OSHER LIFELONG LEARNING INSTITUTE
AT TUFTS UNIVERSITY

WINTER 2020
Jan 6 – Feb 3

617-627-5699
www.ase.tufts.edu/lli
WHAT IS THE OSHER LLI AT TUFTS?

ABOUT OUR PROGRAM
The Osher Lifelong Learning Institute at Tufts (“Osher LLI”) is a membership-based community of adults who seek intellectual stimulation in a convivial atmosphere. No tests, no pressure, no grades—just fun!

We offer an extensive array of educational and social activities, with classes held every season of the year. Most of our study group leaders are drawn from our own ranks. Others are scholars from the Tufts community, while still others come to us from outside the Tufts family with special skills or knowledge to share.

Our programs primarily take place on the Tufts Medford campus and at Brookhaven at Lexington (our “satellite” campus).

Our members don’t just attend classes, they actively participate in our program. Members lead study groups, serve on committees, organize events, and volunteer for the tasks that help us keep going, enjoying every second of their participation!

If you have a curious mind and an interest in learning, come join us! You can become a member for only $50 per year (July 1-June 30). For more information about membership, visit us online at www.ase.tufts.edu/lli.

OFFICE INFORMATION

Tufts University
Osher Lifelong Learning Institute
039 Carmichael Hall
Medford, MA 02155

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Fax: (617) 627-6507
Web: www.ase.tufts.edu/lli
eMail: OsherLLI@tufts.edu
Hours: Mon–Fri, 9am–5pm
(throughout the academic year)

WHAT MAKES OUR PROGRAM SO SPECIAL?

If you’ve ever taken classes through a local Community Ed or Adult Education program, you’ll find our Osher LLI an exhilarating change. Not that we have anything against those other sorts of programs. Truth is, they have their place, and they often offer a broader selection of courses than we do. In general though, Community and Adult Ed programs are designed to run as businesses, with hired, outside instructors teaching all of their courses, and participants’ involvement limited to simply showing up for class.

Our program, on the other hand, is more like a family! Inspired by their own curiosity and interests, our members develop and lead most of our offerings, which we call “study groups” rather than “classes” because of the increased opportunity for discussion, sharing, and open exchange of ideas. They also make up our various committees, planning our special events, coordinating our lectures, editing our literary magazine, and celebrating happy events in one another’s lives. As a result, the friendships they develop in class extend far beyond our classrooms.

Admittedly, some people join our program solely to enjoy a specific study group. To sign out books from the Tisch Library at Tufts. Or to participate in our EDventure groups. Frankly, that’s perfectly OK with us. Over the years though, we’ve found that the folks who enjoy our program most are the ones who volunteer their time, their enthusiasm, and their ideas. And in so doing, they make our program richer—not just for our membership at large, but for themselves as well.

Help Make a Difference. Become an Osher LLI Member Today!
LETTER FROM THE DIRECTOR

What a fall semester it’s been! Without leaving the comforts of the Boston Metro area, our members were able to take a “walk through Paris,” and to explore the rapid development of China’s city of Shenzhen. Others were transported back to the bloody days of the Crusades, or to Hollywood’s “Golden Era.” Still others learned about self-driving cars, as well as about what pit stops they should take on their next trip down U.S. Highway 1 (whether they’re in a self-driving car or not!). In other words, our OLLI offered myriad topics of study, most of which were led by our very own members!

We’ll look to continue that streak of success during our winter term, which will include some past favorite study groups like “Reading the New Yorker” and “The Five Extinctions of Earth,” while also covering new ground with topics like “Opioids and Pain,” “Ethical Questions of Technology” and “Global Peacemaking.” If you’re looking for some fascinating conversations to liven up the doldrums of winter, the Tufts OLLI is the place for you!

As we did this fall, we’ll be supporting online registration for our winter courses, and encourage anyone who is able to submit their course requests through our online form. Further details on the registration process can be found on pg. 19.

We look forward to hosting you this winter!

Samuel Ruth

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MEMBERSHIP BENEFITS

- Only members can register for our many study groups
- Use of Tisch Library at Tufts
- Invitations to special events not open to the general public
- Admission to Lunch & Learn speaker series (Spring & Fall)
- Spotlight, our OLLI literary magazine
- Use of Tufts athletic facilities (restrictions apply: call us for more information)
- Invitations to select concerts and other Brookhaven events on a space available basis
- Opportunity to travel through Tufts’ Travel-Learn program
- Weekly eNews announcements
- Participation in our EDventure activities—a book club, history club, dine-out group, and more!
**“AT-A-GLANCE” CLASS LISTINGS**

**MEDFORD CAMPUS**

**Monday Mornings**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
<th>Cost</th>
<th>SGL Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conversational vs Formal Poems</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Tom Giannon</td>
</tr>
<tr>
<td>Rigoletto by Giuseppe Verdi</td>
<td>Jan 6, 13</td>
<td>$50</td>
<td>Francesco Castellano</td>
</tr>
<tr>
<td>Global Peacemaking</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Jeremiah Anthony *</td>
</tr>
<tr>
<td>Introduction to Mindfulness</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Sylvia Balderrama</td>
</tr>
<tr>
<td>Best American Short Stories of 2018</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Diane Boettcher</td>
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**Monday Afternoons**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
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<th>SGL Name</th>
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<tbody>
<tr>
<td>We’ll Always Have Casablanca*</td>
<td>Jan 27, Feb 3</td>
<td>$50</td>
<td>Sam Kafrissen</td>
</tr>
<tr>
<td>The Music of Africa</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Nathaniel Braddock *</td>
</tr>
<tr>
<td>Candide &amp; Other Writings by Voltaire</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Emese Soos</td>
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<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Shannon Moryl *</td>
</tr>
<tr>
<td>The Virginia Company &amp; their Jamestown Experiment</td>
<td>Jan 6, 13, 27, Feb 3</td>
<td>$100</td>
<td>Robert Crooks</td>
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**BROOKHAVEN AT LEXINGTON**

**Wednesday Mornings**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
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<tbody>
<tr>
<td>“World-Changers”</td>
<td>Jan 8, 15, 22, 29</td>
<td>$100</td>
<td>Albert Muggia</td>
</tr>
<tr>
<td>Reading the New Yorker</td>
<td>Jan 8, 15, 22, 29</td>
<td>$100</td>
<td>Prudence King &amp; Barry Orenstein</td>
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**Wednesday Afternoons**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
<th>Cost</th>
<th>SGL Name</th>
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</thead>
<tbody>
<tr>
<td>Novel into Film: Capturing the 1920's*</td>
<td>Jan 8, 15, 22, 29</td>
<td>$100</td>
<td>Eugenia Kaledin</td>
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<tr>
<td>The Life of David Ben Gurion</td>
<td>Jan 8, 15, 22, 29</td>
<td>$100</td>
<td>Herbert Belkin</td>
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**MEDFORD CAMPUS**

**Friday Mornings**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Turn Your Snapshots into Photographs</td>
<td>Jan 10, 17</td>
<td>$50</td>
<td>John Flynn</td>
</tr>
<tr>
<td>America in Crisis: Opioids and Pain</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Martha Gallagher</td>
</tr>
<tr>
<td>What Songbirds Can Teach Us</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Mimi Kao</td>
</tr>
<tr>
<td>History of 50's Rock and Roll</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>James Dale</td>
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**Friday Afternoons**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
<th>Cost</th>
<th>SGL Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Maker Spaces” &amp; Hands-on Session</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Khushbu Kshirsagar *</td>
</tr>
<tr>
<td>The Five Extinctions of Earth</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Fred Laffert</td>
</tr>
<tr>
<td>15th Century Netherlandish Painting</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Megan Dixon *</td>
</tr>
<tr>
<td>Dance, Movement &amp; Stretch</td>
<td>Jan 17, 24, 31, Feb 7, 14, 21</td>
<td>$125</td>
<td>Renata Celichowska</td>
</tr>
<tr>
<td>Rewarding Conversations*</td>
<td>Jan 10, 17, 24, 31</td>
<td>$100</td>
<td>Michael Koran</td>
</tr>
</tbody>
</table>

*Tufts Scholar

*Non-standard class times: see details in class description.
The Operatic Drama Rigoletto by Giuseppe Verdi
Study Group Leader: Francesco Castellano
2 Mondays, 10am-12pm
Jan 6, 13
Film $50
In this course, attendees will view the entire Rigoletto with English subtitles. The opera’s plot is based on Victor Hugo’s 1832 romantic play “Le roi s’amuse” (The king -Francis I- amuses himself). We will discuss how the opera came to be called Rigoletto and therefore any dramatic changes from the original due to the severe censorship of 1850s. That did not stop Verdi from creating his first great ‘dramma per musica’ with continuous music whose goal was moving the dramatic action of the opera. At the time Verdi had reached the apex of dramatic power in continuous duets, culminating with the superb third act quartet. You can bring a libretto if you have one but it is not necessary; you will view the entire opera on DVD. In addition we will highlight the language of many of the pieces before listening to them. A brief introduction on Verdi, the man and composer, will serve as a preface to the course.

Conversational Versus Formal Poems
Study Group Leader: Tom Glannon
4 Mondays, 10am-12pm
Jan 6, 13, 27, Feb 3 (No Class Jan 20)
Discussion $100
Contemporary poets employ a more accessible style characterized by simpler diction without reversed syntax and little rhyme, which has been called “conversational” by the theorist and poet Jonathan Holden. This strategy differs from that of poets in the eighteenth and nineteenth centuries when almost all poets used rhyme and regular meters and strict forms. In this course we will observe how poetic practice has changed, by studying both the older methods and observing current techniques. We will try to determine what has been gained or lost by contemporary strategies of writing poems. No previous knowledge of poetry is necessary to enjoy this class. The instructor will hand out printed copies of the poems for discussion in class and also send them by email.

Best American Short Stories of 2018
Study Group Leader: Diane Boettcher
4 Mondays, 10am-12pm
Jan 6, 13, 27, Feb 3 (No Class Jan 20)
Discussion $100
The group will read 12 short stories from The Best American Short Stories of 2018 edited this year by Roxanne Gay. We will read 3 per week (about 35-40 pages), discussing their themes and how they apply to our lives. Your Study Group Leader will facilitate the first session and hopes that volunteers from the group will help facilitate the others. Active participation in discussions is encouraged.

Did You Know....
That in addition to the pleasure of leading a course on a topic of their choice, Study Group Leaders receive a free study group for each one they lead?

Check our eNewsletter or call our office for details and submission deadlines.
Introduction to Mindfulness  
**Study Group Leader: Sylvia Balderrama**  
4 Mondays, 10am-12pm  
Jan 6, 13, 27, Feb 3 (No Class Jan 20)  
Discussion $100  

This course is designed as an experiential introduction to mindfulness practice, which is shown to provide cognitive and psychological benefits. Practices will focus on cultivating moment-to-moment awareness through breathing exercises, gentle movement, and body scans. Course members will learn ways to bring mindful awareness to everyday living. Participants will be asked to complete weekly homework exercises to increase the benefits of mindfulness practice. No prior mindfulness experience is necessary. No required text: informative handouts will be provided in class. Internet access is required, as we will be sharing online resources. Please wear comfortable clothing.

Global Peacemaking  
**Study Group Leader: Jeremiah Anthony***  
4 Mondays, 10am-12pm  
Jan 6, 13, 27, Feb 3 (No Class Jan 20)  
Lecture $100  

Perhaps surprisingly, conflicts are the exception to the general rule of global peace today. This course will survey different methods of peacemaking and peace-building around the world. From inter-governmental organizations, such as the United Nations; international non-governmental organizations, like the Red Cross; private entities, namely De Beers; and sovereign states (the USA among them), we will analyze the different methods to deal with conflict. These include diplomatic and armed means. Students will be expected to keep up with current affairs and come to class ready to discuss a conflict news issue.

The Music of Africa  
**Study Group Leader: Nathaniel Braddock***  
4 Mondays, 1:30-3:30pm • Jan 6, 13, 27, Feb 3 (No Class Jan 20)  
Lecture • $100  

Discover the cultures of Africa through an exploration of its traditional and popular music. Through readings, recordings, videos, and the instructor’s in-class performances, the class will learn the diverse and rich history of several African musics and how musicians have maintained their unique heritage while producing continually evolving modern styles. We’ll look at Africa’s earliest guitar music from Ghana, the irresistible soukous guitarists of Congo, music as an instrument of social change in Zimbabwe and South Africa, griot music from Mali, and more! Preparation for the weekly classes will include some short readings and selected music to listen to. While the class is lecture-driven, students’ impressions and discussions will enliven our appreciation of the music and the cultures that produce it.

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*Tufts Scholar*
We’ll Always Have Casablanca
Study Group Leader: Sam Kafrissen
2 Mondays, 1:30-4:30pm
Jan 27, Feb 3
Film
Casablanca is one of the best-known and most-watched American films of all time. What distinguishes it is not just the great screenwriting, acting, and cinematography, but also its place in our culture at a crucial time in American history. In many ways the backstory to the film is just as intriguing as what we see on screen! This group will first view the film in one session and then spend a second session discussing its importance at the time it was made and the backgrounds of the many actors who played roles in it, most of whom were recent European refugees. In addition we will discuss why Casablanca has had such a long lasting impact on American viewers even to today.

Candide and Other Writings by Voltaire
Study Group Leader: Emese Soos
4 Mondays, 1:30-3:30pm
Jan 6, 13, 27, Feb 3 (No Class Jan 20)
Discussion
The eighteenth-century Age of Enlightenment could just as well have been called the Age of Voltaire, so pervasive and influential were his writings. His 20,000 or so letters connected him to all layers of European society, from kings to unjustly condemned prisoners. Prodigiously prolific, he wrote articles for the Encyclopedia, a history of the Century of Louis XIV, political and social commentary on England, epic poems and tragedies, popularizations of scientific thought like Newton’s physics, and of course, philosophical tales. We will focus on Candide or “Optimism,” the longest and most famous of them, but also include some shorter works and excerpts. The required text is The Portable Voltaire. Used paperback copies are available on Amazon for about $5.00. Please read "Selections from The English Letters" for the first class.

Ethical Questions of Technology
Study Group Leader: Shannon Moryl*
4 Mondays, 1:30-3:30pm
Jan 6, 13, 27, Feb 3 (No Class Jan 20)
Discussion
This course will challenge attendees to think critically about the commonly-held assumptions behind technical advancements, in light of ethical considerations. Topics include the potential moratorium on gene editing, the automatization of the workforce, changing social interactions due to social media and other technologies, and the tensions between privacy and security as it relates to data mining. This class is a seminar, meaning participants will be required to read a number of short sources before class (totaling about 20-30 pages per week) and discuss them during class loosely based on questions distributed with the readings.

Cold Weather, Hot Savings!
Don’t let low temperatures keep you from enjoying yourself this winter.
Warm your heart with our Winter Special!
Sign up for two study groups and get a third one FREE (of equal or lesser-value)
The Virginia Company and their Jamestown Experiment  
*Study Group Leader: Robert Crooks*  
4 Mondays, 1:30-3:30pm  
Jan 6, 13, 27, Feb 3 (No Class Jan 20)  
Lecture $100  

This course will explore the Virginia Company; a bunch of English private sector entrepreneurs who invest in a crazy scheme to make a fortune selling blankets and other manufactured goods to the Indians living around the Chesapeake Bay, converting them all to Christianity and maybe finding some gold on the side plus a passage to India! Inadvertently, the company was responsible for introducing the North American continent to many of the building blocks on which all subsequent developments were based, namely; the concept of private property, rule of law, self-government, the idea of the land grant educational institution, the concept of a commonwealth, free trade and the provision of work for all. The company was driven by factional divisions which eventually led King James to commission a public inquiry which ultimately led to the company’s bankruptcy, the nationalization of the company’s assets in 1625, and the conversion of the settlements along the James River into Britain’s first Crown Colony, the first colony of what would ultimately become the British Empire, on which the sun never sets. The story is much messier than John Winthrop’s City on a Hill, which might explain why the Virginia Company and its Jamestown experiment never really got any traction as America’s creation story.

“World-Changers”  
*Study Group Leader: Albert Muggia*  
4 Wednesdays, 10am-12pm  
Jan. 8, 15, 22, 29  
Lecture $100  

In this course, we will look at the issues of women’s rights, the elimination of slavery, independence, and the cure of serious diseases through the lives of “world-changers” like Pasteur, Salk, Garibaldi, Bolivar, Hirsi Ali, Margaret Sanger, Wilberforce, Garrison and Brown.

Reading the New Yorker  
*Study Group Leaders: Prudence King & Barry Orenstein*  
4 Wednesdays, 10am-12pm  
Jan. 8, 15, 22, 29  
Discussion $100  

Each week we’ll read and discuss two feature articles in the magazine, as well as one or two shorter pieces, such as “Shouts and Murmurs” or a poem. Time permitting; we’ll also analyze the cartoons, particularly those we don’t understand. Readings will be assigned for the first session. The group as a whole will select the readings for the following weeks from issues published in the previous week or two. In addition to having access to the magazine, participants must commit to careful reading and be willing to contribute to the discussion. We strongly recommend that you have access to the print copies, but digital versions may be used if preferred.
The Life of David Ben Gurion and His Fight for a Jewish Homeland

*Study Group Leader: Herbert Belkin*

4 Wednesdays, 1:30-3:30pm
Jan. 8, 15, 22, 29

Lecture  $100

This course on David Ben Gurion will cover this complex man and his roles as kibbutznik, scholar, soldier and statesman who guided his people to a reborn Israel. Ben Gurion's life will be followed from his arrival in Ottoman Palestine through his development from an agricultural worker to a labor leader to his dominance in international Zionism and his role in rescuing Holocaust survivors. We will also explore his decisions to fight Great Britain, win the United Nations vote for a Jewish homeland and guide Israel through four perilous wars. Included in the discussion will be Ben Gurion's personal life with his wife, children and lovers.

Novel into Film: Capturing the 1920's

*Study Group Leader: Eugenia Kaledin*

4 Wednesdays, 1:30-3:30pm
Jan. 8, 15, 22, 29

Discussion  $100

In this course, we will read Hemingway’s *The Sun Also Rises* and Fitzgerald’s *The Great Gatsby*, as well as watch both films. We will explore how these stories capture the spirit of their times, as well as how they translated to film. Class will run one hour longer on the days when the movies are shown.
America in Crisis: Opioids and Pain
Study Group Leader: Martha Gallagher
4 Fridays, 10am-12pm
Jan. 10, 17, 24, 31
Lecture
$100

Opioid overuse and abuse is a major public health problem. The word “crisis” has been used, not inappropriately, to describe the scope of the issue. There seems to be tremendous misunderstanding about these drugs—what they are, how they work, and the responses they elicit in those who use them. Much of the confusion is based on our lack of understanding of the physiology of pain. This course will address some of these issues including the scope of the opioid problem in our society and how we got here, basic function of the nervous system, simple pain pathways, basic pharmacology of the opioid class of drugs, and what might be anticipated for dealing with pain in the future. No knowledge of science will be presumed.

History of 50’s Rock and Roll
Study Group Leader: James Dale
4 Fridays, 10am-12pm
Jan 10, 17, 24, 31
Discussion
$100

This course will focus on the musical revelations of 1950’s Rock & Roll. The genre gained widespread popularity in the mid-1950’s, whose sonic characteristics had been performed by various blues-oriented musicians in the previous decade as an alternative genre to the vertically structured Tin Pan Alley. The course will focus on three of Rock & Roll’s biggest innovators: Chuck Berry, Little Richard and of course the king of Rock & Roll, Elvis Presley. The aim of the course is to gain a better understanding of the innovations brought on by Rock and Roll, from both a musicological and cultural perspective. No prior knowledge or musical experience is required, just your ears, your appreciation and interest in one of America’s most popular and influential genres. All musical jargon will be explained in the study session.

What Songbirds Can Teach Us About Learning & Maintaining Motor Skills
Study Group Leader: Mimi Kao
4 Fridays, 10am-12pm • Jan 10, 17, 24, 31 (No class Jan. 20) • $100

Have you ever wondered how warblers, cardinals, and canaries learn to sing? Like humans learning to speak, songbirds must not only hear the sounds of adults during a sensitive period, but must also hear the sounds of their own voice so they can repeat the song they hear from their parents, then play with different variations until they hit the right notes. In the process, they learn the motor patterns needed to repeat those notes until they’ve mastered the entire melody. Because the parts of the bird’s brain that control song learning are closely related to human circuits that are disrupted in motor disorders such as Parkinson’s and Huntington’s diseases, lessons from songbirds may provide clues to the causes and possible treatments of these conditions. No text required: a list of suggested readings and videos will be provided for those who’d like to delve more deeply into the material.
“Makerspaces” and Hands-on Session  
*Study Group Leader: Khushbu Kshirsagar*  
4 Fridays, 1:30-3:30pm  
Jan. 10, 17, 24, 31  
Discussion  
$100  
“Makerspaces” are increasingly common locations that provide a collaborative work space to help facilitate making, learning and exploring. This study group will help to provide an introduction to makerspaces, and will give attendees an opportunity to try their hands at collaborating and exploring as they create together. Simple materials like paper, wooden sticks, and cardboard will be used to allow attendees to tap into their innate creativity.

The Five Extinctions of Earth  
*Study Group Leader: Fred Laffert*  
4 Fridays, 1:30-3:30pm  
Jan. 10, 17, 24, 31  
Lecture  
$100  
The earliest confirmed records of life on Earth date back to between 500 and 550 million years ago. Since then, countless plant and animal life forms have evolved, thrived and become extinct. During this time there have been five major extinction events in which more than 50% of living life forms became extinct within a short geologic time. All of these preceded the arrival of human beings. In this study group we will discuss each of the five extinctions, looking at the causes and effects of each. We will then look at where we are today and what the future might hold for us. Readings will average 35 pages per session. Our required text is *The Ends of the World*, by Peter Brannen (ISBN 978-0-06-236480-7), which is available from Amazon for about $15.
15th Century Netherlandish Painting
Study Group Leader: Megan Dixon*
4 Fridays, 1:30-3:30pm
Jan. 10, 17, 24, 31
Lecture $100

This course will examine panel paintings produced in the Low Countries, a region roughly corresponding to modern Belgium and the Netherlands, from c1400-c1500. The goal of this course is to expose students to aspects of devotional art produced by key Netherlandish artists such as Jan van Eyck, Rogier van der Weyden, and Hans Memling. Lectures will be structured to provide the visual skills necessary for students to identify, analyze, and discuss artworks produced during the period covered. These skills will add texture to one’s experience viewing 15th Century Netherlandish Painting available in the greater Boston area, which can be found within the collections at the MFA, Harvard Art Museums, Isabella Stewart Gardner museum, and Williams College. The primary content of the course will be the lectures. However, a reading list will be made available prior to each meeting should any student be eager to learn more!

Dance, Movement & Stretch: An Experiential Workshop
Study Group Leader: Renata Celichowska
6 Fridays, 1:30–3:30pm • Jan. 17, 24, 31, Feb. 7, 14, 21
Experiential • $125

Get an enjoyable introduction to the fundamental principles involved in efficient movement patterning and safe movement practice. Through sitting and standing activities (plus some floor exercises and traveling across the space for those who are able), we’ll focus on some of the most important movement principles: core strength and an awareness of movement initiation from one’s center of gravity; balance and movement efficiency stemming from the use of correct spinal and limb alignment; the cultivation of increased range of motion; activating spatial awareness; sensitizing one’s dynamic control in both fine and gross motor movement; expanding rhythmic accuracy; and increased facility in learning short movement sequences. Creative aspects of the study group will include group movement improvisation focused on these physical movement principles. No textbook required: a list of suggested readings will be provided in class.

*Tufts Scholar


Rewarding Conversations

Study Group Leader: Michael Koran
4 Fridays, 4:30-6:30pm
Jan. 10, 17, 24, 31
Discussion $100

This course will focus on learning how to connect to our own and others' hearts while interacting, as well as how a conversation may be a dance with words and silence. This will help us to have empathy for ourselves and others, as well as helping us to express ourselves with honesty and being an eager and effective listener. We'll read about 50 pages a week from Difficult Conversations: How to Discuss What Matters Most by Stone, Patton and Heen. We'll bring in questions, comments and stories inspired by our reading. If we're moved to, we'll act out our own challenging interactions, with ourselves and others, aiming to turn them into rewarding interactions.

“LUNCH & LEARN LITE”

Our “Lunch & Learn Lite” series is back by popular demand! While we don’t offer coffee or pastries during the winter, our Lunch and Learn Committee has been kind enough to continue the tradition of inviting some outside speakers for lunch-time talks. The talks will take place on Mondays and Fridays in Alumnae Lounge. Keep an eye on the weekly e-News for details on the speaker schedule, and we hope many of you will join us this winter!
Jeremiah Anthony is a Master of Arts in Law and Diplomacy Candidate at the Fletcher School at Tufts, where he studies conflict resolution and international organizations. Jeremiah worked in youth social entrepreneurship, encouraging grass roots peace building movements in India, Argentina, Syria, and Nigeria. Jeremiah believes that peace-building is an important subject to study because of how multidisciplinary it is and how widely applicable it can be.

Sylvia Balderrama is a mindfulness coach trained in Mindfulness-Based Stress Reduction (MBSR) through the UMass Center for Mindfulness and a certified instructor. She is also a retired psychologist having served as Director of the Counseling Service and Associate Dean of Students at Vassar College. She now teaches mindfulness as a secular practice. She holds a doctorate in Counseling Psychology from Columbia University, a MEd from Boston University, and an AB from Harvard College.

Herbert Belkin is a historian and writes and lectures on the epic events of the last two hundred years of Jewish history. His field of study covers Zionism, the Jewish Diaspora and the critical struggle for a Jewish homeland. Herb has taught courses on modern Jewish history at Brandeis, Tufts and Salem State University. He writes a column for the Jewish Advocate, is a correspondent for the Times of Israel and is a frequent contributor to political and historical blogs.

Diane Boettcher has been a K-12 and college educator, administrator and school counselor for over 35 years. This will be the 3rd winter of leading this type of study group at the OLLI. She chose this short story topic because she participated in a similar program at the Brewster Library on Cape Cod and found it to be a wonderful, lay-led experience. She has facilitated many types of groups over the years, though she does not consider herself an expert in literature.

Nathaniel Braddock is an Ethnomusicologist and guitarist who has spent over twenty years working as a performer, composer, and teacher, and has performed on five continents. He has traveled to Africa numerous times and has collaborated with musicians from Ghana, Congo, Zambia, and Mali. He spent ten years as guitar faculty at Chicago’s Old Town School of Folk Music before spending two years in Australia, and relocated to Cambridge, MA in 2015.

Francesco Castellano is a native speaker of Italian with a lifelong interest in music, literature, and history. In addition to his military career, he taught languages from Jr. High level through College. He earned a master’s degree in Italian Literature at Boston College, and he currently teaches Italian at the college. He has participated in a public reading of the entire Divine Comedy at B.C., where he also presented two cantos, one each from Purgatorio and Paradiso. He has also presented topics on Italian opera and history. He has done commercial recordings for several Italian text books, and for over 25 years he has been the male speaker in Italian for one of the major commercial language programs.

Renata Celichowska holds an M.A. in dance education from NYU and a B.A. in fine art from Yale. She has been the director of Tufts’ dance program since 2012. As a dancer, she performed with numerous NYC-based companies and was a company member for the Erick Hawkins Dance Company. Her choreographic work has been presented in festivals and concerts both in the United States and Europe. She has taught for Yale, Temple, and Stanford Universities, Middlebury College, the Alvin Ailey American Dance Center, and numerous other venues. Her work with adult populations has included courses for the Elder Hostel of New York and Movement & Stretch classes for musicians and dancers at the Amherst Early Music festival.
Robert Crooks is an expatriate Australian, now a US citizen. He graduated as an agricultural plant ecologist from Sydney University in Australia in 1972. He spent the next 44 years working as an environmental scientist for governments and the private sector in Australia and 13 different countries in south and south-east Asia. He joined the World Bank in 1992 and worked with them as a staff environmental specialist until 2003 and later as a consultant through to 2011. Notwithstanding this background, he has always been a frustrated historian. He lives in Medford with his wife Elisabeth and dog, Bear, and his main retirement interests, other than taking OLLI courses, are cooking and obeying his wife’s instructions.

James Dale discovered a passion for playing jazz double bass while growing up in Australia and was accepted into the Sydney Conservatorium on a full scholarship. After receiving “first-class honors,” he relocated to Boston to study at Berklee College of Music, also on a full scholarship. He has played with some of the world’s top jazz musicians, including Maria Schneider, Aaron Goldberg, Kurt Elling, Monty Alexander, Terence Blanchard, Donny McCaslin, Will Vincent, and others. He is now pursuing a Ph.D. in musicology at Brandeis but continues to be active in the Boston music scene.

Megan Dixon is a second year graduate student in the Art History department at Tufts. Her specialization is in Medieval art, and she is particularly interested in 15th century Netherlandish Painting because of the unique, theologically-inspired image theory that developed during this period.

John Flynn received a BS in business administration from Northeastern. He retired after a career as a paralegal. John is a lifelong resident of Massachusetts but has traveled widely in the lower 48. He has had an interest in photography since being given his father’s old 35mm camera. In the days before digital, John developed and printed his own black and white photos.

Martha Gallagher studied biology as an undergraduate, and obtained her Master of Science in Teaching in 1975. She taught high school biology and conducted research on general anesthesia before starting medical school in 1983. She served a residency in anesthesia at Beth Israel Hospital in Boston, and was a staff anesthesiologist for 25 years at Beth Israel and MGH/Cambridge hospitals.

Tom Glannon has worked for 39 years as an educator in the field of adult education, teaching English, ESL, and Reading, and was named Teacher of the Year for Massachusetts in Adult Education in 1998. He served as editor of the Cambridge poetry magazine, Gargoyle, and has written literary criticism in his area of expertise, contemporary American poetry, and taught ten successful study groups in the subject at Osher.

Sam Kafrissen was a history teacher at Lexington High School for thirty-two years. Among the many classes he taught was one on American Popular Culture in the 20th Century. The film Casablanca played an integral role in the class’ examination of movies at the time of World War Two. Sam has led and participated in a number of groups at Osher over the past ten years. Along with this work he is also the author of four Doherty Mystery books and occasionally writes sports and feature stories for the Arlington Advocate and the Provincetown Banner weekly newspapers.

Eugenia Kaledin holds a B.A. in American history and literature from Radcliffe/Harvard and a Ph.D. in American studies from B.U. She was a longtime teacher at Northeastern’s Daytime Adult Program and also taught in China and Czechoslovakia on Fulbright grants. She has written about Herman Melville, Mrs. Henry Adams, and women of the 1950s. At Harvard’s Institute for Learning in Retirement, she taught courses on Huckleberry Finn, Theodore Dreiser, Henry James, and other topics.
**GROUP LEADER BIOS**

**Mimi Kao** is an Assistant Professor in the Biology Department at Tufts. She majored in Human Biology at Stanford and has a PhD in Neuroscience from UCSF. She is interested in understanding how experience acts on the nervous system to shape behavior. Her lab uses vocal learning in songbirds as a model system to understand how the brain learns and generates complex motor sequences.

**Prudence King** had a career in higher education that included both teacher education and general administration. Since retiring, she has led courses at the Harvard Institute for Learning in Retirement and OLLI at UMass/Boston and Tufts. She is a generalist and enjoys exploring contemporary topics with others. Learning collectively is her goal as an SGL.

**Michael Koran** has taught “Religions For The World” in 2019 and “Blessings From Abraham” in 2016 at the Osher Institute. He has taught over 100 different classes at The Cambridge Center for Adult Education over the last 40 years. He also taught women and men in prison for over 10 years. He has written and performed a one person play: “Prose And Cons: Liberating Stories From Prison.” He has also written and performed “Inaudible Laughter: How Abraham and Isaac Turn Trauma Into Blessings.”

**Khushbu Kshirsagar** is a “maker” who loves to tinker and doodle his thoughts and ideas on paper and in three dimensional space. He studied Industrial Engineering as an undergraduate, has worked at Bosch Ltd., and has extensive experience conducting workshops in makerspaces. He looks forward to helping bring “makerspaces” to a new population!

**Fred Laffert** earned a B.S. in chemical engineering from Tufts and an M.S. in engineering management from Northeastern. He then spent 40+ years in the manufacture of discrete semiconductors and passive devices. He has always had an interest in history, particularly the Civil War era. An OLLI member since 2002, Fred has led a number of history-based study groups for us.

**Shannon Moryl** is a Tufts graduate student currently pursuing a Master of Arts in Teaching for History in secondary education and is currently student teaching at Arlington High School. She graduated from Wake Forest University last spring with a double major in History and Philosophy and a minor in Political Science and International Affairs. She is interested in a wide range of topics, including United States history, ethics, international affairs, and most recently philosophical questions about technology.

**Albert Muggia** earned a B.A. in biology from Harvard University and an M.D. from Yale University. He was an assistant professor at Tufts Medical School. A former member of our Curriculum committee, he has not only enjoyed taking classes at Osher LLI for several years now but has led previous study groups for us as well.

**Barry Orenstein** has been a faithful reader of The New Yorker since his freshman year in college, when the cover price was 25 cents and the cartoons were a lot more understandable. After graduating college with a major in philosophy, he went to Navy Officer Candidate School before deploying to the Mediterranean aboard a destroyer. After the service he earned an MBA degree, then enjoyed a career in marketing research at Gillette, Polaroid, and Blue Cross before starting his own business conducting focus groups and mock trials for attorneys. Barry is a Lexington Town Meeting member and its Deputy Moderator.

**Emese Soos** majored in French and history at Mount Holyoke College, earned a Ph.D. in French from the University of Wisconsin-Madison, and taught at Tufts for over 30 years. The course she co-taught some years ago on French Humor and Satire renewed her interest in the Enlightenment and Voltaire’s brilliant wit.
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**April 10 - 15**  Lisbon: A Portuguese Getaway  
**April 23 - May 8**  Portrait of Italy  
**May 19 - 30**  Inland Sea of Japan  
**June 1 - 12**  Croatia and Dalmatian Coast  
**June 4 - 16**  The Mighty Saint Lawrence Seaway  
**June 6 - 14**  Grand Seine River and Normandy  
**July 8 - 18**  Great Journey through Europe  
**July 20 - 30**  Canadian Rockies Explorer  
**September 4 - 17**  Morrocan Discovery  
**September 9 - 17**  Apulia: Undiscovered Italy  
**September 27 - Oct 13**  Across Spain & Portugal  
**October 7 - 16**  Swiss Alps and Italian Lakes  
**October 10 - 18**  Islands of France, Italy & Spain  
**October 15 - 23**  Island Life in Ancient Greece  
**October 29 - Nov 11**  Cruising the Red Sea to the Aegean  
**November 5 - 15**  Kenya: A Showcase of Conservation  
**November 6 - 11**  Bermuda: Jumbo Style!  
**December 9 - 16**  Chile: Total Solar Eclipse

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INFORMATION & POLICIES

ENROLLMENT POLICY
Only members may register for our study groups and workshops. Registrations are filled on a first-come, first-served basis, and many study groups fill quickly. Please register early!

ACCESSIBILITY
The Osher LLI at Tufts does not discriminate on the basis of disability in admission, access to, or operation of our program. If you have a disability and need auxiliary aids or services, please call us at 617-627-5699 at least one week before your class begins.

EMERGENCY CLOSINGS
Emergency closings are rare, but may occur for reasons such as severe weather. The Tufts website (www.tufts.edu) is updated promptly to reflect emergency closings.

PARKING
Members have the option of parking in the Dowling Garage (419 Boston Ave, Medford), or purchasing a visitor’s pass to allow them to park in visitor spaces on campus. For more information about parking, keep an eye on our e-Newsletter, or contact us at OsherLLI@tufts.edu.
REGISTRATION FORM

HOW TO REGISTER

1. Become a Member or Renew your Membership
   (Membership runs from 7/1/2019-6/30/2020)
   By visiting our website: www.ase.tufts.edu/lli
   Membership is required for class registration, but your membership is welcomed whether or not you take classes. See Member Benefits on page 3.

2. Register Starting on Monday, December 2nd
   • To register online (preferred method) visit www.ase.tufts.edu/lli
   • If unable to register online, call 617-627-5699 once registration opens.
   E-newsletter subscribers will automatically receive a reminder email with registration instructions. Email OsherLLI@tufts.edu and join our e-newsletter to get a reminder and more!

3. Receive Confirmation and Submit Payment
   After the close of add/drop (12/20), we will contact you with a summary of your courses, your total balance due, and payment instructions.

REGISTRATION SCHEDULE

• Initial Registration Period: Monday, Dec. 2nd, 9am — Friday, Dec. 6th, 5pm
• OLLI Office Confirms Initial Course Enrollments: Week of Dec. 9th
• Add/Drop Period: Dec. 9th - Dec. 20th
• Classes Begin: January 6th

PRICING

Membership Fee: $50 (July 1, 2019–June 30, 2020)

Study Group Pricing: See Page 4 for Pricing

   Winter Special: Register for two study groups and get a third one for FREE
   (Equal or lesser-value study group will be the free one)

HOW TO PAY

After your registrations for the term are finalized, our office will contact you to let you know how much you owe. You will then have the option to pay via our online payment portal, or send a check (made payable to Trustees of Tufts College) to our office.

FINANCIAL AID

Partial tuition remission is available on a limited basis. For more info, call our main office and ask to speak with the director

WITHDRAWALS & CANCELLATIONS

You will be charged $25 for each withdrawal between Dec. 20th and the second session of a multi-session class. (No refunds will be available after the second session.) If the OLLI office cancels any courses, full refunds will be issued. When an individual session needs to be cancelled due to instructor illness or other reason, we do our best to schedule a makeup session.
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