat (12 ounces per week or less), look for leaner cuts of grass-finished beef, which contain a higher amount of omega-3’s.

Dark chocolate — comprising at least 60% cocoa solids or higher — has been demonstrated to have antioxidant and anti-inflammatory benefits that support heart health. The key is to enjoy about 1 ounce per day, as large portions and higher-sugar versions will not have the same beneficial effects and can lead to eating excess calories.

In summary, balance your total fat intake with your energy needs, focus primarily on plant-based fat sources — and enjoy a little chocolate, too!

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@cafebonappetit.com.
SCU JAZZ BANDS
Dr. Douglas Harris, music director and conductor, Jazz Band
Kristen Strom, music director and conductor, Jazz Combo
Wednesday, March 4 | 7:30pm
Music Recital Hall
Get Tickets Here

#TWEET: SCU CHOIRS
Dr. Scot Hanna-Weir, music director and conductor
Friday, March 6 | 7:30pm
Santa Clara Mission Church
Get Information and Tickets Here

SCU WIND SYMPHONY
Dr. Douglas Harris, music director and conductor, Jazz Band
Thursday, March 12 | 7:30pm
Music Recital Hall
Get Tickets Here

DEPARTMENT OF THEATRE AND DANCE

A MOON FOR THE MISBEGOTTEN
Eugene O’Neill’s Final & Moving Play
Directed by Fr. Fred Tollini, S.J.
Through 7 March
Get Information and Tickets Here
### March Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Thru - 15 March</th>
<th>Date</th>
<th>11 March</th>
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<tbody>
<tr>
<td>Location</td>
<td>de Saisset Museum</td>
<td>Time</td>
<td>12:00 Noon</td>
</tr>
<tr>
<td>Event</td>
<td>Creative in Common</td>
<td>Location</td>
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<table>
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<th>Date</th>
<th>Thru – 14 June</th>
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<th>12 March</th>
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<tr>
<td>Location</td>
<td>de Saisset Museum</td>
<td>Time</td>
<td>10:30 AM</td>
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<tr>
<td>Event</td>
<td>Keep, Care &amp; Collect On</td>
<td>Location</td>
<td>SCU Music Student Recital</td>
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<thead>
<tr>
<th>Date</th>
<th>Thru – 7 March</th>
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<th>12 March</th>
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<tr>
<td>Time</td>
<td>8:00 PM</td>
<td>Time</td>
<td>7:30 PM</td>
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<tr>
<td>Location</td>
<td>Louis B. Mayer Theatre</td>
<td>Location</td>
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<td>Event</td>
<td>A Moon For The Misbegotten</td>
<td>Event</td>
<td>SCU Wind Symphony</td>
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<th>16 March</th>
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<tr>
<td>Time</td>
<td>12:00 Noon – 1:30 PM</td>
<td>Time</td>
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<tr>
<td>Location</td>
<td>O’Connor Hall, Room 201</td>
<td>Location</td>
<td>TBD</td>
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<tr>
<td>Event</td>
<td>Cultural Cornucopia SIG</td>
<td>Event</td>
<td>OLLIWOOD SIG</td>
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<tr>
<td>Time</td>
<td>12:00 Noon</td>
<td>Time</td>
<td>1:30 PM</td>
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<tr>
<td>Location</td>
<td>Music Recital Hall</td>
<td>Location</td>
<td>Sycamore Room, Santa Clara City Library</td>
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<tr>
<td>Event</td>
<td>Woojean Lee, Tenor</td>
<td>Event</td>
<td>Genealogy SIG</td>
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<td>Time</td>
<td>5:00 – 6:00 PM</td>
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<tr>
<td>Location</td>
<td>St. Clare Room, Library</td>
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<td>Event</td>
<td>Compassion and the Classroom</td>
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<td>Aging Gracefully SIG</td>
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<tr>
<td>Time</td>
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<td>Time</td>
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<tr>
<td>Location</td>
<td>SCU Jazz Bands</td>
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<td>Filoli Estate</td>
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<tr>
<td>Location</td>
<td>Santa Clara Mission</td>
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<td>Event</td>
<td>SCU Choirs</td>
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<td>Be the Change SIG</td>
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<tr>
<td>Event</td>
<td>OLLI Class Registration</td>
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<td></td>
<td></td>
<td>Event</td>
<td>Longevity and the Aging Brain</td>
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### March 2015

### The Link

**Editorial Board:**

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

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