





# Fall 2015

Sept. 28 - Nov. 6

Innovative education for the 50+ learner

olli.berkeley.edu 510.642.9934





#### Who we are

OLLI @Berkeley is an educational program for lifelong learners age 50 and up who are eager to explore traditional and new areas of knowledge — without exams or grades. Classes are taught by distinguished Berkeley faculty members and other Bay Area experts. Membership is required to participate in the full range of offerings.

OLLI @Berkeley is one of 119 Osher Lifelong Learning Institutes nationwide. It is supported by the UC Berkeley, OLLI members, and donors who match the Bernard Osher Foundation's contribution to OLLI.

**Director:** Susan Hoffman **Business Manager:** Lisa Hardy

**Communications Coordinator:** Jennifer Monahan

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#### Letter from the Director

Returning to the OLLI classroom is always exciting
— even more so this fall. From your input on course
evaluations and strategic planning surveys, we heard
your call for varied course lengths, even greater depth,
and more offerings in Lafayette.

This fall's program marks our widest selection of courses to date:

- If you're interested in **global issues**, check out the courses on the Canadian national elections, Russia's national character, and the continuing exploration of how humans have become so connected throughout history.
- For added perspective on **U.S. history**, consider the courses on the internment of Japanese Americans during World War II, the Smithsonian's new National Museum of African American History and Culture, and the impact of the Roberts Supreme Court. You may also revisit the legacies of Presidents Thomas Jefferson and Lyndon Johnson.
- To satisfy your growing interest in **dynamic aging**, explore a variety of courses
  on the brain, writing as a form of self-discovery, and the dual notion of both
  holding on and letting go.
- Explore the **cross-disciplinary courses** on gender and music or dance and film, or take a metaphorical step outside to learn about our state's natural history and the impact of California modernism on architecture.

There's more! Please visit the OLLI website for additional information on each course and instructor, and come to the open house to meet your faculty and fellow members.

Susan Hoffman Director, OLLI @Berkeley

### 29 courses in two great locations

Meet OLLI faculty and members.

For more information, call 510.642.9934 or visit olli.berkeley.edu.

# **Open House Berkeley**Tuesday, Sept. 8

10 a.m.–noon (doors open at 9:30 a.m.) Freight & Salvage Coffeehouse 2020 Addison St. (at Shattuck Ave.)

# Info Session Lafayette

Thursday, Sept. 10

Guest speaker: Tech Law Attorney
Eric Sinrod on "The Internet:
Privacy Lost?"
3:30–5 p.m.
Lafayette Library and Learning Center
3491 Mt. Diablo Blvd.

### Starts 9/28 Monday



#### **Joy of Singing**

Lauren Carley 10 a.m.-noon, UH Room 150

#### **Price A**

Would you like to strengthen your singing and speaking voice, increase your range and projection, and grow in confidence while learning five to eight songs in harmony? Whether you think you can sing or not, are experienced or a beginner, you can learn to sing rounds, quodlibets, part-songs, spirituals, snippets of classical pieces, and folk songs in no time. Make new friends and take the plunge to let your voice make a joyful noise.

Lauren Carley, mezzo-soprano, has taught voice, acting, and writing for one-person shows at the American Musical and Dramatic Academy, New York University, the Oakland Public Conservatory of Music, the Oakland Youth Chorus, and Colorado College. Her Renaissance quartet Schola Adventus tours and records internationally. She teaches choral symposiums and residencies in the United States, conducts community choruses, and leads "Joy of Singing" retreats around the world.

#### **Memoir Workshop**

Tamim Ansary 10 a.m.-noon, UH Room 41C

#### **Price C**

Are you interested in writing a memoir or short memoir-based pieces? Look at good examples from literary writers and explore the nuts and bolts of the writing process, such as how to zero in on a subject and keep the words flowing. We'll discuss how to tap memory, use documents to extend (or contradict!) memory, and capture the stories in real-life events. Learn tips for investing a story with drama, humor, and suspense and enhancing it with dialogue, descriptive details, and vivid language.

**Tamim Ansary** has run the San Francisco Writers' Workshop for 20 years. His memoir, West of Kabul, East of New York, was San Francisco's pick for its One City One Book program, and he co-wrote a New York Times-bestselling memoir for Afghan landmine victim Farah Ahmadi. Working with young Afghan American writers, Ansary edited and published an anthology of short personal narratives called Snapshots: This Afghan American Life.

#### **Natural History** of the Golden State

Jeff Hart 10 a.m.-noon, UH Room 41B

#### **Price B**

Based on the instructor's e-book, this course is a stimulating exploration of our state's nature. Richly embellished with photography, it will begin with an introduction to California's diverse landscape, climate, and organic life. Many new, ancient, and endemic species have found a home in our variable environment, including more than 5,000 species of plants. We will also talk about birds, mammals, reptiles, amphibians, fish, and invertebrates. The final topic will summarize the evolution, ecology, and nature of California's biodiversity.

**Jeff Hart** is a California native whose boyhood experiences of fishing and farming along the Sacramento River eventually took him to the University of Montana, where he earned degrees in environmental biology and ethnobotany. He later graduated from Harvard University with a Ph.D. in evolutionary biology. Hart returned to California and became involved with growing native plants, habitat restoration, ecotourism, and organic farming.

# Monday cont'd

### Investigating a Death Penalty Case

Judith Coburn 1–3 p.m., UH Room 41B

#### **Price B**

Like the popular NPR podcast "Serial," this course will focus on one murder case. Students will review original police reports, see a video of police interrogating the suspect, and hear how the defense investigated the physical evidence and prepared a social history of the defendant's life. Our discussions will touch on many criminal justice issues, including the death penalty.

**Judith Coburn** is a private eye specializing in death penalty cases. Prior to that, she was a journalist for *The Village Voice*, the *LA* 

Times, and other media outlets. She has also taught writing, reporting, and media criticism at UC Berkeley, UC Santa Cruz, and USC. At OLLI @Berkeley, she has taught food writing and memoir.

#### **Genius of Sondheim**

Bonnie Weiss 1-3:30 p.m., UH Room 150 (No class 10/12 and 10/26; ends 11/9)

#### **Price A**

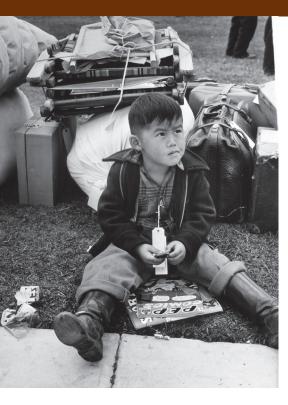
What makes Stephen Sondheim the most exciting and revolutionary composer/ lyricist of our time? This in-depth look at his life's work will demonstrate why music and theater critics, psychologists, and

theater-goers find him so compelling and controversial. We will use video and audio clips, as well as his comments, to enrich our exploration. The instructor, who has produced six acclaimed cabaret tributes to Sondheim, will share her insights from corresponding with him over the years.

Bonnie Weiss, M.A. is a seasoned theater educator and writer. She teaches courses on the legendary composers, lyricists, and performers of Broadway and Hollywood musicals. Her work has received two grants from The Harburg Foundation. She has taught at SF Conservatory of Music, UC Berkeley Extension, and the Colleges of Marin and San Mateo. She writes for *The Sondheim Review* and *Stage Directions*.

Stephen Sondheim's Sweeney Todd. Photo: Roger Mastroianni





#### From the Japanese American Internment to 9/11

John Tateishi 10 a.m.-noon, F&S

#### **Price A**

Following the bombing of Pearl Harbor, President Franklin Roosevelt issued an order that resulted in the exclusion and imprisonment of Japanese Americans, an action supported by Congress and the U.S. Supreme Court. Thirty years after the war, Japanese Americans successfully demanded redress for their imprisonment. We will examine the history, constitutional issues, and the redress campaign, as well as their impact on the government's treatment of Arab and Muslim communities following 9/11.

John Tateishi launched the national redress campaign for Japanese Americans, as well as efforts to protect the rights of Arab and Muslim communities, through the Japanese American Citizens League (JACL). He authored And Justice for All and has appeared on national media and in international documentaries. In 2007 he received the Alice and Clifford Spendlove Prize on Social Justice.

#### **Engaging with Life: Volunteering** and Neuroplasticity

Amelia Barili 10 a.m.-noon, UH Room 41C

What does helping others have to do with the healthy, progressive functioning of our brains? We will study how volunteering a few hours a week can cultivate neuroplasticity and participate in discussions and contemplative practices to expand our minds and hearts. We will connect to several organizations to deepen our knowledge of other languages or cultures while helping international students, young refugees, or immigrants in the often-difficult transition to American life.

Amelia Barili, a UC Berkeley faculty member, recognizes the connection between students' desire to serve others and the needs of the community. She has developed an innovative pedagogy that integrates the most recent findings of cognitive science and neurobiology with meditation and service learning. She received the Chancellor's Award for Public Service in 2008.

#### **Myths of Origin**

Clare Fischer 10 a.m.-noon, UH Room 41B

#### **Price B**

How did it all begin? Explore creation narratives of traditional cultures in Australia, North and South America, and Africa. We will read and discuss diverse understandings of beginnings, foundational relationships, and implications for social and moral life. We will probe questions related to difference (e.g., gender), religious structures, and the shape

and significance of the natural environment. We will refer to classic studies of myth and meaning (e.g., Joseph Campbell and Mircea Eliade) and to traditional art.

**Clare Fischer** is a professor emerita of religion and culture at the Graduate Theological Union and has instructed courses and written essays on comparative symbol, mythology, and ritual. Her primary focus is on literature originating in nonwestern cultures, especially those of South and Southeast Asia, and implications of social change in traditional society.

#### **Unsung: Shakespeare's Minor Characters**

Philippa Kelly 1-3 p.m., UH Room 41B

#### **Price B**

This course asks us to be dramaturgs, thinking in bigger and broader ways about some of Shakespeare's smaller roles — Kent, Albany, and France in King Lear; Old Siward, Lady Macduff, the murderers, and Fleance in Macbeth; Camillo, Mamillius, and Antigonus in A Winter's Tale; Egeus, Philostrate, and Snug in A Midsummer Night's Dream; Bianca, Lodovico, Brabantio, and the Clown in Othello; Laertes, Fortinbras, and Ophelia in Hamlet; and Phoebe, Duke Senior, Lord Amiens, and Adam in As You Like It.

Philippa Kelly has worked as resident dramaturg for the California Shakespeare Theater and the Napa Shakespeare Festival, as well as production dramaturg for the Oregon Shakespeare Festival and Word for Word Theater Company. The Fulbright, Rockefeller, and Walter and Eliza Hall Foundations have supported her work. She recently received an innovation award from the Literary Managers and Dramaturgs of America. She has published 12 books.

# Tuesday cont'd





#### Thomas Jefferson and the Empire of Liberty

Mick Chantler 1–3 p.m., F&S (8 weeks, 9/29–11/17)

#### **Price B**

Examine the enigmatic character of our third president and the role he played in the early years of the Republic. We will first map the key intellectual and political contours of his era, then explore five major themes: Jefferson's revolutionary ideology; his friendships with fellow founders John Adams and James Madison; his lengthy feud with Alexander Hamilton; his often-contradictory stance on slavery; and his puzzling and evershifting theories on the proper approach to administering political power. We hope to explicate the mindset of this energetic, creative, yet deeply flawed American genius.

**Mick Chantler**, M.A. has been a student and instructor of early American studies for over 40 years. His primary interests include the Revolutionary and Civil War eras. Chantler is a member of several scholarly organizations, including the Society for Historians of the Early American Republic and the Lincoln Forum.

#### Tech 2.0

David Casuto 5–7:30 p.m., UH Room 28

#### **Price C**

Computer security, malware, cloud computing, podcasting, social media, file management, tablets/iPads ... If these computer terms sound intimidating (or intriguing), this course is for you! Each week will include a lecture and time to cover your questions, challenges, and experiences. This class is for both Mac and PC users and all interest and skill levels. Students are encouraged to bring their laptops or devices.

**David Casuto** is the founder of Senior Surf (**senior-surf.org**), a Bay Area nonprofit that empowers older adults to become savvy at email, internet navigation, digital photography, graphic design, and other tricks of the trade. He also teaches at OLLI SFSU, AcademyX, and Synergy School and runs his own training consulting firm.

#### **Ripple Effects: An Alternative View of World History**

Tamim Ansary 10 a.m.-noon, F&S

#### **Price A**

This is a new version of the course offered in Fall 2014 and Spring 2015. Like a jazz musician, Ansary never gives the same performance twice as he continuously seeks fresh perspectives in an attempt to combine Euro-, Sino-, or Islamo-centric world histories into a single global narrative. The focus will be on how we have come together over the course of human history, why we're still fighting, and how cultures have connected, affected, borrowed from, or merged with others — often in ways that go unnoticed by the people involved.

Tamim Ansary's complete bio is on page 1. He also wrote the bestseller Destiny Disrupted, A History of the World through Islamic Eyes and won the Northern California Book Award for nonfiction in 2009.

#### **Canadian Politics** and the 2015 Election

Irene Bloemraad 10 a.m.-noon, UH Room 41B (4 weeks, 9/30-10/28)

#### **Price D**

Using the October 19, 2015, Canadian national election as a focal point, this course will examine Canadian politics and policy as a counterpoint to dynamics in the United States. We will welcome acclaimed guest lecturers, such as University of British Columbia political scientist Kenneth Carty.

Topics might include the Canadian party system and immigration, social policy, environment and energy, and health care.

**Irene Bloemraad**, a professor of sociology, holds the Thomas Garden Barnes Chair of Canadian Studies at UC Berkeley. A prolific academic author, she has also spoken about immigration in Canadian Parliament and is a member of the U.S. National Academies of Sciences committee reporting on immigrant integration. She received the Distinguished Teaching Award in social sciences in 2012.

#### **Russians: Portrait of a Nation**

Elena Sheygal-Placzek 10 a.m.-noon, UH Room 150

#### **Price A**

The course will present an insider's view of Russian life and culture with an emphasis on the national character and mentality. We will explore how the Russian national character has been shaped by geography and history, how it is revealed in music, literature, and folklore, and how it is manifested in behavior, communication, and lifestyle. See video fragments of documentaries, animated cartoons, and feature films, and listen to Russian folk and romance songs and classical music.

Elena Sheygal-Placzek is a retired professor of the Volgograd Pedagogical University and has a Ph.D. in linguistics/ linguistic anthropology. She has taught ESL, American studies, and cross-cultural communication to Russian students. and Russian life and culture to American students. She wrote the English-Russian Dictionary of U.S. Life and Culture and was a visiting scholar at UC Berkeley in 2006.



Photo: Dennis Jarvis

# Calendar

MONDAYS SEPT. 28 – NOV. 2		<b>SDAYS</b> 29 – NOV. 3	<b>WEDNESDAYS</b> SEPT. 30 – NOV. 4	<b>THURSDAYS</b> OCT. 1 – NOV. 5		
10 a.m.–noon, UH Room 150  Joy of Singing  Lauren Carley	10 a.m.–noon, F&S Internment to 9/11 John Tateishi		10 a.m.–noon, F&S <b>Ripple Effects</b> Tamim Ansary	10 a.m.–noon, F&S <b>LBJ</b> Larry Bensky		
10 a.m.–noon, UH Room 41C  Memoir Workshop  Tamim Ansary		-noon, UH Room 41C <b>ing with Life</b> Barili	10 a.mnoon, UH Room 41B  Canadian Politics Irene Bloemraad (4 weeks, 9/30-10/21)	10 a.m.–noon, UH Room 41C <b>Your Life Is a Poem</b> Devorah Major		
10 a.mnoon, UH Room 41B  Natural History of the  Golden State  Jeff Hart		-noon, UH Room 41B <b>of Origin</b> ischer	10 a.mnoon, UH Room 150 Russians: Portrait of a Nation	10 a.m.–noon, UH Room 41B  Newest Smithsonian  Cecilia O'Leary		
1–3 p.m., UH Room 41B Investigating a Death Penalty Case	The Ro	-noon, LLLC  berts Court  Turner	Elena Sheygal-Placzek 2–4 p.m., UH Room 150 <b>Cyberspace</b>	10 a.mnoon, LLLC <b>Brain Works, Part 1</b> Peter Ralston		
Judith Coburn  1–3:30 p.m., UH Room 150 <b>Genius of Sondheim</b>			2–4 p.m., F&S  Music and Gender	1–3 p.m., F&S  CA Modernism and  Architecture  Pierluigi Serraino		
Bonnie Weiss (5 weeks, no class on 10/12 and 10/26; ends 11/9)	Mick Cl	as Jefferson nantler	John Prescott  2–4 p.m., UH Room 41B  Mystical Poets of Persia  Roger Housden	1–3 p.m., UH Room 41C  Writing Between the Lines  Deborah Lichtman		
	(8 weeks, 9/29–11/17)  1–3 p.m., LLLC  Existentialism  Richard Lichtman  5–7:30 p.m., UH Room 28  Tech 2.0  Dave Casuto			1–3:30 p.m., UH Room 41B  Holding On and Letting Go Lauren Vanett (5 weeks, 10/1–10/29)		
			12:30–1:30 p.m., F&S <b>Speaker Series</b> 10/7–10/28	1:15–3:45 p.m., LLLC <b>Top Docs</b> Michael Fox		
LOCATIONS	BAS	Berkeley Art Studio, UC E	Berkeley Campus	(5 weeks, 10/8–11/5)		
	DBC	David Brower Center, 215	o Allston Way, Berkeley			
	F&S	Freight and Salvage, 2020				
	LLLC	Lafayette Library and Lea 3491 Mt. Diablo Blvd., Laf				
	UH	University Hall, 2199 Add	ison St., Berkeley			

# Wednesday cont'd

#### **FRIDAYS**

OCT. 2 - NOV. 6

10 a.m.-noon, BAS

#### **Drawing Fundamentals**

Danny Neece

10 a.m.-noon, UH Room 41B

#### **Dance and Film**

Kathryn Roszak

9 a.m.-4 p.m., DBC

#### **Intensive Sessions:**

The Sacred Feminine

Beverly Allen (10/2 – Epics, 11/6 – Fairy Tales)

#### **Cyberspace Risks and Liabilities**

Eric Sinrod

2-4 p.m., UH Room 150

#### **Price A**

In our information age, access to and use of computer technology is fraught with critical risks for its many rewards. We will cover topics such as online privacy and identity theft; freedom of anonymous Internet speech versus defamation unmasking; Internet regulation and adult content; protection of children from online harassment and bullying; high-tech patents, trademarks, copyright, and trade secret infringement; cybercrime; and cyberwar.

**Eric Sinrod**, an attorney with Duane Morris, LLP, is considered a thought-leader on electronic discovery issues. He has been an adjunct professor of law and has published many law review and other journal articles. He speaks frequently on internet, intellectual property, information, and communications issues.

#### **Music and Gender**

John Prescott 2-4 p.m., F&S

#### **Price A**

In this fascinating historical look at the relationship between Western music and gender, explore the gender-bending nature

of opera performers and characters. Examine the role of women in composing and performing classical music, as well as the gender associations of different instruments. Look at the anxiety around music and masculinity and the role of gender in music as social interaction. Finally, consider the role of the conductor and how women are only now taking their place at the podium.

John Prescott has studied at St. John's College in Cambridge, England, and Oxford University's Worcester College. He wrote his doctoral dissertation on John Stanley, the 18th-century blind organist, conductor, violinist, and impresario. He has taught at UC Berkeley and the Crowden School in Berkeley, and was the musicologist for the San Francisco Elderhostel Arts and Humanities Program.

#### **Mystical Poets of Old Persia**

Roger Housden 2-4 p.m., UH Room 41B

#### **Price B**

The verses of Rumi and Hafez, the 13thand 14th-century mystical poets of old Persia, have become popular today with people throughout the Western world. Director Peter Brook has turned Attar's The Conference of the Birds, long venerated for its deep wisdom, into a play. We will explore the timeless wisdom of these great poets and Sufi teachers, discuss our responses to them, and consider why their words remain so relevant today.

**Roger Housden** is the author of 23 books, many of which cover sacred and mystical poetry. His novella, Chasing Rumi, takes the reader to Konya and into the mysteries of the Whirling Dervishes. Saved By Beauty: Adventures of an American Romantic in *Iran* weaves together his poetic perceptions of this long-enduring culture. He has given live recitals of the poetry of Rumi and Hafez around the country.

## Wednesday Lunchtime Speaker Series

F&S, 2020 Addison St. — 12:30-1:30 p.m.

#### October 7

#### **Review of the Supreme Court** 2015 Decisions

Marshall Krause, former chief attorney for the ACLU of Northern California, and Larry Bensky, longtime KPFA/Pacifica Radio National Affairs

#### October 14

#### **Litquake: Playing with Words**

OLLI faculty writers Tamim Ansary, Lynne Kaufman, Philippa Kelly, Cary Pepper, and Hugh Richmond

#### October 21

#### Love, Anarchy, and Emma Goldman

Dr. Candace Falk, Director of the Emma Goldman Papers Project

#### October 28

#### ISIS, the Middle East, and U.S. **Policy**

Reese Erlich, freelance journalist with NPR, GlobalPost, and CBS Radio

# Thursday Starts 10/1

#### **LBJ**

Larry Bensky 10 a.m.–noon, F&S

#### **Price A**

Lyndon Baines Johnson became president because of a domestic tragedy: the assassination of President Kennedy. And he left the presidency because of an international tragedy: the Vietnam War. Initially hailed for bringing the country together, LBJ became reviled as his policies tore it apart. His domestic triumphs in civil rights and economic security were overshadowed by the military crisis he inherited. It was an unseemly end to a life of great change, from personal poverty to vast wealth, from powerless circumstances to world leadership. Many of the issues he faced still resonate with our political situation today.

**Larry Bensky**, former national affairs correspondent for KPFA/Pacifica Radio, has taught "The American Presidency" and other government and politics courses at CSU East Bay since 1992.

#### Your Life Is a Poem

Devorah Major 10 a.m.–noon, UH Room 41C

#### **Price C**

This course will look at memoir poems of others and invite participants to create their own poems, during the workshop and at home, based on moments from their own lives. The goal is to write five to 10 poems, as well as to create a handmade book for our finished poems.

**Devorah Major** is an award-winning poet, third San Francisco poet laureate, professor



Marchers in Montgomery, Alabama, 1965. Collection of the Smithsonian National Museum of African American History and Culture. Photo: Charles Moore

of poetry and literature at California College of the Arts, poet in residence at the Fine Arts Museums of San Francisco, and former OLLI @Berkeley poetry instructor. She has published nine books of poetry, fiction, and biography.

### The Newest Smithsonian: African American History

Cecilia O'Leary 10 a.m.–noon, UH Room 41B

#### **Price B**

Go behind the scenes of the vast new Smithsonian National Museum of African American History and Culture to look at how a Smithsonian is created, artifacts are acquired, and narratives and exhibits are crafted. We will ask what role the Smithsonian can play in the 21st century and whether exhibits can present both a brutal past and moments of joy. Can remembering foster a healing dialogue about race? What is the power of objects — and why do they move us?

**Cecilia O' Leary** is a professor of history at California State University, Monterey Bay, advisor to the director of the Smithsonian National Museum of African American History and Culture, and an editorial board member of the journal *Social Justice*. She is the author of *To Die For: The Paradox of American Patriotism*.

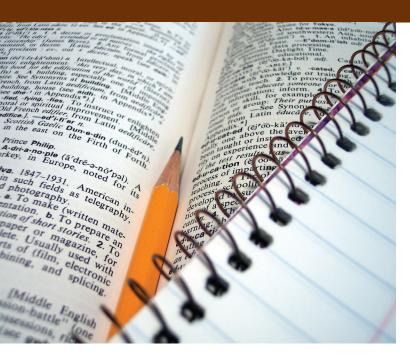
### California Modernism and the Making of Modern Architecture

Pierluigi Serraino 1–3 p.m., F&S

#### **Price A**

While extensive literature exists on Greene & Greene, Bernard Maybeck, Irving Gill, Richard Neutra, and other venerable California architects, we know very little about how this work came to be. Furthermore, commercial architects created the landscape of new suburban metropolises through Wayne McAllister's car-oriented designs, Victor Gruen's seminal shopping malls, and the highrises of Welton Becket, Timothy

# Thursday cont'd



Pflueger, and William Pereira. Using rarely seen material and archives, the course will look at what led to California's leading role in forming modern architecture.

Pierluigi Serraino is an architect, author, and educator. He holds multiple professional and research degrees in architecture from Italy and the United States and has over 15 years of work experience as a design architect. He has lectured extensively on postwar American architecture, California modernism, architectural photography, changes in architectural practice, and digital design.

#### **Writing Between the Lines: Using Style to Make Meaning**

Deborah Lichtman 1-3 p.m., UH Room 41C

#### **Price C**

What is the relationship between form and content? How do novelists create suspense with syntax? How can an effective sentence become a brilliant one? Explore these questions by studying the work and techniques of some great prose stylists. Apply what you've learned to in-class writing exercises. Lectures will cover topics such

as diction, imagery, and cadence, heightening our attention to language, and expanding our repertoire of imaginative prose.

#### **Deborah Lichtman**

has taught literature and writing for 25 years. She directed the M.F.A. in Writing Program at USF, where she was also associate professor

of writing, and has been a visiting professor at Mills College and UC Berkeley. She holds a Ph.D. in English from UC Berkeley, and advises the Post-baccalaureate Certificate Program in Writing at UC Berkeley Extension.

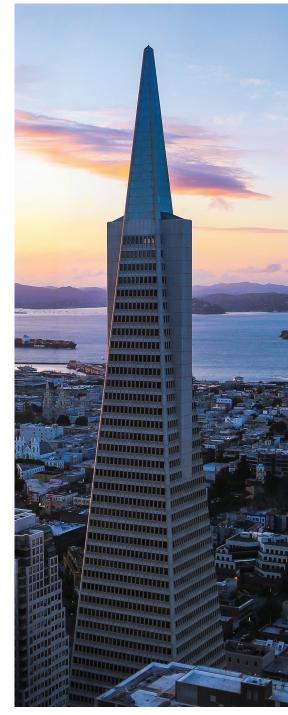
#### **Holding On and Letting Go**

Lauren Vanett 1-3:30 p.m., UH Room 41B (5 weeks, 10/1-10/29)

#### **Price C**

As we age, how can we uncover and integrate the wisdom we have gained while continuing to allow growth and change to take place? In this experiential class, we will use mindfulness and grounding practices to cultivate presence. We will develop skills to shift from a fixed to a growth mindset and ask powerful questions of ourselves and others. We will also explore resilience and flexibility by embracing opposites such as giving and receiving, grit and surrender, and loss and gain. For new and seasoned students alike.

Lauren Vanett, M.A., an educator for 35 years and an ICF-certified coach, founded the Core Strengths Coaching Skills Program (CSCS) at San Francisco State University in 2005. She teaches positive psychology both there and at OLLI @Berkeley.



# Friday Starts 10/2

#### **Drawing Fundamentals**

Danny Neece 10 a.m.–noon, Berkeley Art Studio

**Price C** 

Explore the key elements of drawing, including line, shape, tone, compositional design, and the drawing field. Learn how to creatively establish relationships and proportion, as well as the illusory third dimension, and touch on different modes of abstraction. Whether you are a beginner or already have some drawing experience, we can help you develop a free and fluent command of the drawing process. \$50 materials fee.

**Danny Neece** holds a B.F.A. in illustration from the California College of the Arts. He has freelanced for *Shambhala Sun Magazine*, *Hyphen Magazine*, Intel Developers Forum, 14 Hills: The SFSU Review, Trader Joe's, *Buddhadharma: Practitioner's* Quarterly, and Saint Mary's College. Neece has been teaching at the Berkeley Art Studio for several years. View his work at **dannyneece.com**.

### Moving Pictures: Dance and Film

Kathryn Roszak 10 a.m.–noon, UH Room 41B

#### **Price B**

Dance and film make thrilling partners. Attend a few selected films, then review and discuss key elements of dance across this interesting landscape. We will draw from the 2015 San Francisco Dance Film Festival, as

well as local independent dance filmmakers. The films under consideration are *Desert Dancer* (based in Iran), *First Position*, *Singing in the Rain*, and new short films with featured guests.

**Kathryn Roszak** created and choreographed "Pensive Spring; A Portrait of Emily Dickinson," presented by Cal Performances. She has collaborated with National Humanities Medalist Maxine Hong Kingston on a stage adaptation of Kingston's *The Fifth Book of Peace*. Roszak wrote a groundbreaking series on motherhood and the arts for *Theatre Bay Area Magazine* and produces Dance on Center, which features women choreographers.

#### **Intensive Sessions: The Sacred Feminine**

Beverly Allen 9 a.m.-4 p.m., DBC Fridays, 10/2 – Epics, 11/6 – Fairy Tales \$145 per session (no member discounts)

The Sacred Feminine has been a key to wholeness in many cultures, for both men and women, for millennia — but that principle is missing in contemporary life. In many diverse belief systems, feminine or female archetypes must exist alongside masculine or male ones in order for the culture to flourish and find balance among individuals, the earth, and society. The creative, socializing force of Eros in ancient texts required both masculine and feminine aspects. While great mystical traditions recognize this, patriarchal institutions have largely deprived us of it in the last 2,000 years. Could restoring the Sacred Feminine aid in healing the earth and ending the wars that are now a global reality? Each session will include lectures, guided meditations, and conversation. While the four sessions build upon each other, they may be taken independently.

- **Epics (10/2)** Study the ancient epic *Gilgamesh*, as well as the works of Homer and Virgil.
- Fairy Tales (11/6) Focus on Cinderella, Snow White, and Sleeping Beauty.
- **Coming in Winter 2016** Magdalen and Dante Stories (1/15/16) and Our World Today (2/12/16). Registration opens in November.

**Beverly Allen**, Ph.D., an author, lecturer, and teacher in the humanities and spiritual traditions, has taught at UC Santa Cruz, Stanford University, Cornell University, the University of Zagreb, and Syracuse University. Her diverse career includes a decade of investigative journalism and activism in Bosnia and Croatia during the 1990s.

# Lafayette Library and Learning Center

### Info Session Sept. 10, 3:30-5 p.m. 3491 Mt. Diablo Blvd., Lafayette

#### **The Roberts Court**

William Turner Tuesdays, Sept. 29 - Nov. 3 10 a.m.-noon, LLLC

#### Price A

Since John Roberts became the chief justice of the Supreme Court, we have seen several momentous First Amendment decisions, including Citizens United, perhaps the most misunderstood decision of all time. The Roberts Court has also confronted free speech issues involving national security, funeral protests, violent video games, indecency on television, abortion buffer zones, a "constitutional right to lie" about military service, and a batch of new decisions in 2015. Read and discuss a selection of key opinions, edited for accessibility.

**William Turner** has taught free speech courses at Cal for 30 years, including four previous courses at OLLI @Berkeley. A graduate of the Harvard Law School, he argued three cases before the U.S. Supreme Court in his 45 years of practice. He has published dozens of articles in the New York Times, Politico, Wired, and elsewhere. He wrote Figures of Speech: First Amendment Heroes and Villains.

#### **Existentialism**

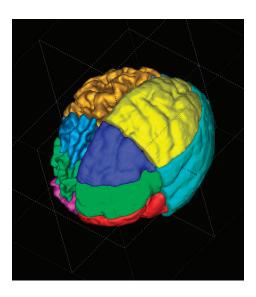
Richard Lichtman Tuesdays, Sept. 29 - Nov. 3 1-3 p.m., LLLC

#### **Price B**

Existentialism is a mood, a feeling, a sense of limit and despair — as in Shakespeare's Macbeth and King Lear — as well as a complex set of philosophies about time, the limit of life, freedom and responsibility, anxiety, and the encounter and occasional transcendence of the awareness of death. It deals with the irrational existence of human beings, whose entire presence in the world is marked by the

contingent and accidental. Existential theory is well worth confronting and can alter the sense of one's self.

Richard Lichtman has a Ph.D. in philosophy from Yale University, taught in the philosophy department at UC Berkeley, and has specialized in social and political philosophy and the philosophy of psychology. At OLLI @Berkeley, he has taught courses including economic history, philosophy, sexuality, and more.



#### **How Your Brain Works and** When It Doesn't, Part 1

Peter Ralston Thursdays, Oct. 1 - Nov. 5 10 a.m.-noon, LLLC

#### **Price A**

Learn about nerve cell functions and how neuronal networks are organized in the human brain. Each lecture will introduce a basic neuroscience topic, followed by a discussion of related clinical concepts. We will also cover modern technologies, such as magnetic resonance imaging (MRI), that reveal both normal and changed functioning due to disease or injury.

**Peter Ralston** held faculty positions at Stanford and the University of Wisconsin before moving to UCSF as professor and chair of anatomy and a member of the neuroscience program. During his 35-year career at UCSF, he directed the medical school's course in neuroscience and ran an NIH-supported research lab. Now retired, Ralston is currently a docent at the California Academy of Sciences.

#### **Top Docs: 2015 Oscar Nominees**

Michael Fox Thursdays, Oct. 8 - Nov. 5 1:15-3:45 p.m., LLLC (5 weeks, 10/8-11/5)

#### **Price A**

The Academy Award nominees for documentary feature are hailed as the best theatrically-released nonfiction films of the year. We'll watch one of the 2015 finalists each week — Last Days in Vietnam, Finding Vivian Maier, Virunga, Citizenfour, and The Salt of the Earth. We'll discuss their goals, strategy, storytelling, social utility, artistic qualities, and ethics. We'll consider the filmmaker's point of view, the effect of the camera's presence, the balance between information and emotion. and the need to entertain

Michael Fox has been a film critic and journalist since 1987. His current outlets include KQED.org/arts, Fandor.com/ **blog**, Oakland Magazine and The (East Bay) Monthly. He curates and hosts the weekly CinemaLit series at the Mechanics Institute in San Francisco and teaches documentary courses at the SF Art Institute and OLLI at SF State. He is a member of the San Francisco. Film Critics Circle.

### Information



#### Membership

OLLI @Berkeley is a membership organization per agreement with the Bernard Osher Foundation. Members receive access to:

- Registration for OLLI courses
- Free admission to all lecture series
- Participation in interest circles and member events.

#### **Membership Types**

Annual: \$100

Premium: \$850

 Offers unlimited A and D courses and discounts for B and C courses (savings accrue with six or more courses over a 12 month period).

Single Term: \$50

Annual and Premium memberships are valid for four consecutive terms. Membership dues are non-refundable.

#### **Affiliate Discounts**

Members of the following groups receive a \$10 discount on any OLLI membership. One discount per member.

- Cal Alumni Association (CAA)
- Current/retired faculty/staff at UC
   Berkeley, Lawrence Berkeley National
   Lab, or University of California Office of
   the President

#### **Scholarship Program**

A limited number of scholarships are available if full fees present a barrier to your participation. Scholarships are offered on a sliding scale and are based on information provided by the applicant. To be considered, please download an application from **olli.berkeley.edu** and return it to the OLLI office. Scholarship applications are accepted up to seven days prior to the start of each term.

#### **Adding and Dropping Courses**

Active members may add a course at any time if space is available by logging into their account and paying the applicable course fee. Courses can be dropped up to seven days before the start of the term for a course fee refund. Contact the office for a refund.

#### **Course Change**

Course schedules, locations, and faculty are subject to change after we have published this brochure. Refunds or credits may be offered at OLLI's discretion.

### Photography and Audio Recording

OLLI may take photographs for use in print and digital materials. Please let the photographer know if you do not wish to be recorded. OLLI may also record audio for possible future distribution.

#### **Contact Us**

OLLI @Berkeley University of California, Berkeley 1925 Walnut St. #1570 Berkeley, CA 94720-1570 Phone: 510.642.9934

E-mail: berkeley\_olli@berkeley.edu

Website: olli.berkeley.edu

# Fall 2015 Registration Form

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# **Open House Berkeley**

Tuesday, Sept. 8

10 a.m.-noon (doors open at 9:30 a.m.) Freight & Salvage Coffeehouse 2020 Addison St. (at Shattuck Ave.)

#### Info Session Lafayette

Thursday, Sept. 10

Guest speaker: Tech Law Attorney Eric Sinrod on "The Internet: Privacy Lost?" 3:30–5 p.m. Lafayette Library and Learning Center 3491 Mt. Diablo Blvd.

#### **Meet OLLI faculty and members**

