OLLI News and Upcoming Events

Director’s Message

Thank you so much for attending our Fall Kick Off event in August. We appreciate everyone that came out and spent time attending the program.

At the August program, I mentioned that OLLI@SCU was migrating to a new registration system named CLARA, which was fantastic and frustrating. The fantastic was we had over 1900 class registrations in one day and the frustrating was that it basically took down CLARA. Some of our members were unable to register with the overload, which we have fixed. That and there was some confusion over how to register, which requires a two-step process. First you need to create an account, log in and then register a username and password.

For those of you who encountered registration difficulties we are sorry. The OLLI staff had no control over the overloaded CLARA and communicated as much as we could without spamming about the registration process. We had more than a few frustrated members, and it took us a couple days to get back to everyone. Again, we apologize for something that should have been simple, but became difficult.

We understand the importance you place on getting the classes you want. We hope that was the result when you ultimately registered. We made it a point to call everyone back and answer emails in timely manner with our limited staff. With that hurdle completed, we hope that we have assured you that your membership is important to us. CLARA is intended to enable you to register yourselves and update your own profiles, maintaining your own membership profile.

OLLI@SCU has posted hours of when our staff is available. If you come to the office before or after posted hours, please leave us a voicemail or email. We can schedule office time, or meet with you during our posted hours. We know some members like to just drop by. We appreciate and enjoy your visits – please continue to do so, but if you need registration assistance it’s best to come by when we are fully staffed.

Our new location is 455 El Camino (Guadalupe Bldg); we have our name on the building. YEAH!! A number of classes will be located in the new building during the course of the quarter in addition to having some classes on the main campus.

Thank you for your continued patience and enthusiasm with the OLLI program. You make it what it is!

Best Regards,
Andrea

Classroom Hosts needed

Classroom hosts are needed to welcome students to classes. It is an easy way to give back to a community that provides continuous learning and new friendships. You will always be working with a buddy or two and no extra time is required because you are already attending class. The classroom host responsibilities have changed this year - there will be no coffee service and therefore no need to make coffee. Someone will take care of media so that is not a worry. Duties include:

- Welcoming and signing people into class
- Making announcements
  - Turn off electronics
  - Directions to rest rooms
  - Reminder about parking passes

Please join our volunteers. Contact Bev Seligman for more information (ph: 408 998 1711)
The first OLLI@SCU Art Show opened 14 September on the second floor of the SCU Library and Learning Commons. An opening reception was held on 15 September, where many of the 13 participating artists welcomed about 55 guests. The exhibit, displaying 55 pieces, featuring paintings and photographs, will be available for viewing until 11 December. Stop by and take a look. Perhaps you’ll be inspired to try a new avenue of creative expression.

Special thanks go to Don Wieland who organized the event, Max Jedda who created the labels for the art display, and Jan Wittman who provided the beautiful floral arrangements for the refreshment tables.
OLLI Art Show – cont’d.

The participating artists are:

- Joann Cablas (photography)
- Rob Couper (photography)
- Casey Cozzolino (photography)
- Richard Gaskill (photography)
- Susan Haag (photography)
- Max Jedda (photography)
- John Rubbo (painting and mixed media)
- Barbara Stacy (ink drawing on silk paper)
- William Stacy (photography)
- Sandy Stewart (watercolor painting)
- Martha Uelmen (photography)
- Don Wieland (watercolor & gouache painting)
- Jan Wittman (pastel drawing)

Lifelong Learning through Travel with OLLI@SCU

Quiz – Where are the following located?

1. Public Sculpture known as The Bean
   ![Image of The Bean]

2. Homes in unusual geological formations
   ![Image of geological formations]

3. Illuminated Manuscript
   ![Image of illuminated manuscript]

4. Home of Moose Munch
   ![Image of Moose Munch]

Hint: They will be visited by Lifelong Learning through Travel with OLLI@SCU. Answers can be found on page 5, or better yet join a trip and see them up close.

Lanyards

If you are a new member to OLLI and do not already have a lanyard, please come to the OLLI office to retrieve your lanyard (rooms 135 & 136), located at 455 El Camino Real, Santa Clara, CA 95053. Please come during designated office hours: Monday - Thursday (9:00am - 12:00pm) & (1:00 - 4:00pm), and Friday (9:00am - 1:00pm). Remember to wear your lanyards to classes, SIGs, and Destination Learning events so that we can learn your name!
**AGING GRACEFULLY**

Our Aging Gracefully SIG will meet October 1, 2015. Based on survey results, we prioritized initial discussion topics as follows: maintaining brain health, creating an engaged life, and keeping active (matching kind of activity to desired goal, e.g., strength, flexibility, balance, and how much time to spend on each). We also indicated an interest in visiting a variety of senior living facilities, e.g., assisted living, independent living. We’ll have a list of questions to ask, things to notice on a tour, different living arrangement, and costs. For more information, contact Monica David.

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**Be the Change**

Our first *Be the Change* meeting of the year was held on September 25th. The topic was volunteering in the hospital setting. We had three members of the OLLI program talk about their experiences volunteering at Santa Clara Valley Medical Center and El Camino Hospital. They also addressed services that these hospitals provide to the community.

Be the Change is a group which provides a community of support to enhance our individual volunteer and donations efforts. If you are interested in learning more about Be the Change or wish to become a member please contact Debbie Schreibstein.

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**CURRENT EVENTS**

Our September meeting explored the issue of what can be done in Syria plus the current world-wide refugee crisis, especially as it challenges European countries. Many have called this the worst refugee crisis since World War II and its aftermath.

Our group meets once per month to discuss the most topical issues of the day. For information about our next meeting date and topic, and to participate, contact Len Schreibstein.

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**GENEALOGY**

Many of the 16 people at the Sept. meeting were just getting started in genealogy or returning to their projects after taking a break. This looks like a good time to have a tour of the Heritage Pavilion at the Santa Clara City Library and Librarian Mary Boyle has agreed to provide such a tour at 10:30AM on Thursday, October 22nd. The Heritage Pavilion has many resources available to genealogists and Mary will introduce these tools to us. Please see the OLLI calendar for the date and time of the October 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.

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**NEW SIG** - **HISTORICAL EVENTS IN AMERICAN HISTORY**

My name is Ray Cosyn and I will be moderating a new SIG on Historical Events in American History. I have been a member of the OLLI community for a year and have developed an appreciation for its content and the people who make it what it is.

My background is in Sales and Marketing with a degree in Engineering and a MA in History from SJSU. American history is a passion of mine and I love being with people who share my interests.
Historical Events – cont’d.

In support of this effort I will be running a series of meetings dealing with significant events in American History. The first meeting will deal with the Sinking of the Lusitania an event which eventually led to our involvement in WWI. The format will be fairly straightforward: introductory comments, video covering the event, open discussion.

For more information, please contact me at rpcosyn@gmail.com.

** NEW SIG** - LET’S PLAY BRIDGE

OLLI Bridge players met on September 17th to organize what will be a monthly social bridge game on campus. The first bridge game will be on Friday October 9th from 2 p.m. to 4 p.m. For more information, or to RSVP for this upcoming event, please contact Paul Davis at paulday@gmail.com. Players must have some prior experience. You must RSVP to attend by contacting Paul. Room information will be provided at that point.

OLLIWOOD

The OLLIWOOD SIG continues to go to the movies on the third Monday of the month in the early afternoon. Black Mass was the selection for September. One of the members of the SIG will select for October 19th. If interested in joining us for viewing the movie and a discussion afterwards, contact Evelyn at evelynhow@yahoo.com.

PHOTOGRAPHY

The Photography SIG took a long hike at Edgewood Park, in San Mateo County, overlooking Redwood City and San Carlos. We managed to find a great view of the bay, as well as other areas north and south of the park. Our next expedition will be to Emma Prusch Farm Park, 647 S. King Road, near the 280/880 intersection. We’ll meet there at 10:30 on Thursday, 8 October. Our picture review meeting will be at the Sycamore Room (Santa Clara City Central Library), at 2:00 PM on Tuesday, 20 October. For more information on this SIG, please contact Tom McNeal at Trmcneal@Comcast.net

** NEW SIG** - TIMES OF OUR LIVES (MEMOIR WRITING)

The Times of Our Lives is a writing group for folks who have wanted to do or perhaps just dabble in their memoirs, but thought it might require a master’s in English … no so. It is a group designed to help us generate memoirs in vignette or short story form. I would emphasize that the format, rather than teaching a particular writing style, is designed to encourage individual expression and the sharing of ideas, memories, and observations. Each session would begin with reading our work and end with a few “leading thoughts” or prompts intended to stir up imagination and memory. In between meetings, we may, via email, use memory joggers and inviting questions to encourage us to go back in time and record the journey. There may also be side benefits to our adventure; we may find that we rediscover parts of us or gain new perspective about ourselves. As well, we will create an opportunity to leave a legacy for our loved ones or simply leave a snapshot of a special time and place.

For more information, or to join this group, please contact Suzie Dukes, facilitator at: s4jm8d@gmail.com.

Answers to the LLL through Travel Quiz:

In Memory

Sally Reed, OLLI member and friend
24 May 1941 - 29 August 2015
She will be missed by all who knew her
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,” or that you learned about the event in the OLLI Link, that it is important to both SCU departments and to OLLI to know that OLLI members are attending these campus events.)

CLOSER BY THE MINUTE | DAVID AND HI-JIN HODGE
18 September – 6 December 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.

KEEP, CARE AND COLLECT ON
Extended: 18 September – 25 October 2015

When the de Saisset Museum opened in 1955 it had seemingly expansive gallery space and a relatively small permanent collection. Over the last 60 years the museum’s holdings have grown to include nearly 12,000 objects. Keep, Care and Collect On highlights the range of artworks that have come into the collection since 2011, including pieces by Wynn Bullock, Wayne Thiebaud, Andy Warhol, and Jo Whaley.

DE SAISSET: FROM FAMILY NAME TO ARTISTIC LEGACY
18 September – 6 December 2015 and 15 January – 13 March 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.

FAMILY DAY AT DE SAISSET
Saturday, October 10, 1-3 p.m., FREE

Join the de Saisset Museum for a free Family Day Festival celebrating 60 years of bringing arts to the Santa Clara community. Festivities include hands-on art activities, a photo booth, an art scavenger hunt, an interactive musical performance with Mr. Q Live, a birthday celebration and so much more! Come and go as you please, but don’t miss the chance to see what the arts at SCU have to offer.
BOOK OF THE QUARTER

Who Was Junípero Serra
1 October, 4:00 – 5:00 PM, RSVP
St. Clare Room, Learning Commons

Just days after the canonization of Junípero Serra, authors Rose Marie Beebe and Robert Senkewicz will join us for a discussion about their book *Junípero Serra: California, Indians, and the Transformation of a Missionary.*

The Ignatian Center will be hosting a modest offering of programs for the 2015-2016 year, as we prepare for our next generation of Bannan Institutes to begin in 2016.

Please visit [www.scu.edu/ic](http://www.scu.edu/ic) for our full event listing.

*We encourage you to please RSVP beforehand at [www.scu.edu/ic/bannan](http://www.scu.edu/ic/bannan). Please arrive to each event at least 10 minutes before the lecture begins.*

I AM CLIMATE CHANGE, I AM THE CAUSE, I AM THE SOLUTION

Dr. Carolyn Woo, *President and CEO of Catholic Relief Services and former Dean of the Mendoza School of Business*

October 15, 2015 | 4-5:15 p.m.
St. Clare Room, Library and Learning Commons
Santa Clara University

In *Laudato Si*, citing both Science and Theology, Pope Francis establishes the climate crisis as real, urgent, moral, and spiritual. He links the cry of the earth to the cry of the poor and casts it as expressions of the same underlying dynamics. The pope calls for a conversion of heart so that we can cherish the earth as God's creation and gift to us and to lift up the dignity of people above profits, technology and globalization.

Please RSVP at [www.scu.edu/ic/bannan](http://www.scu.edu/ic/bannan).
PRIVACY CRIMES: DEFINITION AND ENFORCEMENT
OCTOBER 6 2015, REGISTER
9 a.m. - 1 p.m. | California Mission Room, Benson Center

This half-day conference helps define privacy crimes, assess how such crimes are addressed in the criminal justice system, and explore how society might better respond to them—through new laws, different enforcement practices, education, or other strategies. Prosecutors, defense attorneys, judges, academics, and victims’ advocates will discuss the issue.
Organized by the Ethics Center, the High Tech Law Institute, and the Santa Clara County District Attorney’s Office

Ask Mickey: Sprouted vs. Unsprouted Grains

WHAT ARE “SPROUTED GRAINS” AND ARE THEY ANY BETTER THAN THE UNSPROUTED KIND?

A whole grain comprises the germ (which has most of the plant’s nutrients), endosperm (the starchy portion), and bran (the outer protective shell). In the lifecycle of a seed, there is a point between when the seed has started to sprout and when it germinates into a full plant. This is the point at which it can become a sprouted grain.

There have been a number of small studies (mostly among rats, not humans) comparing sprouted grains to both whole grains and refined grains (i.e. the white kind, where the germ and bran have been removed). The results suggest that sprouted grains may be slightly higher in vitamin C, iron, and folate, and contain more readily absorbed protein as well as a more digestible form of starch than whole grains. However, these differences do not appear to have any significant benefit to humans.

Researchers tested the benefits of sprouted grains on blood glucose levels in men with diabetes and found that sprouted brown rice improved their fasting blood glucose levels more than white rice, but no more than traditional brown rice. Similar slight positive benefits on blood pressure and cardiovascular disease have been seen in rats. The claims that sprouted grains offer higher enzymatic activity are not well backed by research.

Another thing to note: the government does not regulate how much sprouted grain must be present in a food product to claim on the label that it has sprouted grains.

If you enjoy the taste of sprouted grains, continue to include them in your diet. Aim to make at least half of the grains you eat whole, either sprouted or un-. Click HERE for some recipe ideas.