



To resist the frigidity of old age, one must combine the body, the mind, and the heart. And to keep these in parallel vigor one must exercise, study, and love. ~Bonstettin ~

Deadline for the November issue is November 15.  
Send your news and notes to [olligazette@gmail.com](mailto:olligazette@gmail.com)  
Type *November Newsletter* in the subject line!

## An Invitation from The OLLI-SF State Council

Please join us on Wednesday, October 28th

**OLLI Social Hour & Council Election 2:00-3:00**  
**Celebration Event 3:00-5:00**

- **Come early** to have time to meet and talk with other OLLI members and share ideas about what would be interesting and fun things we might do together throughout the year. The members of both the OLLI Council and the OLLI Curriculum Committee will be here to welcome you at 2. Please bring a sweet or savory treat to share.
- **Participate** in our Fall Election of members to the OLLI-SF State Council which represents the members of our OLLI in the local program decision-making process and is directly accountable to the membership and to OLLI. The Nominating Committee is working hard to fill the vacating Board positions for the 2010-11 year. See page 5 for more details.
- **Enjoy** the remarkable stories and works of art by our OLLI members. All are welcome to share in the festivities. Bring a friend!



## October Events and Activities

- Oct. 7, 12:15pm – *Curriculum Committee*
- Oct. 9, 1pm – *Conversational Spanish*
- Oct. 12-15, OLLI National Conference – OLLI Office Closed
- Oct. 13, 1pm – *Caring Community Study Group*
- Oct. 14, 12 – 4 pm *Aging Explorers Lecture:*  
*David Casuto - Connecting in the Digital Age*
- Oct. 16, Furlough Day – OLLI Office Closed
- Oct. 23, 1pm – *Conversational Spanish*
- Oct. 26, 2 pm – *Drumming & Healing Circle*
- Oct. 27, 12pm – *World Affairs Discussion Group*
- Oct. 28, 12:15 pm – *Council Meeting*
- Oct. 28, 2pm – *Membership Meeting and Council Election*
- Oct. 28, 3 – 5pm – *Celebration Event*
- Oct. 30, Furlough Day – OLLI Office Closed
- Nov. 4, Special Lecture – with Vincenza Scarpaci  
*The Journey of the Italians in America*

Unless otherwise noted, all events are located at the SF State College of Extended Learning Downtown Campus, 835 Market Street, 6th Floor.

### REGISTER EARLY FOR FALL SESSION II

Don't be late, so you get into the classes of your choice.  
Session II begins **October 29.**

## Aging Explorers' Lectures

**Wednesday, October 14, 12 - 4pm**  
with  
**David Casuto**

### ***Connecting in the Digital Age: What's it all about?***

David is the founder of Senior Surf Computer Education, a nonprofit that teaches Bay Area's older adult community all things technological. He is an instructor at UC Berkeley and San Francisco State University's Osher Lifelong Learning (OLLI) Institutes, a freelance corporate trainer and a tech teacher at a local middle school. Additionally, he is co-founder of Story Street, a fun business that creates digital stories and multimedia videos. David has earned a Masters degree in Instructional Technology.

DAVID CASUTO will give a brief, yet thorough, overview of the current ways to connect socially and professionally on-line, including Facebook, Twitter, LinkedIn and the world of blogs.

**WHERE:** SF State Downtown Campus  
835 Market St., 6<sup>th</sup> Floor, Room 612  
Served by MUNI and BART Powell St. Station  
Parking at the 5<sup>th</sup>/Mission Street Garage

**WHEN:** Wednesday, October 14, 2009

**TIME:** 12:00 pm – 1:45 pm – Lecture  
2:00 pm – 4:00 pm – Discussions

**ADMISSION:**

Free to OLLI members  
\$10 or sliding scale for nonmembers  
No one turned away for lack of funds



## **SPRING 2010 PROGRAM SNEAK PREVIEW**

### **Session I: Feb. 1 – March 12**

- Classical Myth and Mythology  
with Douglas Kenning
- Writers Workshop with Renee Golanty-Koel  
and Michele Praeger
- Genes, The Genetic Code, DNA & Stem Cells  
with Gene Falk
- Exploring Aging Through Film with  
with Ralph Berets
- Seeing As An Artist Sees: Developing Visual  
Literacy with Gene and Bonnie Martz  
(starts Jan. 6)
- Language of the Soul: A Workshop for  
Poets, Fictions and Memoir Writers  
with Diane Frank
- A Historical Look at Conspiracy Theory  
with Tamim Ansary
- Global Lens: Documenting the World  
with Michael Fox
- Digital Storytelling with Dave Casuto

### **Session II: April 5 - May 14**

- Homer, The Epic Experience with Joan Sutton
- Choreography Becomes YOU! Harmonizing  
Movement and Voice  
with Angelina Llongueras
- Writers Workshop with Renee Golanty-Koel  
and Michele Praeger
- Iran After Presidential Elections: Winners,  
Losers and Inner Circle Struggle  
with Ismail Agayev
- The Great Prophets in Islam  
with Ismail Agayev
- Walking the Neighborhoods: North Mission  
District, Potrero Hill and Lands End  
with Max Kirkeberg
- History of Blues with Josh Hecht
- Spiritual Medicine: Alternative and  
Complementary Healing Methods  
with Debra Varner

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## SUPPORT OLLI FOR THE FUTURE!

Here are some ways you can help to continue quality programming at OLLI:

- 1. Bring new members!** We need more members to fill the classes and to bring in much needed revenue. More people equal lower dues for everyone. The tried and true method for recruiting new members is word of mouth. Talk it up!
- 2. Teach a course.** If you or someone you know is interested in teaching at OLLI as a volunteer, please let us know. We have so many talented people in our community and we want to find out more about what you can offer. Compensation for teaching the course is an Annual Membership at OLLI and an opportunity for growth and a rewarding teaching experience with a remarkable and appreciative audience.
- 3. Be an OLLI Angel** by sponsoring a course for \$1,000. We would be delighted to announce your gift on our Web site and in our newsletter. A year's membership is included in this gift. However, any donation big or small is welcome and needed. Make OLLI a priority on your charitable giving list from now on. See the next column for more details on gift-giving.
- 4. Volunteer your time.** We have a very active corps of volunteers sitting on Council and committees, acting as class liaisons, offering their skills and expertise in a number of areas. Now we will need volunteers to commit to assisting with member communications, marketing, registration, administrative tasks, event planning and hospitality, fundraising and grant writing and paying attention to the details that make OLLI a place that cares about its members.
- 5. Identify potential donors.** If you know an individual, foundations or corporate donors or have contacts where you work, please let us know so we may contact them. It is the most important way to reach donors.

**Thank you very much!**



## TAKE OLLI TO THE TOP OF YOUR GIFT-GIVING LIST THANK YOU, OLLI ANGELS

Thank you, Martha Rose and David Scotting for your generous contributions to OLLI!

You, too, can be part of the OLLI Angel Society by making a donation in support of our program. Suggest to your friends and family that a great gift to you would be giving to OLLI. Or on other occasions, you may make a gift in honor of or in memory of others. We sincerely appreciate your contribution and your commitment to OLLI.  
**THANK YOU!!**

Please make your check payable to the University Corporation and mail your tax-deductible donation to:

Debra Varner/OLLI, 835 Market Street,  
6<sup>th</sup> Floor, San Francisco, CA 94103

## PRODUCTIONS NEED AUDIENCES

Productions needing audiences sometimes comp (offer free) tickets to programs serving seniors and other special audiences. If you're interested in helping OLLI develop a group that can qualify for these tickets, please contact me and we'll see what we can do. I have no experience in this area, but if several of us work on it, I'm hopeful we'll be successful.

Judy Goddess  
[judygoddess@sbcglobal.net](mailto:judygoddess@sbcglobal.net)  
(415) 759-1994

## Save the Date!

### Special Lecture and Book Signing November 4, 10:30am-12pm

#### The Journey of the Italians in America with Vincenza Scarpaci

Join us as welcome OLLI member and lecturer from Eugene, OR, Vincenza Scarpaci.

*The Journey of the Italians in America* uses photos to describe the experience of immigrants and their descendants. In addition to covering the life cycle of family, work, socialization and achievements, this book explores the deeper impact of the process from immigrant to ethnic. Most of the photos and stories were gathered from families and communities and placed in the broader context of the immigrant experience.

Readers will encounter the presence and influence of Italians in small rural towns as well as large urban areas; obtain glimpses into the darker side of immigration, the failures to adjust, the distress of being caught between two separate cultures; appreciate the significant role Italians played in the production and distribution of fresh produce to the native born population; recognize the ongoing interaction of Italians with other ethnic groups, and consider how individuals identify as American Italians in the 21st century.

Visit her web site at:  
[www.italianamericanjourney.org](http://www.italianamericanjourney.org) for more information about the author and the work.



**Vincenza Scarpaci**

## Under the Rotunda

Message from Debra Varner, OLLI Director

Our start to the Fall 2009 session has been very successful. All classes are at capacity and everyone seems to be enjoying themselves.

A big WELCOME!! to our new members. We invite your participation in any of the Interest Groups, at all OLLI lectures and special events.

As always, we welcome your ideas and suggestions for courses and other ways to make the OLLI program stimulating, provocative and fun.

All members are most welcome to volunteer a few hours each month with hospitality, fund raising and serving on Council or other committees. Please let us know how you would like to help by contacting Marjorie Seashore, Council Chair, at [ollicouncilsfstate@gmail.com](mailto:ollicouncilsfstate@gmail.com)

I will be attending the OLLI National Conference along with member, David Scotting, October 12 – 14 in Park City, UT. The conference is always informative bringing members together from all the OLLIs throughout the U.S. – 120 to date. We learn and share what's happening at our respective OLLIs, and we're sure to bring back new ideas and updates on what's happening in the OLLI world.

**Join us for the Member Get Together on October 28<sup>th</sup> for the Council Election immediately followed by our Celebration Event featuring our talented OLLI storytellers and artists.**

**We're planning a haunting good time in honor of Halloween. Wear a costume and bring a treat for the pot luck table and we'll have a fun filled afternoon. Happy Halloween!!**



## **The OLLI-SF State Council Invites You to Participate**

**OLLI-SF State Council Election  
Wednesday, October 28, 2:00-3:00pm**

On the 28th, we will talk about what we have been up to in the past year and how OLLI-SF State is doing. This will be followed by the OLLI Fall Celebration Event 3:00-5:00 featuring the creative talents of OLLI members. I hope to see you there. If you can, please bring a sweet or savory treat to share.

**OLLI-SF State Council** actively represents the members of OLLI-SF State in the local program decision-making process and is directly accountable to the membership and to OLLI. This leadership role is central to the Bernard Osher Foundation's model for an Osher Lifelong Learning Institute.

On October 28 we will hold our 2<sup>nd</sup> annual election of members to fill four openings on the 2010 OLLI-SF State Council – the position of Chair of the Council, and three at-large positions.

The names of candidates for these positions along with a brief statement from each will be available at the beginning of October – for distribution in classes and by contacting the OLLI-SF State Council at

[www.ollicouncilsfstate@gmail.com](mailto:www.ollicouncilsfstate@gmail.com)

There will also be an opportunity to nominate additional candidates from the floor at the October 28 meeting. More information on the Fall 2009 Election process is available in classes and from the OLLI Council at the email address above.

### **Other OLLI-SF State Volunteer Opportunities**

In addition to seats on the Council, there are many other volunteer opportunities to support OLLI-SF State, on one of the following committees:

1. Classroom Support
2. Curriculum
3. Events, Hospitality & Community Building
4. Member Communications
5. Membership Development & Marketing

OLLI is also seeking volunteers to assist with:

6. administrative support
7. occasional simple technical support in OLLI classes and/or
8. computer assistance for OLLI members

I hope to see you on the 28<sup>th</sup>!

-- Marjorie Seashore,  
Chair OLLI-SF State Council



### **Submissions TO OLLI GAZETTE**

The Gazette is by, for and about OLLI members. The editors depend upon your contributions of news about all components and programs of OLLI. Please send your news and comments for the November issue by October 15 to [olligazette@gmail.com](mailto:olligazette@gmail.com).



Contribute your ideas and learn more about

Osher Lifelong Learning Institute –  
SF State Downtown Campus  
835 Market Street, 6<sup>th</sup> Floor  
San Francisco, CA 94103  
415-817-4270

[www.cel.sfsu.edu/olli/](http://www.cel.sfsu.edu/olli/)

MUNI and BART – Powell Street Station  
Parking - 5<sup>th</sup>/Mission Street Garage