



OLLI @Berkeley — Spring Courses in Lafayette

Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd.

Dreamwork

Tuesdays, 10 AM-noon, March 31-May 5

Dreams are vehicles to help us realize who we are and who we can become, as well as understand our relationship to the world and the divine. Learn how to work deeply with your dreams through personal sharing and response. Discuss major archetypal motifs that appear in our dreams and connect us to the world of mythology and meaning. This creative process is at once enlightening, transformative, and healing.

Barry Friedman Ph.D., M.F.T. is a psychotherapist in private practice in Oakland and a historian of religions. He has been exploring the relationship between spirituality and psychology for over 40 years and taught archetypal mythology and dream work at Holy Names University for 15 years.

Bruce Springsteen: An In-Depth Appreciation of America's Poet Laureate

Tuesdays, 1-3 PM, March 31-May 5

Delve into the career and music of "The Boss," Bruce Springsteen. Travel from the juke joints of the Jersey Shore to his discovery at Columbia studios; from the covers of Time and Newsweek to his three-year legal limbo; and from sold-out stadiums for Born in the USA to the acoustic elegance of Nebraska. At 70, Springsteen continues to be America's greatest rocker and working-class hero, whose brilliant records and performances are the stuff of legend.

Pete Elman has performed, composed, arranged, produced, and taught all genres of popular music since 1962. He has taught several popular classes on 20th-century music with OLLI.

Global Lens

Tuesdays, 10 AM-noon, March 31-May 5

The view from abroad, courtesy of foreign filmmakers speaking primarily to viewers in their own countries, is refreshing, revealing, and occasionally jarring. The lineup encompasses a range of documentary approaches and techniques, with each film - most of which haven't screened in the U.S. - followed by a discussion of its goals, strategies, aesthetics, and ethics. We will examine central aspects of nonfiction filmmaking including the representation of reality, the properties of storytelling and the interplay between advocacy and art.

Michael Fox is a film journalist and critic whose outlets include KQED Arts.com, The East Bay Monthly, Oakland magazine and J. He has taught at the OLLI programs at UC Berkeley and SF State for over a decade. Fox is an inductee of Essential SF, the SF Film Society's compendium of the Bay Area film community's vital figures and institutions.

Our Brains: Molecules to Memory

Thursdays, 1-3 PM, April 2-May 7

This course describes the activities of nerve cells and how their functioning is altered by drugs or disease. We will discuss the organization of neuronal networks in the brain that serve major processes, such as hearing, epilepsy, and mental illness. Each lecture will begin with an introduction to a basic neuroscience topic, followed by a discussion of related clinical concepts. Lecture notes will be distributed prior to each session, and the lecture slides will be available for review after each lecture. The goal of the course is to enable students to better understand the functions of their own brains. Note: There is no prerequisite for this course.

Peter Ralston received his M.D. from UCSF and additional training in New York and London. He held faculty positions at Stanford and the University of Wisconsin, then returned to UCSF as Professor and Chairman of Anatomy. During his 35-year career at UCSF, he directed the Medical School course in neuroscience and ran an NIH-supported research lab.

Rock and Roll's First Decade

Thursdays, 10 AM-noon, April 2-May 7

This course covers the first ten years of rock and roll, the explosive musical phenomenon that shook the world during the mid-1950s to the early 1960s. We'll cover the ascendance of pioneers like Elvis Presley, Chuck Berry, and Little Richard to the harmonizing vocal groups, surf, soul, and girl groups of the early '60s. We'll cover greats like the Everly Brothers, Buddy Holly, Ray Charles, and the Beach Boys, with plenty of rare film clips of the heroes in action. We'll also celebrate those who helped it flourish: from legendary independent record labels like Sun and Atlantic, to the producers, disk jockeys, songwriters, and exuberant teenage audience that helped make it happen.

Richie Unterberger is the author of numerous rock history books, including volumes on the Beatles, the Who, the Velvet Underground, Bob Marley, and 1960s folk-rock. He's taught courses on rock history at OLLI Berkeley and other Bay Area colleges for ten years. His next book, to be published by Taschen in 2021, is San Francisco: Portrait of a City.

Lafayette Info Session

Thursday, March 12, 1:30-3 PM
Lafayette Library and Learning Center

Featured speaker: **Tamim Ansary**
Conspiracy Theory in Modern History

Call or register online | olli.berkeley.edu • 510.642.9934