

# BALI Banner

**Brandeis Adult Learning Institute**

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## FROM THE DIRECTOR

*by Sharon Sokoloff*

For over three years I've been saying, "give us five years to build BALI's infrastructure"—my shorthand for things like the creation of the BALI database, website, "job descriptions" for the Council and each of the committees, intercampus communications with Brandeis departments with whom we work, templates for BALI budgeting and accounting, contracting with a transportation company to provide shuttle van services, and hiring student workers.



Each semester, the staff, Council, and committees become more efficient and effective. While we have made excellent progress building our infrastructure, the fact that we are approaching our five-year mark is making me particularly goal-oriented. I

am focused on having certain operational matters partially completed by the end of this year, so that most will be in place for the target year ending May 2005. I'm using this opportunity to share my top priorities for this year with you.

One goal is to successfully recruit a minimum of ten new study group leaders from among the BALI membership for the next two semesters. As you've heard me and members of the Curriculum Committee say, in order for BALI to survive and thrive over time, you must "step up to the plate". I assure you, your rewards as a study group leader

will be even greater than they are as a participant.

A second goal is to clarify the respective roles and interaction of the BALI staff and Council. The new BALI Council has made significant strides this summer. A draft document, which will become a "job description" for the Council, was developed. It has already made a tremendous difference.

A third goal is to develop and implement activities that further link BALI with Brandeis, particularly BALI members with undergraduate and graduate students. We have prioritized two activities for the coming year: "a mentoring program" and activities with international students. Stay tuned.

A fourth goal for this year will be to gather, organize, and analyze information and use that information to improve our program. Specifically, this semester we will develop an updated database for BALI and further improve our website—both important parts of our infrastructure. To that end, you've already received the BALI member survey and member profile in the mail. In addition, we plan to survey former members who have left the program and members who have chosen to become inactive, hoping to learn more about our program's strengths and weaknesses from them.

The final two goals I'll mention in closing are and will always be the most important: to provide and continuously improve quality programming and a warm, vital and growing community in which all of us will continue to thrive. Have a good semester.

# MINUTEMAN LIBRARY NETWORK

by Tamara Chernow



One site doesn't always fit all, but the Minuteman Library Network Site [www.mln.lib.ma.us](http://www.mln.lib.ma.us) is a great place to start (and likely finish) when on a quest for information. Much of this site can be used without a library card, but it is necessary to use your library card to access specialized data bases from

home and to manage your own borrower's account to reserve and renew library material

Following are some of the things you can do. Click on **Minuteman Catalog** to search the holdings of 41 libraries that share resources but have separate rules about loan periods, fines, etc. Here you can search for books and other material by title, subject, author, or keyword, review your library account, and connect to the **Community Information** database listing social service, civic, educational, religious, and other types of organizations.

Click on **Home Access** to view the databases available on academic subjects, health, business, biography, government and more. *World Book Encyclopedia* is available, as well as *netLibrary*, a collection of 3,000 newly published ebooks that can be accessed and read on your computer.

Click on **In-library Access** to view additional databases available only at a particular library. Newton has the best collection of additional databases including *Consumer Reports* and *Value Line Investment Survey* (which can be used by anyone, regardless of where you live).

Click on **Internet Resources**, which highlights 14 subject links "connecting you to the best Massachusetts sites." Here you can choose a general topic from Arts and Entertainment, Business, Health, News and Weather, Sports and Hobbies, Transportation, and more. The topic you choose connects you to many more links.

Under Transportation, for example, links will lead you to fares and schedules for trains, buses, and planes, flight information for Logan Airport arrivals and departures, directions for obtaining a Fast Lane transponder allowing you to save money on tolls, subway maps, and instructions for ordering a senior pass by mail for reduced MBTA fares.

The Tourism links connect to useful information in Massachusetts and New England. For example, [boston.citysearch.com](http://boston.citysearch.com) gives you much more than Boston! You can enter any city or town to find movie schedules, hotels, restaurants, events, museums, nature sites, etc.

## **LOCATION!**

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**Teen Links** and **Kacey's Web** (for younger children) are two additional options on the main menu that might prove useful when children are visiting. These two sites open up many links for fun and education for children, and the links found here have been chosen by librarians. This may not assure that they are all in good taste, but at least they will be less objectionable from an adult's point of view than many sites kids would find surfing on their own.

The Minuteman Library Network site is a cornucopia of interesting information, both useful and entertaining. The site contains much more than can easily be described in this space, so I suggest you visit it and find out what it has to offer you!

PLEASE NOTE: October 20, 2003 is the deadline for submission of course proposals for the Spring 2004 BALI session. Prepared forms can be obtained from Sharon in hardcopy or electronic format.

# REPORT FROM THE COUNCIL

*by Dick Winer*

The BALI Council met on May 12, and June 19, 2003. The Council elected new officers:

Chairman	Bud Elliott
Vice Chairman	Sy Raboy
Secretary	Dick Winer
Treasurer	Dick Lucas

Significant issues discussed and decisions taken during these issues involved the following:

## *Relationship between the elected BALI Council and the professional BALI Director*

The BALI Director is responsible for the administrative oversight, budget, operating procedures and coordination with the University.

The BALI Council is responsible for BALI Programs, promulgation of policies and procedures, and appointment and supervision of Standing Committee Chairpersons, Committee members and Study Group Leaders.

Because of the overlap in some of these areas, discussions will continue to more clearly define this relationship.

## *Standing Committees*

The Chairman will provide written direction and goals for each Standing Committee, which will report back to the Council with its accomplishments, needs, and related matters. The Chairman also appoints Council liaison representatives to each Committee.

## *Reconciliation of the original BALI Guidelines with Council Resolutions and current practices*

A Guidelines Task Force was appointed to reconcile existing conflicts. The Task Force will provide its recommendations to the Council at the end of the Fall 2003 term. The Council will review and revise these recommendations as appropriate and vote on acceptance. Pending the Revised Guidelines, and consistent with current practice, a Council member may continue to serve on a Standing Committee.

A new Strategic Planning Committee was approved, headed by Sy Raboy.



Also a new Facilities Committee was formed (chairman will be named later).

A Funds Task Force responsible for BALI fund raising activities will be led by Sy Raboy.

A Member Survey/Member Profile Task Force will be led by Bob Palter to determine the resources available within the BALI Community

A Media Task Force will be led by Marty Greenfield to manage and make available the Lunch and Learn library.

Is there a need for a BALI Coordination Committee to work with the University community to reinforce BALI as a viable element of and contributor to the Brandeis community? (Still in discussion.)

Sharon and Dick Lucas will arrange a presentation to the Council by a representative of the Brandeis Budget/Financial Management Office regarding BALI's finances.

At a future time, Sharon will discuss the BALI Intensives: why it was canceled, lessons learned, and plans for the future.

Study Group Leaders will not pay fees for the Fall 2003 term, but will pay 1/2 of the established fee for all subsequent terms.

Volunteers are needed to assist as office help during mailings, registration, etc. Sharon will handle this issue.

Electronic Registration is in place for the Fall 2003 term.

BALI will procure coffee mugs with an appropriate BALI logo design prepared by the University for presentation to Lunch and Learn speakers and sale to the BALI membership.

# ENJOYING JAZZ VOCALISTS, PAST AND PRESENT

by Carole Grossman



What could be more relaxing at the end of an intense day of learning than listening to the music of the jazz era? This spring, over 20 of us were ably guided in this experience by Larry Ward. Larry is a very knowledgeable, enthusiastic leader. In addition to playing an instrument himself, he has compiled a

large library of videos, tapes, and reading materials documenting the lives and music of a myriad of vocalists—from the early emergence of blues to big band sound and contemporary jazz.

In our first class, Larry distributed a comprehensive history of jazz which he had compiled. It included a bibliography, glossary, biographical materials, photographs, scores, and references to recordings of such well known jazz vocalists as Bessie Smith, Billie Holiday, Louis Armstrong, “Fats” Waller, Bing Crosby, Ella Fitzgerald, Sarah Vaughn, Peggy Lee, Perry Como, Bobby Darin, Nat “King” Cole, Judy Garland, Mel Torme, Joe Williams, Rosemary Clooney, Frank Sinatra, Natalie Cole, Bobby McFerrin, Nina Simone, Lena Horne, Tony Bennett, Cassandra Wilson, Ray Charles, Diana Krall. In addition, many lesser-known singers who had also contributed to the development of blues and jazz were included.

A tape of Leonard Bernstein's program on jazz started us on our musical journey. Larry had enough copies to lend group members so they could listen to the entire tape at home. In succeeding classes he covered chronologically the extensive printed materials we had received. Larry used his videos and audiotapes to provide wonderful examples of jazz vocalists.

He pointed out variations in styles, rhythms, and musical intonations. He made us more aware of the differences between vocalists’ presentations and to the nuances of backup bands and solo instrumentalists.

A glance around the room on any given day revealed folks moving and tapping to wonderfully familiar tunes. We often shared our knowledge, personal experiences and critiques. It was an excellent opportunity to learn much about the music that was the background of our growing up years

## **CLASSROOM HIGHLIGHTS**

Larry Ward also leads groups at Harvard. He and his wife Ann have organized economical one-day trips to interesting places, inviting HILR and BALI members to participate. My husband and I picked up fliers at the Gathering Place and were delighted to join a one-day bus trip to New York City at the end of the spring term. About 50 of us went from Alewife or Riverside Stations to the Metropolitan Museum of Art, accompanied by Larry's terrific tapes on the bus. It was a wonderful conclusion to a satisfying term.

## **CREDIT BUREAUS**

With identity theft on the rise, it makes sense to check your credit records to determine if anyone has been using your name or Social Security number.

The three major agencies are: Equifax 800-685-1111  
Experian 888-397-3742  
Trans Union 800-888-4213

Under Massachusetts law, you are entitled to one free report a year.

# LUNCH AND LEARN COMMITTEE

by Jerry Silverstein

**T**he most surprising accomplishment of the Lunch and Learn Committee is its ability to get speakers to make presentations at Lunch & Learn. Lacking a budget for honorariums, the committee members have been able to obtain guest speakers who are willing to invest substantial time and share their expertise at Lunch and Learn—all for a “smile and thank you”. BALI members should be conscious and appreciative of the speakers' generosity in making presentations that provide BALI members with thought-provoking ideas on a diverse range of topics.

In preparation for the fall 2003 semester, the committee held a series of meetings starting in early spring. The process started by establishing a list of topics thought to be pertinent and of interest to BALI members for which identified speakers were matched and then invited to speak. The subjects identified were:

sports	art
economics	medical research
politics	medical practice
publishing	religion
music	basic science
drama	international affairs

When experts were targeted for invitations, committee members contacted the desired presenters, and then coordinated the presenters'

schedules with other speakers who had accepted an invitation to talk. The fall 2003 semester's Lunch and Learn program that resulted from the effort has largely met the requirements set by the committee.

The committee that prepared the program for the fall 2003 semester was composed of Gloria Oldsman and Jerry Silverstein, co-chairs, together with Sylvia Band, Marty Greenfield, and Elaine Reisman. Joining the committee starting in September to plan the program for the spring of 2004 will be Frank Davis, Marge Paley, and Bob Russo.



Suggestions by BALI members of future presenters or subject areas to be included in the programs are welcomed. Please make a suggestion to any member of the Lunch and Learn Committee. The committee will then discuss the suggestion to determine if it is consistent with the goals of the L&L program and to be certain that the suggested subject does not duplicate a subject already selected. If a newly suggested presenter meets the established criteria, the committee will then determine who should invite the potential presenter to speak at Lunch and Learn. In many cases, the person nominating the speaker will have the best chance of success in securing him/her. If no personal relationship exists, a member of the committee will contact the proposed guest.

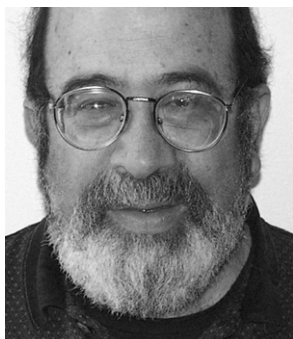
## DRINK UP

If you are a Senior Citizen, it pays to inquire about a discount. Not all merchants that have discounts for their older patrons advertise them.

For example, a Senior Citizen gets 10% off at *Dunkin' Donuts*.

## 4 ACROSS KEEPS THE DEMONS AWAY

by Ed Goldberg



Humans do not live in an impermeable cocoon, isolated from their environment. Indeed, our nervous system is beautifully tuned to respond not only to the five senses, but to more elaborate manifestations of them. Music, art, fine wine, hot showers, and perfumes are examples of this.

A recent article in *The New England Journal of Medicine* (NEJM), vol. 348, p. 2508, by Verghese *et. al.*, explores further the complex response of humans to their environment. Previous studies had shown that “elderly people who participated to a greater extent in leisure activities had less of a risk of dementia than those who participated to a lesser extent.”

Perhaps such frequent participation could protect against dementia. But the opposite side of the coin was that reduced leisure activity could be the consequence, and not the cause of dementia. Dr. Verghese *et. al.* designed a study to address this possibility.

There were 488 people from the Bronx entered in the study, and 469 were followed periodically for up to 21 years, or 2702 person/years of follow-up. Most were white and female. All were healthy at the start and were between 75 and 85 years old.

This study looked at the frequency of participation in 6 leisure activities: reading, writing for pleasure, doing crossword puzzles, playing board games or

cards, participating in group discussions, and playing a musical instrument. Several physical activities were also evaluated during this time. After consideration of the variables, it was observed that people who had frequent leisure activities during the course of the study had a much lower incidence of dementia. The patients were evaluated several times during the study and the survivors were evaluated again at its conclusion in 2001. The overall incidence of dementia in the group during the course of the study was 26%.

The activities that appeared most protective were playing board games, doing crossword puzzles, and playing a musical instrument. Of the ten “usual” physical activities studied, the only one of benefit was frequent dancing. Changing gears for the

minute allows us to recall the breath-taking expanse of knowledge regarding the etiology of Alzheimer's disease and

dementia. The current theory is that abnormal accumulation of amyloid protein in the brain is the common final pathway leading to dementia

The presence of gene products such as apoenzyme E are also felt to be risk factors for this process.

The \$64 question is, “How can playing cards interact with or change this genetic/biochemical process?” Speculation is rampant, especially about the potential for the growth of new nerve cells during adult life. But for the moment; to paraphrase J.T. Coyle in the accompanying NEJM editorial, playing cards may trump molecular chemistry.

### **TO YOUR GOOD HEALTH**

*Correction:* In the previous issue of the BALI Banner, the email address listed for Martha Osler in her “Dear BALI...” letter had a transposition error.

Her correct email address is:  
**csv@cps.ci.cambridge.ma.us**

# DEAR BALI, . . .

## Computer Roundtable

I would be happy to lead an informal discussion group on topics BALI members want to discuss about computers, software, peripherals.

Among the many topics that might be discussed:

- Spam and what can be done about it
- Email programs and email server differences
- Word processing, spreadsheet, graphics software
- Computer maintenance
- Printers and printer media
- Cookies
- General security issues
- Not opening attachments
- Firewalls
- Buying a computer
- Temp files
- Anti-virus programs

I encourage very elementary questions. Often, some of the least knowledgeable people are too shy to raise problems. I encourage you to come forward and join in the discussions. If you have just a few questions, come by for just a session or two.

I suggest that we get together in the Gathering Place on Wednesdays from 2:05 to 3:20 P.M.

I will be assisted at these sessions by Marty Greenfield, Len Heier, and Sherm Okun.

-- *Joel Freedman*

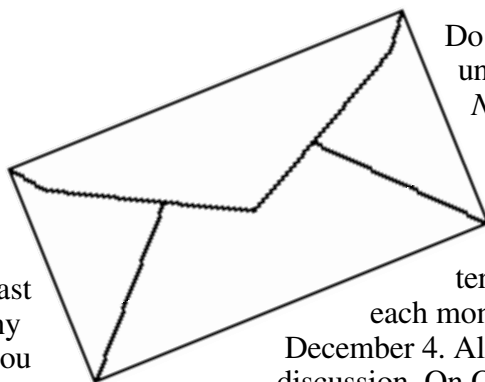
## Looking Good

A huge "thank you" to the staff for a terrific new look for the BALI BANNER. I love the clarity of black print on white paper and the clarity of the photographs of contributors.

As always, I find the articles, columns, and cartoon interesting and informative.

-- *Lenore Goldstein*

## New Yorker Fiction Table Talk

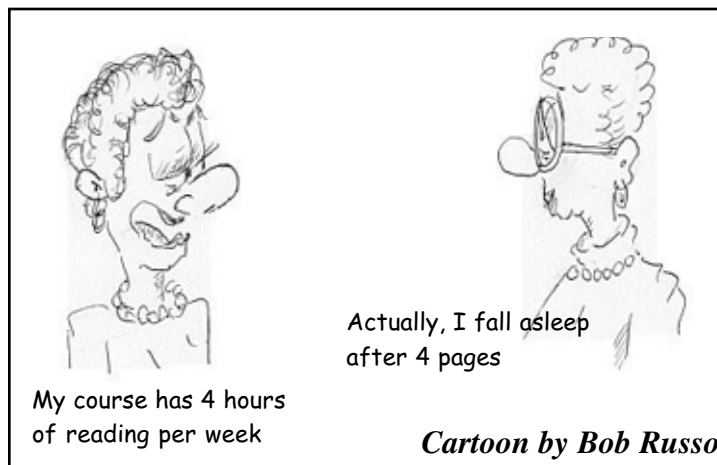


Do you enjoy, critique or even understand the fiction articles in the *New Yorker*? We have decided to gather over lunch before Lunch & Learn to discuss a recent *New Yorker* fiction article. We hope to have three lunch discussions this term at 12:15 on the first Thursday of each month: October 2, November 6, and

December 4. All are welcome to join the discussion. On October 2 at 12:15, we will informally discuss the short story, *Vicious Circle*, from the September 22, 2003 issue of the *New Yorker*. Look for the sign: NEW YORKER FICTION.

Bring your lunch, your *New Yorker* article, and your comments.

-- *Elaine Dohan, Lenore Goldstein, and Eileen Mitchell*



# HELP GETTING HELP

by Sherm Okun and Len Heier

Just about all seniors (and non-seniors) who use computers and the Internet require help at times. It is important to anticipate this need and not wait for an emergency, like a computer crash, to find out you don't know where to get help.

## **TECH TALK**

Typically, friends and relatives, who are more experienced computer users, are mainstays for helping to resolve a computer problem. This is particularly true for someone no longer at work or school, where technical and/or peer support is generally available.

If you don't know anyone with these skills, you might want to join a computer club, such as the Greater Boston Senior Computing Users Group (GBSCG). Many of the club's members have experienced similar problems and can provide help and encouragement. GBSCG members may be more experienced, but may be limited in the scope of their knowledge and problem-solving abilities. When they reach their limits, be prepared to go to an expert.

Consider purchasing a service plan or extended warranty from the vendor from whom you purchased your system. For several hundred dollars you will be covered with both telephone assistance and in-home repairs for one to three years beyond the normal one-year warranty period. Some vendor programs include in-home assistance to set up the system. Although the cost of a vendor's service contract may seem high, consider that any repairs after the warranty period will be charged in the range of \$50-100 per hour for labor, plus parts.

Assistance may be required for individual components, such as printers, scanners, and the additional software which you have installed. The manufacturer of these components usually provides free telephone support for a one-year warranty period and thereafter for a nominal fee of \$10 to \$40 per "incident". Internet Service Providers provide assistance which is included in their monthly charge. However, the scope of this help is limited to their services and may not solve other

Internet connection problems.

When all else fails, you may need a local computer guru, who will agree to come to your home. Ask your friends and relatives for a possible referral, or checkout

bulletin boards and newspaper advertising for names of consultants. Be prepared to pay \$75-100 per hour for their services. Given the time and money you invested in your computer system, they can be well worth the cost.

And, consider this troubleshooting tip. When a problem occurs, simply shutdown your computer and then restart it. You'll be amazed at how often this will cause the problem to miraculously go away.

In conclusion, consider the following adage: there are only two types of computer users: those who have had a major crisis and those who will have a serious problem. The most important part of your computer system is the data you have entered. Be sure you are getting regular backups of your critical data. If you don't know how to do this, ask for help—now.



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The **BALI Banner** is published by the Banner Editorial Committee:

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# CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

## SPINGOLD THEATER

781-736-3400

(tickets are half priced with a BALI ID)

Oct. 21-26, 2003

**Blue Window** by Craig Lucas. A play about a nervous wreck who is about to host a dinner party for virtual strangers, both to herself and each other. The strangers talk but do not seem to communicate, and the result is a stream of consciousness collage but with an air of mystery hanging over the entire evening.

Nov. 18-23, 2003 (*Laurie Theater*)

**Don Quixote** Brandeis University and The Double Edge Theater partner to create a unique version of Miguel Cervantes's classic tale. The play endeavors to reach beyond the realm of the word into the more hidden territories of humanity: imagination, rhythm, passion, and spirit.

## KNIZNICK GALLERY

Women's Studies Research Center: 781-736-8102

Oct. 8, 2003, 7:00-9:00 P.M.

**Kathleen Holmes** will discuss her signature dress sculptures, which she infuses with irony, humor, and social commentary. RSVP requested (email: [anad@brandeis.edu](mailto:anad@brandeis.edu))

## ROSE ART MUSEUM

781-736-3434

Sep. 11 to Dec. 7

*Lois Foster Wing* - **Painting<sup>4</sup>**

Four artists take the medium of painting "to the fourth power". Instead of traditional easel paintings, they create painted environments for a surprising and engaging journey.

Sep. 11 to Dec 7

*Rose Bldg.* - **Abstract Expressionism**

Discover highlights of the Brandeis Art Collection by such expressionists as Franz Kline, Robert Motherwell, Willem deKooning, and others.

Sept. 11 to Dec. 7

*Mildred Lee Gallery* - **bad touch**

Combining an abundance of approaches and processes by artists from around the world, "bad touch" reinvestigates drawings as a unique and personal medium.

### LECTURE AT THE ROSE

Sep. 24, 7:00 P.M.

*Pollack Auditorium* (bldg. to left of Rose)  
Yve-Alain Bois, the Joseph Pulitzer Jr. Professor of Modern Art at Harvard, will give a lecture on painting, in conjunction with Painting<sup>4</sup>.

### MUSIC AT THE ROSE

Nov. 12, 7:00 P.M.

Musical performance by artist **Jimmy O'Neal** and D.J **Richard Devine**, in conjunction with the Painting<sup>4</sup> exhibition.

## GOLDFARB ARCHIVES

781-736-4701

Sep. and Oct., Monday through Friday, 9 A.M. to 5 P.M., Level 2

The Robert D. Farber University Archives & Special Collections Dept. announces **A Look Back at Founding Faculty: Professors Berkowitz, Hindus, & Lewisohn**. The exhibit examines the lives, careers, and works of three pioneering members of the Brandeis faculty: David Berkowitz (History/Political Science), Milton Hindus (English), and Ludwig Lewisohn (Comparative Literature). These men left established careers to test their mettle at a new and unaccredited university, where they ultimately flourished.

# LUNCH AND LEARN FOR OCTOBER

*compiled by Max Potter*

## Oct. 1st     **A Catholic Response to the Clergy Abuse Scandal**

Steve Krueger, Director of the Voice of the Faithful, along with volunteers from the organization. The Voice of the Faithful was formed to deal with their deep concern about the issue of sexual abuse in the Church.

## Oct. 2nd     **The Current Japan - U.S. Relationship**

The Honorable Masuo Nishibayashi, Consul General of Japan in Boston. Mr. Nishibayashi is a graduate of Tokyo University and Williams College. He has served in the Japanese diplomatic service since 1975 in Malaysia, Singapore, Geneva, Latin America, and New York City.

## Oct. 8th     **Scandals in the Corporate World: Business Ethics?**

Michael Appell, Director of Development and External Affairs, and an Adjunct Professor at the Graduate School of International Economics and Finance at Brandeis. Mr. Appell developed and taught Brandeis's first course that focuses on corporate social responsibility.

## Oct. 9th     **Lessons Learned from the Framingham Heart Study**

Daniel Levy, M.D., Director of the Framingham Heart Study. Dr. Levy is a Fellow of the American College of Cardiology and an active member of the AHA Council on Hypertension. He has worked in collaboration with Stanford University, the Whitehead Institute, and Beth Israel Deaconess Medical Center. He is an Associate Clinical Professor at Harvard University and an Associate Professor of Medicine at Boston University. He has published over 150 papers in leading medical journals.

## Oct. 15th     **(to be announced)**

## Oct. 16th     **Ethnic Relations in Boston**

Nancy Kaufman, Executive Director, Jewish Community Relations Council. Ms. Kaufman has received recognition for her work on Social Relations not only from Govs. Dukakis and Cellucci, and the Legislature, but nationally as well. She has published articles on Judaism and social justice, homeless policy, and African-American and Jewish Relations.

## Oct. 22nd     **The Power of Films**

Sharon Pucker Rivo, co-founder and Executive Director of the National Center for Jewish Film and Adjunct Associate Professor in the Near Eastern and Judaic Studies Department at Brandeis. She has worked in the field of Jewish film and media for some thirty years.

## Oct. 23rd     **The Anatomy of Movie Criticism**

Ed Symkus, movie critic for the Tab Newspapers and Senior Writer for the Community Newspapers. He has reviewed many different areas of literary and dramatic production in addition to movies.

## Oct. 29th     **Is Progress in Intelligence Possible**

Jordan P. Pollack, Ph.D, Associate Professor of Computer Science at Brandeis. He directs a research laboratory for the study of Dynamical and Evolutionary Machine Organization.

## Oct. 30th     **Progress in Space**

Jeffrey A. Hoffman, Ph.D., Professor of Aeronautics and Astronautics at MIT and a NASA astronaut who participated in five space flights. During his space missions, Dr. Hoffman spent more than 25 hours in extravehicular activity, and he worked on the repair of the Hubble Space Telescope.