The OLLI newsletter – linking members to members and to Santa Clara University

OLLI News and Upcoming Events

Annual Holiday Dinner
Musical Magic along the Blue Danube
In Memory
Special Interest Groups (SIGs)

Annual Holiday Dinner
Thursday, 19 November
5:30 – 8:30pm
Featuring the
Santa Clara Chorale
Directed by Dr. Scot Hanna-Weir
California Mission Room, Benson Center
Dress: Holiday festive
Open to guests
Cost: $45 per person
Click here for reservations
Reservation deadline – 14 November

Please join us as we kick off the holiday season at the OLLI@SCU’s Annual Holiday Dinner the 19th of November and listen to a wonderful performance by the Santa Clara Chorale. The evening’s menu will include:

Spinach-artichoke Parmesan Dip
Antipasto board – grilled marinated vegetables, Italian salami, provolone cheese, pepperoncini, olives, mushrooms, smoked mozzarella cheese
Dinner Buffet:
Slow braised short ribs with red wine reduction
Vegetable quinoa-brown rice pilaf
Caramelized onions and Brussel sprouts
Butter Lettuce Salad with candied pecans, bleu cheese & cherry tomatoes, apple cider vinaigrette
Rolls & butter
Coffee and tea
Peppermint or chocolate cheesecake

Volunteer to help with the Holiday Dinner. We’re looking for smiling faces to greet guests, and assist with registration as well as help the Social Committee set up. Please contact Bev Seligman (phone 408.998.1711) and be sure and include “Holiday Dinner Volunteer” in the subject line.

OLLI Art Show

Don’t forget to stop by the OLLI art exhibit, now through 11 December, SCU Library, second floor corridor.
Lifelong Learning through Travel: Musical Magic Along the Blue Danube, September 10-21, 2015

Eleven members of OLLI@SCU recently returned from an extraordinary musical journey through Central Europe from Budapest to Prague with Tauck River Cruising. Annette Nielson shares the highlights of a trip that was not only a virtual traveling seminar on classical music, but also a wonderful cultural experience.

Two maestros accompanied the tour and provided lectures, performances, and introductions to a variety of composers and musical experiences. Highlights included a private orchestra and choir performance of Mozart’s Requiem at the Baroque Charles Church in Vienna; a private piano concert in Budapest by a prominent Hungarian professor-performer, Csaba Kiraly, of works by Bartok and Liszt; a behind-the-scenes look at the conductor’s coaching at a rehearsal of the Vienna Residenz (Chamber) Orchestra; a lecture, demonstration, and concert at Europe’s largest pipe organ (17,388 pipes) in Passau, Germany; a reenactment of a traditional folk wedding celebration outside Bratislava, Slovakia; and selections from Mozart’s operas performed at Stiftskeller St. Peter, a restaurant which claims to be the oldest in Europe, having served Charlemagne in 803 AD.

Although the primary emphasis of this Tauck Danube itinerary was on music, the OLLI group experienced and learned about the region’s art, architecture, religions, cuisine, markets, cultures, politics and history—especially the impact of the Hapsburg Empire, the Nazis, and the Soviet Communists in more modern times. Some of the group met a 92-year-old Holocaust survivor at Budapest’s Great Synagogue—Europe’s largest and a Holocaust historical site. Other highlights included a tour of The Hungarian Parliament (now unicameral—no more House of Lords) and a visit to the old opera house in Bratislava, which has the original Iron Curtain. It was built to prevent the spread of fire at the opera house, yet it provided the Cold War term of reference for the line between Soviet and free Europe.

Check out our Learning Through Travel website and book a trip to travel with us in 2016. [www.scu.edu/osher/travel](http://www.scu.edu/osher/travel)

Posing in the Palais Pallavicini, Vienna with our new OLLI banner—after a private dinner and a performance by members of the Vienna Residenzorchester and Vienna State Opera Ballet

In Memory

Ann Boyum, longtime OLLI member, volunteer, and friend.
1943 - 2015
She will be missed by all who knew her.
AGING GRACEFULLY

At our October 29 meeting, we discussed ongoing brain research, including specifics having to do with diet, activity, and the microbial gut-brain connection of neural pathways. The timing was auspicious since we were able to call on the latest research we learned during OLLI’s recently completed OLLI class—“Microbial Warfare: How to Live with Deadly Microbes.”

We also discussed leading a more engaged life, with a focus on savoring what we already have in our lives, using our positive traits to accomplish things important to us, finding activities that completely capture our attention, using existing strengths in new and different ways, doing things together with friend or partner that use both your strengths, and feeling connected with things bigger than ourselves, e.g., the community. Those are some of the ways to think about leading an “engaged” life and we also talked about other ways and what we were doing to achieve them.

Our next session is in November, date and time to be determined. For more information, contact Monica David.

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

APPASSIONATI ITALIANI

Appassionati Italiani meets on the third Friday of the month from 3:30 to 5:30 in the boardroom of Santa Clara City Library. At our last meeting, a member gave a slideshow presentation of her trip to Calabria, Italy. We also spoke in Italian about our favorite season and translated a story about the restoration of the Spanish Steps in Rome. We have all levels of fluency in our group and thus speak both English and Italian. If you would like more information, please contact Barbara Gasdick at bgmoxie@hotmail.com.

BE THE CHANGE

Be the Change is having an active fall season. On October 27th we had presentations by Santa Clara Reads and San Jose Library Literacy programs. Representatives from these groups spoke to us about opportunities to volunteer teaching people in our community to read and write. This is something that most of us take for granted, yet there are people who do not have these skills, which impacts their lives and makes it difficult for them to find jobs and to attain their goals.

Many people in our community do not have enough to eat, especially around the holiday season. On Saturday, November 21st we will join other community members from 9:00 a.m. to 12:00 noon at the Second Harvest Warehouse, 4001 First Street, San Jose, California 94134. (Note that this is not their main location on Curtner.)

We will join other community volunteers to organize, sort, and create food parcels for distribution for Thanksgiving. Afterwards, those interested, will go out to lunch at a restaurant in the area, location to be decided. You can read more information about this volunteer opportunity on the First Brick website at: http://siliconvalley.onebrick.org/event/?eventid=16922

For more information, either about this event, to learn more about Be the Change, or to become a member, please contact Debbie Schreibstein at LEMDEBSCH@AOL.COM. Please also let Debbie know if you want to volunteer at Second Harvest on November 21st. She will explain the process to RSVP.
CULTURAL CORNUCOPIA

The next Cultural Cornucopia meeting is on Tuesday November 3rd from 12 noon until 1:30 p.m. in O’Conner Room 104. The book is H is for Hawk, by Helen Macdonald. A complement to this is T.S. White’s The Goshawk which Macdonald weaves throughout her book. Themes? Can we really control the wild and somewhat uncontrollable? What compromises do we have to make? What responsibilities do we bear? How do we cope with grief? Do we go “wild” like Macdonald (or Cheryl Strayed, for that matter)? All are invited.

GENEALOGY

The OLLI Genealogy SIG October meeting was held in the Heritage Pavilion of the Santa Clara City Library where we were given a tour of its extensive genealogy resources. We had some time after the tour to do some individual research. The attendance at our September meeting strained the capacity of our normal meeting room in the city library, so our November meeting will be back on the Santa Clara campus. Please see the OLLI calendar for the date and time of the November meeting. All of those on the SIG’s email list will be notified of the meeting details.

For information regarding the Genealogy SIG, please contact Max Jedda at maxjedda@yahoo.com.

MUSEUM MEETUP

We want to see if there is sufficient interest to form a museum meet-up group. The thought is that the group might visit 6-12 museums during the course of a year. Museums visited would usually be art museums, historical museums or natural history museums, though occasionally we could include a specialty museum that doesn’t fit into one of those categories.

Emphasis would be on museums that are either, in, or close to, Santa Clara County, though if public transportation or easy parking is available, the group could travel a longer distance. Participants would meet at the museum and if appropriate, take advantage of already existing docent tours. Usually tickets would be purchased the day of the visit. If the group chose, and the museum either had a cafeteria or other area to congregate, members visiting might meet afterward to discuss what they saw.

We plan an organization meeting prior to the end of the fall quarter. If there is enough interest, the first museum meet-up would be at the start of next year. If you would like to attend this organizational meeting, which will also be advertised to the membership via e-mail from the OLLI office, or if you would like to assist with organization, please e-mail Len Scheibstein, OLLI SIG Coordinator, at Lendebsch@aol.com.

OLLIWOOD

In November we will go back to the third Monday--November 17. If interested in this SIG contact Evelyn at evelynhow@yahoo.com.
**PHOTOGRAPHY**

The Photography SIG went on an expedition to the Emma Prusch Farm Park, in east San Jose, close to the intersection of 680 and 101. It was originally a dairy farm, which Emma donated to San Jose in the early 60s. It still has the home, plus a large barn. There were lots of interesting things to see, including fruit orchards, a large meadow, and an enclosed animal farm, with geese, ducks, chickens and goats. It was fun to wander around, taking close-up photos as birds and animals there were so accustomed to people.

In addition, the farm contains a community-supported agriculture (CSA) organization called 'Veggielution', a non-profit community farm. Their goal is to provide 70% of their crops to the community at either a low cost, or for free. Check out [https://vimeo.com/68439906](https://vimeo.com/68439906), a video about Veggielution produced by two high school students involved in the 'Freestyle Academy' program at Los Altos and Mountain View High Schools.

For more info on the Photo SIG, contact Tom McNeal, [trmcneal@comcast.net](mailto:trmcneal@comcast.net).

**THE TIMES OF OUR LIVES (MEMOIR WRITING)**

Our first meeting allowed us a chance to get acquainted, have fun, and discover some insights into our writing. The group participated in warm-up exercises that revealed a bit of our stories and left us wanting more. We stirred up sufficient enthusiasm for our group to expand the meeting by 30 minutes (12:30 to 2pm). Membership is now 10 and is open to new members throughout November and December. We decided to meet monthly. Our next meeting is November 8th. In the meantime, we will be sharing some tips and prompts via email to encourage our memoirs in progress. Our chief prompt for October is: “I was really scared when…."

For any questions, or to join, please email group facilitator, Suzie Dukes: [s4jm8d@gmail.com](mailto:s4jm8d@gmail.com)

**TRAVEL TALKS**

**Travel Talks** will meet at **12:15, Thursday, January 28.** Location TBD before the event.

The talk will be given by Elaine Dependahl. She is a retired high school English teacher who has been doing a lot of world travel the past 15 years. Elaine says, "The talk will be about my trips to the Svalbard Islands and down the east coast of Greenland. It will include information about the ship but focus on the terrain, the ice, and the wildlife.” Her pictures and the pictures of the ice bergs are stunning. Come and learn about this less traveled area of our earth.

If you want to be on our email list, send your name, phone number and email to Gail Chaid, moderator: [gchaid@gmail.com](mailto:gchaid@gmail.com)
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 to you 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

CLOSER BY THE MINUTE | DAVID AND HI-JIN HODGE
Continues – December 6, 2015

Through two captivating and immersive video installations artists David and Hi-Jin Hodge address universal issues in a way that artfully blends documentary and creativity. Niagara Falling explores the rapid decline of the city of Niagara Falls, a story of urban blight that is repeated across the nation and around the world. Life on Wheels, newly created for this exhibition, explores the impact of car culture on contemporary society through a combination of documentary interviews and stunning visual footage.

ON TOP OF THE GAME: 99 YEARS OF SANTA CLARA SPORTS
November 14 – December 6, 2015
January 15 - March 13, 2016

From the start sports and recreation has been an integral part of Bronco life. In the earliest days of Santa Clara College (now University) physical activity took the shape of bike rides, pick-up games, or a dip in the school’s swimming pool (possibly the first in California). But by the 1890s a love of baseball took hold at the school and organized sports have been a facet of the SCU experience ever since. On Top of the Game explores the dynamic history of Bronco sports from 1851-1950 through a collection of archival images, sports memorabilia, and football trophies. The exhibition calls out some of the school’s greatest accomplishments—from Olympic metals to Sugar Bowl triumphs and an Orange Bowl win—and celebrates the first 99 years of Bronco athletics.

DE SAISSET: FROM FAMILY NAME TO ARTISTIC LEGACY
Continues – December 6, 2015
and January 15 – March 13, 2016

In celebration of the de Saisset Museum’s 60th anniversary, De Saisset: From Family Name to Artistic Legacy explores the story of the organization as it grew from the surname of an ambitious young painter to an accredited university museum. Through a selection of photographs, correspondence, and archival records the exhibition traces key events from Ernest de Saisset’s birth in 1864 to the founding of the Museum in his honor in 1955.

SCU Library

ALL CHILDREN READING: LITERACY, LIBRARIES, AND DEVELOPMENT IN WEST AFRICA
Thursday, 19 November | Noon – 1:00PM | Nobili Dining Room | RSVP

Please join the University Library for this exciting Literary Cuisine luncheon.

Professor Michael Kevane, Department of Economics and Co-Director for West Africa of Friends of African Village Libraries (FAVL), will speak about the importance of literacy for development.
He will also emphasize the place of reading fiction (leisure reading) in improving literacy and shaping character, how big an effect libraries have on reading, and the activities of FAVL in supporting 34 libraries in Burkina Faso, a West African country. Along the way, Professor Kevane will give the audience short readings from his favorite literature from West Africa. The Adobe Lodge will prepare a West African themed lunch. The cost is $12 per person. All proceeds from this event will benefit FAVL.

**OUR FUTURE ON A SHARED PLANET: SILICON VALLEY IN CONVERSATION WITH THE ENVIRONMENTAL TEACHINGS OF POPE FRANCIS**

Sponsored by the President's Office at Santa Clara University in collaboration with many units and departments across campus.

3 November 2015 | 11:30AM- 4:30PM
4 November 2015 | 8:30AM -7:30PM, Mission Church and Locatelli Center

**Keynoter Cardinal Peter Turkson**

A conference sponsored by SCU open to the campus, the Bay Area community, and beyond. In June, Pope Francis released the encyclical called "Laudato Si" ("Praised Be") on the environment and the global challenge of climate change. The document is unprecedented in the long history of Catholicism and offers a rich opportunity to create a dialogue among many actors (religious, scientific, economic, business, political, and more) around one of the great issues of our time. Open and free events on Tuesday, 3 November include a Mass of Creation and Keynote Address by Cardinal Peter Turkson. A variety of panels are offered on Wednesday, 4 November throughout the day, for a fee of $25 for non-students. [Register & more information.](#)

**THE FUTURE OF AGING**

10 November 2015 | 5:00PM Reception, Vari Hall Foyer
6:00–7:00PM Event, Wiegand Room, Vari Hall (Arts and Sciences Building)

**Speaker: Kevin Perrott, Buck Institute advisory council member; co-founder, SENS Research Foundation; founder, Aging Research Network Chair, Scientific Advisory Council, Compassionate Access | REGISTER**

Over the past quarter century, science has made dramatic advances in understanding the underlying causes of the degeneration associated with aging, and researchers have discovered intriguing clues that the aging process may be amenable to intervention, allowing individuals to live much healthier a lot longer. What is the evidence behind some of the hype that leads researchers to believe aging to be an approachable challenge, and what are some of the implications of such a shift in how people view aging itself? These questions will be examined by Perrott, entrepreneur and Ph.D. candidate of the Buck Institute for Research on Aging.

*Sponsored by the Markkula Center for Applied Ethics, in conjunction with the Gerald and Sally DeNardo Lectureship*
**Vari Italian Studies Initiative Film Event!**

Housewives’ favorite, Paolo Milesi has it all: looks, women, money and his own popular daytime TV show in Rome, but his perfect world begins to crumble when his aging father’s health takes an unexpected turn. He rushes to his home town only to find the old actor stubbornly rehearsing to perform his beloved role of “Arlecchino” one last time. As the old wounds of their difficult relationship are reopened, the magical world of the "Commedia dell’Arte" begins to seduce Paolo and makes him question his own superficial existence.

Please join us in celebrating the life and culture of Italy in our third film event in partnership with the County of Santa Clara, CA/Province of Florence, Italy Sister County Commission: an Italian film screening and conversation with co-director and screenwriter, Matteo Bini. Immediately following the film Mr. Bini will join Jeff Bracco, Department of Theatre and Dance, in a conversation about his work.

[Click here to purchase tickets.](#)
DEPARTMENT OF MUSIC

Give us 50 minutes and we'll give you the world!
FREE and open to the public.

**MUSIC AT NOON**
Wednesdays at 12PM
Music Recital Hall | Free

Music at Noon - Wed, 11/04/2015: Kristen Strom/Tammy Hall Quintet
Music at Noon – Wed, 11/18/2015: Stephanie Sant’Ambrogio
Music at Noon – Wed, 12/02/2015: SCU Music Student Recital

**SANTA CLARA UNIVERSITY ORCHESTRA** - John Kennedy, music director and conductor
Sat, 11/14/2015 - 7:30pm | Santa Clara Mission Church, General Admission $5-$15 | [Purchase tickets]

The University Orchestra presents programs that include lush symphonic classics, the winners of SCU’s Concerto and Aria Competition, and contemporary revelations in the beautiful acoustics of the Mission Church.

**SANTA CLARA UNIVERSITY JAZZ BAND AND JAZZ COMBO** - Dr. Douglas Harris, music director and conductor Jazz Band and Kristen Strom, music director and conductor
Wed, 11/18/2015 - 7:30pm | Music Recital Hall, General Admission $5-$15 | [Purchase tickets]

**SANTA CLARA UNIVERSITY WIND SYMPHONY** - Dr. Douglas Harris, music director and conductor
Tue, 12/01/2015 - 7:30pm | Music Recital Hall, General Admission $5-$15 | [Purchase tickets]
Dr. Doug Harris and the SCU Wind Symphony present an evening on classic repertoire for band.

**FESTIVAL OF LIGHTS**, Santa Clara University Concert Choir and Chamber Singers
Dr. Scot Hanna-Weir, music director and conductor, Carolyn Foot, lighting designer
Fri, 12/04/2015 - 7:30pm | Santa Clara Mission Church, General Admission $5-$15 | [Purchase tickets]

At Santa Clara University, the Festival of Lights has marked the beginning of the holiday season for many for over a decade. Festival of Lights: This year, just as many cities celebrate the change of seasons and the lengthening of days by lighting landmarks in vast and complex displays, the Santa Clara University Choirs join with production manager and lighting designer Carolyn Foot in a program that is both about light and featuring it. With music ranging from holiday favorites to exciting new directions in repertoire, this will be a beautiful evening of light.
DEPARTMENT OF THEATRE AND DANCE

AWAKE AND SING! by Clifford Odets, featuring guest director Scott Kaiser (Oregon Shakespeare Festival)

Show Dates: 11/06 - 8:00pm, 11/07 - 8:00pm, 11/08 - 2:00pm, 11/11 - 8:00pm, 11/12 - 8:00pm, 11/13 - 8:00pm, 11/14 - 8:00pm | Louis B. Mayer Theatre, Reserved Seating $5-$15 | Purchase tickets

A stirring American classic, Awake and Sing is the story of the Bergers, a lower middle class, three-generation Jewish family living in a Bronx apartment during the Depression. Odets described it as “a struggle for life amid petty conditions,” capturing the frenetic, pressured existence in this crowded dwelling with robust authenticity.

“Dreams and disappointments, hopes and fears, encouraging words and bitter put-downs clash by day and night in Odets’s turbulent comedy-drama about a Jewish family struggling to stay afloat in the 1930’s.” – New York Times

CHOREOGRAPHERS’ GALLERY

Show Dates: 12/03 - 8:00pm, 12/04 - 7:00pm and 9:00pm | Louis B. Mayer Theatre, Reserved Seating $5-$15 | Purchase tickets

An evening of innovative, challenging and original dance as choreography students combine all genres of dance to present an array of distinct performances.

Ask Mickey: Eating during exercise

Do I need to eat during long exercise? If so, at what point — and should it be those specially engineered sports products?

Whether you’re gearing up for an upcoming road race or just enjoying the crisp fall weather with a long bike ride, fueling your body is key to performing and feeling your best both during and after exercise.

During endurance exercise, our bodies rely primarily on glucose for fuel, which comes from carbohydrates. Our muscles can store enough fuel for about 60 to 90 minutes of running, bicycling, swimming, or other consistent exercise. After that, you’ll need to refuel with carbohydrates from food, drink, or a mix of both. You also want to be sure to drink fluids to replace water losses (about three to eight ounces every 15 - 20 minutes for exercise over 60 minutes). When exercising in the heat or if you sweat a lot, consume something with electrolytes such as sodium and potassium. During shorter exercise sessions, water is all you need.

Most endurance athletes need between 100 - 250 calories (25 - 60 grams of carbohydrates) for each hour of exercise longer than 60 - 90 minutes. The exact amount depends on body size, exercise intensity, previous training, and what you ate before your workout. During exercise, choose foods that contain quickly absorbing carbohydrates that are low in fiber. Fiber not only slows digestion, but may also lead to gastrointestinal upset.

While marketers of sports gels and other products would like you to believe that their products are better than real food, research doesn’t support this. For example, one study compared sports jelly beans versus raisins, and showed that raisins offered a similar performance benefit as the engineered product. Other foods that work well include low-fiber granola bars or cereal; honey packets; peanut butter and jelly on white bread; pretzels; and dates or other dried fruits.

Convenient packaging is the main benefit of engineered sports products like gels and chews, however, you’ll pay more for these products. Read the ingredients label carefully, as many products contain artificial additives and other unnecessary ingredients. Sports drinks are another option. They offer more electrolytes than most of the chews and gels; however, you may find it difficult to meet all of your carbohydrate needs with just sports drinks since most only provide 12 - 14 grams of carbohydrates (50 calories) per eight ounces. If you’re concerned about electrolytes, try making your own sports drink by mixing equal parts juice and water and adding some salt, or make a trail mix with salted pretzels and dried fruit. Remember that food contains sodium (the primary electrolyte of concern during exercise).

The key is to try a variety of options, whether real food or engineered, and see what works best for you. For longer workout sessions, you may even want a variety of options — as it can be tiring just to eat the same food for many hours!