



# Fall 2013

**OLLI** @ UNIVERSITY OF CALIFORNIA Berkeley  
Osher Lifelong Learning Institute



- Courses
- Workshops
- Lectures
- Community



New courses in  
**Lafayette!**  
Learn more on  
Sept. 12.

**Sept. 30 – Nov. 8**

**[olli.berkeley.edu](http://olli.berkeley.edu)**

An educational program for older adults  
who are learning for the joy of it.

Visit [olli.berkeley.edu](http://olli.berkeley.edu) for syllabi, reading lists, and other course materials.

## 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. Distinguished Berkeley faculty members and other Bay Area teachers enjoy sharing their expertise with members whose life experience and intelligence enrich the exchange of ideas.

Membership in OLLI @Berkeley is required to participate in the full range of offerings. Joining OLLI @Berkeley means discovering new friends, new knowledge, and new ways to bring meaning and enjoyment to our lives.

OLLI @Berkeley is one of 117 Osher Lifelong Learning Institutes nationwide. It is supported by the University of California, Berkeley, OLLI members, and donors who match the Bernard Osher Foundation's contribution to OLLI.

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INSTITUTE

## Fall 2013 Director's Greeting

OLLI @Berkeley is thriving, with new faculty, new programs, and new offerings for a growing community of members.



While continuing to offer a wide range of courses, we are now organizing several course threads to support our core programming. Around the theme of sustainability, we will feature Nobel prize-winning scientist Dan Kammen, who will critique the financial and political institutions that are unprepared for the transitions required for our world's energy future. Author Susan Griffin will take a cultural approach to drawing connections between the exploitation of nature and the nature of social relations. It will be fascinating to learn from the scientist and the poet, to challenge our assumptions on humanity's relationship to the earth from two distinct viewpoints.

This term's history thread explores both our individual and collective memories. Roger Housden will take us to England's breathtaking landscapes through the work of its great writers and artists; Beverly Crawford and Christine Schoefer will ask us to reimagine Germany before and after it was divided; and Larry Bensky will kick off a new series, "Leaders in Our Lifetime," with an in-depth look at Nixon.

Continuing our successful relationship with the Lafayette community, we are pleased to offer two courses at the Lafayette Library. Film critic Michael Fox will discuss the 2013 Oscar contenders for the best documentary feature, and musicologist John Prescott will trace developments in classical music from the Middle Ages to today.

This fall, whether you revisit the places you thought you knew or wander down unexplored paths, we invite you on another extraordinary learning journey. Learn more at the open house in Berkeley on Sept. 10 or at the info session in Lafayette on Sept. 12.

### Susan Hoffman

Director, OLLI @Berkeley

## More than 20 courses in two great locations! Meet faculty and OLLI members.

### OPEN HOUSE

**Berkeley**  
Tuesday, Sept. 10

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

### INFO SESSION

**Lafayette**  
Thursday, Sept. 12

3–4:30 p.m.  
Community Hall, Lafayette  
Library and Learning Center  
3491 Mt. Diablo Blvd.

For information or to register, visit [olli.berkeley.edu](http://olli.berkeley.edu), call 510.642.9934, or email [berkeley\\_olli@berkeley.edu](mailto:berkeley_olli@berkeley.edu).

Fall 2013 term: Sept. 30 – Nov. 8



### Leaders in Our Lifetime: Nixon

#### Larry Bensky

10 a.m.–noon, UH Room 150

"Leaders in Our Lifetime" is a new series of classes and lectures created and taught by Larry Bensky, who has been with OLLI since 2006. Future classes will study the presidents since FDR.

When President Richard Nixon resigned in 1974, he seemingly assured his status as one of America's lowest-ranking presidents. Yet a reevaluation is taking place. Some people credit Nixon with achievements in environmental protection, financial stability, and civil rights. Most historians, however, cite militarism and subversion of the democratic process as his overwhelming legacy. Survey Nixon's origins, character, and education; his turbulent political career; the development of the Nixon-era Republican Party; and his legacy.

Larry Bensky, former national affairs correspondent for KPFA/Pacifica Radio, teaches "The American Presidency" at



Photo by ukgardenphotos

California State University, East Bay, where he has been on the faculty since 1992.

### Joy of Singing

#### Lauren Carley

10:30 a.m.–noon, UH Room 41B  
Oct. 7 – Nov. 18 (no class on Sept. 30 or Nov. 11)

Whether you have always longed to sing in a chorus or have sung in one for years, this course is open to you. Learn the basics of sight-singing, as well as rounds, chants, and arranged music by composers such as Bobby McFerrin — who creates sound effects and percussion with his voice — and Ysaye Barnwell, a member of the African American *a cappella* group Sweet Honey in the Rock. Join us to strengthen your voice and confidence and make a joyful noise!

Lauren Carley is the artistic director for the community choruses Variety Pack and Rhythm Society. She leads women's retreats and teaches individuals and groups to find their authentic voices through circle singing for joy, healing, and ritual.

### Discovering England Through Its Writers and Landscapes

#### Roger Housden

1–3 p.m., F&S

Explore how English poetry and literature have created a richly layered landscape of the imagination that continues to feed our idea of England today. The landscape is a character as tangible as any other in the great novels, as well as the subject of some of the greatest poetry. Through photos, paintings, and literary excerpts, discover how and why the land remains the living history of the country's dreams, tragedies, aspirations, and artistic achievements.

Roger Housden, a full-time author and lecturer, has published 20 books, including the six-volume best-selling *Ten Poems* series, and three travel books: *Sacred Journeys in a Modern World*; *Travels Through Sacred India*; and *Saved By Beauty: Adventures of a Romantic in Iran*. Housden moved to the United States from England in 1998 and runs literary pilgrimages to England.

Visit [oli.berkeley.edu](http://oli.berkeley.edu) for syllabi, reading lists, and other course materials.



Photo by Malakhi Helel

### The Future of Energy

**Daniel Kammen**

10 a.m.–noon, F&S

Energy is at the heart of the challenges and opportunities we face in the 21st century. The rapidly rising demand for energy — combined with the increasing pressures of climate change, fast-emerging economies, and over a billion people without access to energy services — make our energy choices and their impacts fundamental to managing a planet in peril. Dramatic changes in the science and technology of solar power, natural gas, nuclear power, and the emerging ability to “engineer the planet” mean that these choices are complex and planet-altering. Explore the science and political economy of this changing milieu.

**Daniel Kammen** is the Class of 1935 Distinguished Professor of Energy with appointments in Berkeley’s Energy and Resources Group and the Goldman

School of Public Policy. He is the founding director of the Renewable and Appropriate Energy Laboratory. He is a coordinating lead author for the Intergovernmental Panel on Climate Change, which shared the 2007 Nobel Peace Prize. In 2010, Kammen was appointed chief technical specialist for renewable energy and energy efficiency at the World Bank and serves the Secretary of State as an Environment and Climate Partnership for the Americas (ECPA) Fellow. He is the Lead Scholar for the Fulbright NEXUS program.

### Free Speech in the 21st Century

**William Bennett Turner**

1–3 p.m., F&S

Bedrock principles established under the 18th-century First Amendment on free speech are being put to the test by novel 21st-century controversies that include

terrorist speech; protests at military funerals; WikiLeaks and government secrets; FCC attempts to prohibit “indecent” on radio and television; prohibiting the sale of violent video games to minors; campaign finance reform; and whether there is a “constitutional right to lie” about military service. Consider these and other major issues on the U.S. Supreme Court docket.

**William Bennett Turner** has taught First Amendment courses at UC Berkeley for the past 28 years. He practiced law for 45 years and argued three cases before the Supreme Court. He graduated from the Harvard Law School in 1963 and wrote *Figures of Speech: First Amendment Heroes and Villains*. See [williamturner.com](http://williamturner.com).

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### Ideas and Power

**Harry Kreisler**

10 a.m.–noon, F&S

“Conversations with History” are lively interviews with distinguished people from all over the world who talk about their lives, their work, and the critical issues shaping our world. Watch and discuss interviews focusing on themes such as public opinion; the women’s movement and the search for equality; globalization and the emerging economies; the politics of environmental change; technology and war; U.S. intervention in other countries; and U.S. foreign policy toward Iran. Visit [conversations.berkeley.edu](http://conversations.berkeley.edu) to get a head start.

**Harry Kreisler** is the former executive director of the Institute of International Studies and host and executive producer of “Conversations with History” at UC Berkeley.

### India’s Visionary Artist: Rabindranath Tagore

**Clare Fischer**

10 a.m.–noon, UH Room 41B

Recipient of the 1913 Nobel Prize for Literature, Rabindranath Tagore remains an exemplary contributor to the vision of a world community. He expressed this ideal in poetry, plays, and the visual and musical arts, as well as provocative essays on India’s destiny with respect to national independence, village environment, and social justice. Through conversation and a



Courtesy of Sesame Workshop

review of his work, this class will focus on Tagore’s quest for human freedom.

**Clare B. Fischer**, retired professor of religion and culture at the Graduate Theological Union, has been studying Rabindranath Tagore for many years as part of a larger project on South and Southeast Asian visions of pilgrimage and the arts. She has taught classes on him and visited his Bengali home, museum, and university (Santiniketan).

### The Art of the Puppeteer

**Lee Armstrong**

1–3 p.m., UH Room 41B

Explore the roots and influences of puppetry in America, primarily focusing on the extraordinary work of Jim Henson. Compare the goals, themes,

and artistic direction of several TV series, including “Sesame Street” and “Fraggle Rock.” Contrast Henson’s early comedic movies, such as “Muppet Movie,” to the fantasy and epic narratives found in films such as “Labyrinth.” Discover modern-day artists Heather Henson, Julie Taymor, and Bruce Schwartz, as well as experimental puppet theater. Each week will include a demonstration that shows how TV puppets are built and come to life on camera.

**Lee Armstrong**, a puppeteer, started on Jim Henson’s “Fraggle Rock” and has co-owned Images in Motion for 20 years, which specializes in puppets for TV and film. Projects have included everything from “Being John Malkovich” to “Baby Einstein.” She has received two regional Emmys and is the video consultant for Puppeteers of America.

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### WEDNESDAY SPEAKER SERIES

Oct. 9 – Nov. 6  
12:30–1:30 p.m.

Freight & Salvage Coffeehouse  
2020 Addison St., Berkeley  
Free to OLLI members;  
\$10 general admission  
Info: [olli.berkeley.edu](http://olli.berkeley.edu)

**Oct. 9**  
**The Supreme Court's  
Last Term**  
Marshall Krause, professor, SF  
State University; and William  
Sokol, attorney and talk show host

**Oct. 16**  
**Telling Your Grandchildren  
Wonderful Stories**  
Jake Warner, children's author  
and storyteller

**Oct. 23**  
**All Together Now: Stories  
of Activism**  
Joe Lambert, director, Center for  
Digital Storytelling

**Oct. 30**  
**Ending Slavery in the  
World's Greatest Empire**  
Adam Hochschild, journalist,  
lecturer, and author of *King  
Leopold's Ghost* and *Bury the Chains*

**Nov. 6**  
**Anders Zorn: Sweden's  
Master Painter**  
Johan Cederlund, Swedish art  
historian, author, and museum  
director



### Reimagining Germany: Divided and United

Beverly Crawford and Christine Schoefer  
2–4 p.m., F&S

The division of Germany raises many fascinating issues around themes such as nationalism and militarism, communism versus democracy, protest movements, and coming to terms with the country's past. Explore what has survived from pre-1945 Germany; what changed — both positively and negatively — in both West and East Germany and in the world as a result of the Wall; how these differences changed once Germany was reunited in 1990; and what was gained or lost through unification.

Beverly Crawford teaches political economy and American foreign policy at UC Berkeley and is the associate director of the Institute of European Studies. Her recent books include *Globalization Comes Home: How Globalization is Changing America*; *Power and German Foreign Policy: Embedded Hegemony in Europe*; and *The Convergence of Civilizations: Constructing a Mediterranean Region*.

Christine Schoefer did her doctoral and post-doctoral research on East and West Germany in the political science department at UC Berkeley. She currently teaches at Mills College, and her forthcoming book is *Over There: My Life with the Berlin Wall*.



### Ecology and Social Justice

Susan Griffin  
10 a.m.–1 p.m., UH Room 41B  
Four three-hour meetings on Oct. 3–24

Though popular media and politicians often imply that human welfare and preserving the earth are incompatible, unemployment, racism, and sexism are not separate from environmental issues. This outmoded way of thinking — one that divides humanity from nature — creates both social injustice and the many environmental crises we face. Through a series of visiting writers, thinkers, and activists, we will critique the assumptions that drive current policies and explore how challenging these positions can change a course that is equally destructive to society and the earth we share.

Susan Griffin's classic, *Woman and Nature*, inspired both ecological and feminist movements. *A Chorus of Stones: The Private Life of War* was a *NY Times* Notable Book and a finalist for the Pulitzer Prize, among other recognitions. Named by *Utne Reader* as one of a hundred visionaries

for the new millennium, Griffin has received a MacArthur Grant for Peace and International Cooperation, a Guggenheim Fellowship, and an Emmy for her play "Voices."

### Superb Art Collections in America

Kerrin Meis  
1–3 p.m., F&S

Take a virtual tour of America's must-see museums to understand the people and the passions that drove their collections. Among our stops are the Morgan Library and Museum and the Frick Collection in New York; the Isabella Stewart Gardner Museum in Boston; the collection of Albert C. Barnes in Philadelphia; the modern art collection of Duncan Phillips in Washington; the Sterling and Francine Clark Institute in Williamstown; the Kimbell Art Museum in Fort Worth; the Norton Simon Museum in Pasadena; and the Getty Museum campuses in Malibu and Los Angeles.



The J. Paul Getty Museum

Kerrin Meis, an expert in 15th- through 19th-century European painting, has taught art history at San Francisco State University, College of Marin, and OLLI at Dominican University. She lectures for Road Scholar, the College of Marin Emeritus program, and Humanities West program in San Francisco. In addition, she teaches art history classes at Book Passage in Corte Madera.

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Mondays Sept. 30 – Nov. 4	Tuesdays Oct. 1 – Nov. 5	Wednesdays Oct. 2 – Nov. 6	Thursdays Oct. 3 – Nov. 7	Fridays Oct. 4 – Nov. 8
<p><b>10 a.m.–noon, UH Room 150</b></p> <p><b>Nixon</b> Larry Bensky</p> <p><b>10:30 a.m.–noon, UH Room 41B*</b></p> <p><b>Joy of Singing</b> Lauren Carley</p> <p><b>1–3 p.m., F&amp;S</b></p> <p><b>Discovering England</b> Roger Housden</p> <p><b>1–3 p.m., UH Room 41C*</b></p> <p><b>Contemporary Poetry (workshop)</b> Richard Silberg</p>	<p><b>10 a.m.–noon, F&amp;S</b></p> <p><b>The Future of Energy</b> Daniel Kammen</p> <p><b>1–3 p.m., F&amp;S</b></p> <p><b>Free Speech</b> William Bennett Turner</p> <p><b>1–3 p.m., UH Room 41C</b></p> <p><b>Memoir (workshop)</b> Louise Nayer</p> <p><b>5–7 p.m., UH Room 28</b></p> <p><b>Tech 2.0 (workshop)</b> David Casuto</p>	<p><b>10 a.m. –noon, F&amp;S</b></p> <p><b>Ideas and Power</b> Harry Kreisler</p> <p><b>10 a.m.–noon, UH Room 41B</b></p> <p><b>India’s Artist: Tagore</b> Clare Fischer</p> <p><b>1–3 p.m., UH Room 41B</b></p> <p><b>The Art of the Puppeteer</b> Lee Armstrong</p> <p><b>2–4 p.m., F&amp;S</b></p> <p><b>Reimagining Germany</b> Beverly Crawford and Christine Schoefer</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Wednesday Speaker Series Oct. 9 – Nov. 6</b></p> <p>12:30–1:30 p.m. Freight &amp; Salvage Coffeehouse 2020 Addison St., Berkeley Free to OLLI members; \$10 general admission See page 4 for details</p> </div>	<p><b>10 a.m.–1 p.m., UH Room 41B*</b></p> <p><b>Ecology and Social Justice</b> Susan Griffin</p> <p><b>10 a.m.–12:30 p.m., Lafayette Library*</b></p> <p><b>2013 Oscar Documentaries</b> Michael Fox</p> <p><b>1–3 p.m., F&amp;S</b></p> <p><b>Superb Art Collections</b> Kerrin Meis</p> <p><b>1–3 p.m., UH Room 41C</b></p> <p><b>Writing Between the Lines (workshop) FILLED</b> Deborah Lichtman</p> <p><b>1:30–3:30 p.m., Lafayette Library</b></p> <p><b>Classical Music</b> John Prescott</p>	<p><b>9:30–11:30 a.m., Berkeley City Club*</b></p> <p><b>Great Piano Music</b> Alfred Horowitz</p> <p><b>10 a.m.–12:30 p.m., Berkeley Art Studio</b></p> <p><b>Fired Up for Pottery (workshop)</b> Nathan Ring</p> <p><b>10 a.m.–12:30 p.m., UH Room 41B</b></p> <p><b>The Expanded Self (workshop)</b> Lauren Vanett</p> <p><b>2-4 p.m. UH Room 41C*</b></p> <p><b>TEO (Teaching Each Other)</b> Kay Lawson and Marian Whitehead</p>



## 2013 Academic Calendar

- Fall 2013**  
Open house: Sept. 10  
Fee assistance deadline: Sept. 20  
Term dates: Sept. 30 – Nov. 8
- Winter 2014**  
Open house: Jan. 7  
Fee assistance deadline: Jan. 17  
Term dates: Jan. 27–March 7
- Spring 2014**  
Open house: March 11  
Fee assistance deadline: March 14  
Term dates: March 31–May 9



\* Exceptions to standard six-week schedule are noted in course descriptions



All venues are wheelchair accessible. Visit [olli.berkeley.edu](http://olli.berkeley.edu) for directions and info on parking.

University Hall, 2199 Addison St. (UH)	Maximum capacity
Room 28	18
Room 41B	35
Room 41C	24
Room 150	90
UC Berkeley Art Studio	18
Freight & Salvage, 2020 Addison St. (F&S)	300
Lafayette Library Community Hall 3491 Mt. Diablo Blvd., Lafayette (not on map)	150
Berkeley City Club, 2315 Durant Ave. (at Ellsworth)	
OLLI Office, 1925 Walnut St. (at University)	



Photo by David Schmitz

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**Great Piano Music of the 19th Century**

**Alfred Horowitz**  
9:30–11:30 a.m., BCC  
Four meetings: Oct. 11 and 18,  
Nov. 1 and 8

Delight in a live presentation of the great piano music by Schubert, Schumann, Brahms, and Beethoven. Literature has no real-time element; we can read and study a passage as slowly as we would like to. Music, on the other hand, flies past us at its own speed, regardless of how well we understand it. In this course, we will slow down time to explore the important passages of each piece at our own speed in order to better understand just how beautiful these great works are. Horowitz will then perform each piece without interruption. The course will include the last piano sonatas of Beethoven and Schubert. Participants are invited to join Berkeley City Commons lectures and lunches following the class (fees apply).

Alfred Horowitz has studied and performed many of the world's greatest piano compositions, including both



Portrait of Ludwig van Beethoven by Joseph Karl Stieler

Brahms Concerti, the Beethoven Emperor Concerto, all the late Beethoven and Schubert piano sonatas, and the Bach Goldberg Variations. He has taught piano music analysis for OLLI in Asheville, NC. He now studies piano with San Francisco Conservatory Professor Sharon Mann.

**TEO (Teaching Each Other): Critical Issues in the World**

**Kay Lawson and Marian Whitehead,**  
member-facilitators  
2–4 p.m., UH Room 41C

OLLI tested a program last spring in which members came together to teach

each other about subjects of mutual interest. It was so successful that we are making it permanent. Through TEO (Teaching Each Other), a member chooses a topic for each meeting and distributes readings in advance. The member speaks about the subject for 20 minutes in class, then invites a co-leader to engage with the group in lively, honest conversation. The course is open to 12 to 16 OLLI members and may extend past six weeks, depending on enrollment.

**Workshops / \$195 each**

Visit [olli.berkeley.edu](http://olli.berkeley.edu) for syllabi, reading lists, and other course materials.

**Writing and Appreciating Contemporary Poetry**

**Richard Silberg**  
Mondays, Sept. 30 – Nov. 4  
(No class Oct. 14. One more class TBD.)  
1–3 p.m., UH Room 41C

In this course, we will read, talk, and think about the work of six contemporary poets, as well as about our own poems,

to draw out the pleasures and mysteries of contemporary poetry. The class will appeal to appreciators and writers alike. Suggestions will be offered weekly for exciting poetry readings happening in the Bay Area.

**Richard Silberg** is associate editor of *Poetry Flash*. His two most recent books are *The Horses: New and Selected Poems* and

*Deconstruction of the Blues*. He is author of *Reading the Sphere: The Geography of Contemporary Poetry*. His translations include *The Three Way Tavern*, the poetry of Ko Un, and *I Must be the Wind*, the poetry of Moon Chung-hee.

# Workshops / \$195 each

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## Introduction to Memoir

**Louise Nayer**

Tuesdays, Oct. 1 – Nov. 5  
1–3 p.m., UH Room 41C

There are many ways to uncover potent moments from our past — swinging through the trees at twilight as a child, or gazing out the window after the death of a loved one. Learn about the basic elements of memoir such as sensory detail, scene versus summary, dialogue, time shifts, tension, and character development. Read great memoirists and a reader to help you get started. Do in-class exercises and work with peers. Hand in weekly pages for comprehensive instructor feedback. Leave the class with a body of writing.

**Louise Nayer** has been a professor of English and creative writing for more than 30 years. She has written four books, most recently *Burned: A Memoir* (winner of the 2011 Wisconsin Library Association Award, Oprah Magazine “Good Read,” and a USA Book News

Award Finalist). She is the recipient of six California Arts Council Awards, a member of the San Francisco Writer’s Grotto, and blogs for the Huffington Post.

## Tech 2.0 for Lifelong Learners

**David Casuto**

Tuesdays, Oct. 1 – Nov. 5  
5–7 p.m., UH Room 28

Anti-virus software, malware, streaming videos, cloud computing, embedding videos. . . . If these computer terms sound intimidating, this course will help you understand them. Each week will begin with a general tech-related lecture, followed by time devoted to your questions. This class is for both Mac and PC users. Bring your laptop or use one of the PCs in the lab.

**David Casuto** is the founder of Senior Surf ([senior-surf.org](http://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.

## Writing Between the Lines (FILLED)

**Deborah Lichtman**

Thursdays, Oct. 3 – Nov. 14  
(no meeting Oct. 10)  
1–3 p.m., UH Room 41C

What is the relationship between form and content? How do writers create suspense with syntax? How can an effective sentence become a brilliant one? Explore these questions by studying the techniques of some great prose stylists. Examine literary passages to see how they work, and apply what you’ve learned to writing exercises that will take place in class. Lectures will cover topics such as diction, imagery, and cadence. Together we will heighten our attention to language and expand our repertoire as creative writers of fiction and nonfiction.

**Deborah Lichtman** has taught literature and writing for 25 years. She directed the Master of Fine Arts in Writing Program at the University of San Francisco, where she developed and taught courses in creative writing. She was associate professor of writing at USF, and visiting professor at Mills College and UC Berkeley. She holds a doctorate and a master’s degree in English from UC Berkeley, and is advisor to the Post-Baccalaureate Certificate Program in Writing at UC Berkeley Extension.



## Fired Up for Pottery

**Nathan Ring**

Fridays, Oct. 4 – Nov. 8  
10 a.m.–12:30 p.m., Berkeley Art Studio,  
Campus

This introductory course will let you dive right into clay. Learn how to make pots on the potter’s wheel using basic methods for finishing and glazing your pieces. No

previous experience is necessary. See the course webpage for information on required materials. Please note: Working with clay and a potter’s wheel is a physical activity. If you have questions about the physical requirements, please contact the OLLI office.

**Nathan Ring** has taught the pottery course for OLLI @Berkeley in the past.

## The Expanded Self

**Lauren Vanett**

Fridays, Oct. 4 – Nov. 8  
10 a.m.–12:30 p.m., UH Room 41B

Appreciate who you have become over your lifetime. Reflect on past successes, gain tools for cultivating self-compassion, and envision your best possible future.

This hands-on journey uses mindfulness and evidence-based practices from positive psychology, builds awareness of how to move beyond self-limiting beliefs, and exposes hidden truths about your own capacities. The interactive nature of this work also builds community in the classroom so that none of us is alone in becoming our expanded selves.

**Lauren Vanett** coaches leaders and individuals facing change by choice or circumstance. She founded and directs the Core Strengths Coaching Skills Program at SF State University Extended Learning, where she teaches positive psychology. An educator for more than 30 years, she has also taught language and communication skills and intensive creative process through painting.

# Lafayette Library Community Hall

INFO SESSION, SEPT. 12, 3–4:30 P.M. (3491 Mt. Diablo Blvd., Lafayette)

Visit [olli.berkeley.edu](http://olli.berkeley.edu) for syllabi, reading lists, and other course materials.

## Top Docs: The 2013 Oscar Nominees

**Michael Fox**

Thursdays, Oct. 3–31  
10 a.m.–12:30 p.m., Community Hall

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 2013 finalists each week — *The Invisible War*, *5 Broken Cameras*, *How to Survive a Plague*, *The Gatekeepers*, and *Searching For Sugar Man*. 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](http://KQED.org/arts), [Fandor.com/blog](http://Fandor.com/blog), 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.

## A Listener’s Introduction to Classical Music

**John Prescott**

Thursdays, Oct. 3 – Nov. 7  
1:30–3:30 p.m., Community Hall

Do you like classical music but don’t know the difference between a symphony and a sonata? Have you read that Haydn’s music

is humorous but wonder why you’re not laughing? Trace the major developments in classical music from the Middle Ages into the 21st century. Explore important developments in melody, harmony, rhythm, and instrumentation. You do not need to be able to read music to enjoy this class. Learn, listen, and join in the adventure.

**John Prescott** has received several academic honors, including opportunities to study 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 at The Crowden School in Berkeley, and was the musicologist for the San Francisco Elderhostel Arts and Humanities Program.



Photo by Jennifer Graham



## Membership

Joining OLLI @Berkeley supports its programs and enables you to enjoy the full range of courses, lectures, and other offerings. There are three levels of membership — single term, annual, and all-inclusive. All levels include the benefits listed below, with savings at the annual and all-inclusive levels.

## Benefit Highlights

- Choose from more than 65 classes annually
- Interact with outstanding faculty, many of whom teach at UC Berkeley
- Free/discounted admission to OLLI lectures and special events (not offered every term)
- Discounts at campus and other Bay Area museums and events
- Access to book clubs, study groups, online communications, and other member-led activities

## Membership Dues (2013–14)

For details, visit [olli.berkeley.edu](http://olli.berkeley.edu).

- Single term  
Fall, winter, spring, or summer \$50
- Current or retired employees of UC Berkeley and Lawrence Berkeley National Laboratory, or current members of Cal Alumni Association (CAA) \$40
- Annual (Available only in fall)  
Valid for one full academic year \$100

- All-inclusive (Available only in fall) \$700  
Includes annual membership and up to nine courses/workshops per academic year (excluding online courses). Available as a split payment in the fall for an additional \$25.

## Course Fees (per term)

- One course \$125
- Two courses \$225
- Three courses \$310
- Each additional course \$75

## Workshop Fee

- One workshop \$195
- Two workshops \$390

## Registration

Early registration is encouraged due to limited space. Send in the enclosed form or register online at [olli.berkeley.edu](http://olli.berkeley.edu). Checks or credit cards accepted. Print additional copies of the form from the web site. You will receive a confirmation once you are enrolled.

## Fee Assistance Program

Requests to OLLI @Berkeley, 1925 Walnut St. #1570, Berkeley, CA 94720-1570 must be received by 5 p.m. on Sept. 20. Please describe your need, up to three courses you would like to take in priority order, and why. Include your contact information. The processing fee is \$25 for courses and \$65 for workshops if you are selected. We will notify you by Sept. 25.

## Adding Courses

Call 510.642.9934 to be added to a course or a waiting list. Courses cannot be audited.

## Refunds/Cancellations

Course fees will be refunded up to one week before the first class meeting. There are no refunds on membership dues.

## Photography and Audio Recording

OLLI may take photographs during programming 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 from classes and lectures for possible future distribution.

## Volunteer

We need your help with events, class check-in, the newsletter, outreach, and photography. Visit [olli.berkeley.edu](http://olli.berkeley.edu) for information on how to become a volunteer.

## Contact Us:

1925 Walnut St. #1570  
University of California, Berkeley  
Berkeley, CA 94720-1570  
Phone: 510.642.9934  
Fax: 510.642.2202  
E-mail: [berkeley\\_olli@berkeley.edu](mailto:berkeley_olli@berkeley.edu)  
Web site: [olli.berkeley.edu](http://olli.berkeley.edu)

FIRST NAME	MIDDLE NAME	LAST NAME		
ADDRESS		CITY	STATE	ZIP
DAY TELEPHONE	EVENING TELEPHONE	E-MAIL		
EMERGENCY CONTACT		EMERGENCY TELEPHONE		

## Please select desired courses:

### Mondays

- Bensky: Nixon
- Carley: Joy of Singing
- Housden: Discovering England

### Tuesdays

- Kammen: The Future of Energy
- Turner: Free Speech

### Wednesdays

- Kreisler: Eminent Voices, Important Issues
- Fischer: India's Artist: Tagore

- Crawford/Schoefer: Germany
- Armstrong: Art of the Puppeteer

### Thursdays

- Griffin: Ecology and Social Justice
- Fox: 2013 Oscar Documentaries
- Meis: Superb Art Collections
- Prescott: Classical Music

### Fridays

- Horowitz: Great Piano Music
- TEO (Teaching Each Other)

### Workshops (\$195 each)

- Silberg: Contemporary Poetry (Mon.)
- Nayer: Memoir (Tues.)
- Casuto: Tech 2.0 (Tues.)
- Lichtman: Writing (Thurs.) **FILLED**
- Ring: Fired Up for Pottery (Fri.)
- Vanett: The Expanded Self (Fri.)

## Membership dues (select one)

- Single Term \$50
- Single Term for current/retired UCB/LBNL staff/faculty \$40
- Single Term for CAA member \$40
- Annual member \$100
- All-inclusive member \$700
- All-inclusive member, split payment (\$325 charged on Nov. 15) \$400

## Course and workshop fees

- One course \$125
- Two courses \$225
- Three courses \$310
- Each additional course \$75
- One workshop \$195
- Two workshops \$390
- Three workshops \$585

For information about the Fee Assistance Program, call 510.642.9934.

- Check (made payable to UC Regents)
- Credit card (select one):  
 Visa  MasterCard  American Express

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

CARDHOLDER NAME \_\_\_\_\_ AUTHORIZING SIGNATURE \_\_\_\_\_

- Address same as above
- Billing address if different from above:

Register online at [olli.berkeley.edu](http://olli.berkeley.edu) or mail this form to:  
**OLLI @Berkeley**  
**1925 Walnut St. #1570, Berkeley, CA 94720-1570**

Total Payment \$

## Make a gift to OLLI @ Berkeley

(Tax-deductible to the full extent of the law)

\$

- Separate check enclosed made payable to UC Regents (note "For OLLI Annual Fund")
- Please charge the same credit card used for registration

## FOR OFFICE USE ONLY

DATE FORM RECEIVED \_\_\_\_\_

ENROLLED ON \_\_\_\_\_ DATE \_\_\_\_\_





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1925 Walnut Street #1570  
Berkeley, CA 94720-1570

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### **OPEN HOUSE**

**Berkeley**  
**Tuesday, Sept. 10**

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

### **INFO SESSION**

**Lafayette**  
**Thursday, Sept. 12**

3–4:30 p.m.  
Community Hall, Lafayette Library and  
Learning Center, 3491 Mt. Diablo Blvd.

For information or to register, visit [olli.berkeley.edu](http://olli.berkeley.edu), call **510.642.9934**, or email [berkeley\\_olli@berkeley.edu](mailto:berkeley_olli@berkeley.edu).

**Fall 2013 term: Sept. 30 – Nov. 8**

**OLLI** @ **Berkeley**  
UNIVERSITY OF CALIFORNIA  
Osher Lifelong Learning Institute

