

MARY BITTERMAN OUTLINES OSHER VISION

by Sharon Sokoloff and the Banner staff

In response to BOLLI members' desire for deeper understanding of the Bernard Osher Foundation, the Banner interviewed Mary G. F. Bitterman, president of the Foundation. The questions and answers below are paraphrasings of the actual interview.

How did Mr. Osher make the decision to focus his philanthropy on lifelong learning for adults?

Mr. Osher noticed that his friends who had retired or had lost life partners had become isolated or depressed. He believed that intellectual stimulation was a key to mental health. When he visited his *alma mater*, the University of Southern Maine, to attend a lifelong learning program on campus, he found it very meaningful. He recalled that his friend Alfred Fromm underwrote the lifelong learning institute at the University of San Francisco. Bernard Osher and his wife decided they wanted to do the same for the rest of California, the state where they made their home.

How did you come to take on your current role?

For nine years prior to joining Osher, I was president of public broadcasting station KQED in northern California. Bernard Osher had long been a patron of KQED. During my tenure, Federal support for public broadcasting dried up. I had sufficient private funding and letters of credit lined up when the bank notified me that they rethought their position, giving me exactly five days to come up with an additional pledge of \$1.6 million.

Bernard Osher came through to save the station.

When Osher decided to expand the activities of the Foundation to sponsor a national network of lifelong learning institutions, he asked me to become president and to help him realize his dreams.

Is it the Osher desire solely to fund attractive lifelong learning groups around the country, or is it also to lay down standards?

The Foundation places a high priority on due diligence. Before providing a grant, we do background research, looking for a record of good performance and service. Mr. Osher's commitment is to good institutions with good people with good ideas, not to promote his own agenda.

The Foundation is non-prescriptive. Once we decide to fund, we leave it to the program leadership how to deploy the resource to the best and highest use.

That being said, there are themes that are constant in Osher grantees:

- a clear commitment on the part of the host institution to embrace a diverse demographic beyond the traditional university student
- use of *emeritus* faculty as well as peer study group leaders
- intellectually stimulating and educationally challenging curriculum
- willingness to share their experience with other Osher grantees and humble enough to learn from others.

[continued on page 3]



Mary Bitterman

IMPACT OF PRESIDENTIAL HEALTH ON HISTORY

by Diane Isenberg, Chuck Bluestein,
and Merle Bluestein



We three form “The North Shore Contingent” at BOLLI. The chain that

links us together is the 110-mile round-trip drive. We take our courses on the same day, at the same time, but not necessarily the same course. Last term all of us serendipitously chose the same new offering by Ed Goldberg. What a choice!

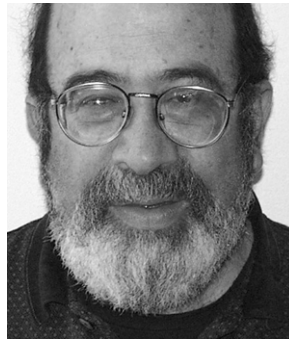
At the first meeting we learned that Ed is a retired physician who had almost become a history teacher. In this class, he aptly combined his vocation with his avocation to present American history in a way we had never experienced.

All of us have studied and actually experienced the making of American history. We know that George Washington was the Father of our country, that Lincoln freed the slaves, and that JFK was assassinated. But, do we know how General George Washington battled the ravages of smallpox during the Revolutionary War? Can we compare and contrast George Washington’s actions combating the plague to Woodrow Wilson’s apathy to the influenza epidemic that was sweeping the nation and our military camps during World War I?

A number of our Presidents were shot in assassination attempts. Was their medical care the best that was possible for what was known at that time? We were surprised to learn that often it was not! Ed

challenged us by asking why in some instances the President of the United States received incompetent medical care; *e.g.*, Ike’s heart attacks, Wilson’s stroke, Franklin Roosevelt’s heart condition. Were their medical conditions hidden from the public? Was there a cover-up? Should there have been? Take Ed’s class and find out.

There have been times in history when the President could not function. What happens upon the death, removal, or resignation of the President? What is the course to follow if, for some reason, the President becomes disabled to such a degree that he cannot fulfill his responsibilities? We learned how the 25th Amendment answers the question of Presidential succession. Was Alexander Haig correct when he said he was in charge?



Ed Goldberg

Eileen Mitchell felicitously served as Ed’s assistant. She often collaborated with him to iron out computer glitches, operate the audio-visual equipment, and inform him when it was time to move on to the next discourse.

Ed is the quintessential teacher who uses a variety of teaching techniques. He incorporates lecture, class discussion, slides, PowerPoint, blackboard, and videos. Ed effectively keeps in touch with his class by computer and uses the E-board for disseminating information and reading assignments. Readings are varied, interesting, and very carefully chosen.

**CLASSROOM
HIGHLIGHTS**

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

Richard Glantz, *Publisher*
Tamara Chernow, *Co-Editor*
Carole Grossman, *Co-Editor*
Carol Shedd, *Secretary*

Charles Raskin
Katherine Raskin
Leona Curhan, *Council liaison*

Len Heier, *Photographer*

Email us at:
BALIBanner@aol.com
Next deadline:
3/11/05

MARY BITTERMAN *[continued from page 1]*

From our talks with Sy Raboy, Sharon Sokoloff, and Jehuda Reinharz, we believe Brandeis shares these themes.

Does Osher see itself as supporting lifelong learning start-ups or mature organizations?

A mix of both. While we have a start-up kit, we are increasingly moving to funding programs that have begun. We prefer to take existing programs and strengthen them and make them more sustainable.

Our initial grant of \$100K can be renewed annually if the grantee has met our membership growth goals. After three years, annual grants cease, and lifelong learning programs may apply for non-restrictive endowments of \$1M and above. The University of Southern Maine and Sonoma State University are our only endowed institutions at present.

How does Osher encourage the sharing of ideas among grantees?

We have for a number of years hosted annual meetings of grantees. We invite representatives of the grantee, such as the Director and the Chairman of the membership.

Furthermore, we just endowed the University of Southern Maine to be the National Resource Center, which is gearing up to do a lot of communication support among grantees.

The Foundation does the evaluation of grantees; the Resource Center creates and maintains a private

Website, creates a library of materials, and hosts professional development training for institutes. The Website is already on-line [BOLLI members will be given a user ID].

Ideas, such as sharing SGLs, issuing “passports” so a member of one institute can sit in on courses at another institute, and exchanging newsletters and catalogs, may be done between institutes, not by the Foundation. Mr. Osher doesn’t want the Foundation to be a bureaucratic entity with a big staff. He wants most of the money to go to the grantees.

What non-classroom activities do Osher-sponsored lifelong learning institutes conduct?

Here are some examples:

- travel programs, domestic and international
- music and theater outings
- literary journals of members’ work
- art exhibitions of members’ work
- university outreach, such as docents in the university museum
- community outreach, such as the program in Hawaii which trains members to be investigators of elder abuse cases

Thank you so much, Ms. Bitterman. Can you share with us any numerical goals of the Foundation?

Our dream is to have 100 Osher Institutes, with at least one in every state. There are 48 Osher Institutes now—most of them in California. Today, at the conclusion of this interview, we will announce that the roster has increased to 61.

THE COUNCIL CONSIDERS

by Leona Curhan

Great news from our friends at Gosman Sports Center! BOLLI members over the age of 62 may buy Senior Citizen Passes for \$100. The passes are good for one year from the date of purchase. The bearer may use the following facilities: tennis courts, track, basketball courts, pool, exercise rooms, and locker rooms. A single-use guest pass costs \$2. Contact Michelle Kim at 781-736-3633 for more information.

The mission of BOLLI is to provide a broad range of educational activities and intellectual stimulation as a Brandeis University program for adult learners. Within this non-credit program the emphasis will be on peer teaching with opportunities for active group participation, research, assigned readings, and individual presentations. BOLLI will foster a spirit of community while pursuing its basic educational objectives.

COMPUTER VIRUSES AND RELATED NASTIES

by Len Heier and Sherm Okun

TECH TALK

This article deals with the issues of combating a nasty problem of the modern computer world: *viruses*, *worms*, and *Trojan horses*.

A *virus* is a form of computer code (*i.e.*, a series of instructions) that is intended to disrupt certain computer functions. This code is attached to some part of a normal computer system and contains instructions to initiate unwanted tasks—usually destructive—such as altering or deleting important information, crashing the computer, or executing programs that replicate themselves. However, some viruses may be relatively innocuous or benign.

A virus is transmitted from one computer to another in various ways. Commonly, viruses are contained in legitimate files you receive from other sources. For example, anytime you receive a file directly from an Internet site, an email attachment, or a disk, you are potentially exposing yourself. Viruses are occasionally contained in commercial, shrink-wrapped software. You might even release a virus by opening an email message. More likely, viruses are activated when you open an email attachment.

Worms are similar to viruses but are designed to reproduce functional copies of themselves. These copies are distributed to other computers via the Internet. Often worms contain functionality that interferes with normal computer use. Unlike viruses, worms exist as separate entities; that is, they do not attach themselves to other files or programs.

A *Trojan horse* is a destructive, virus-like program masquerading as a benign application. Like its legendary namesake, Trojan horses enter your computer from a “friendly” source. These nasties can send information from your computer to an outsider, or they can allow strangers to take control

of your computer to attack other computers on the Internet.

We strongly recommend everyone take appropriate steps to protect their computers, even relatively immune Macintosh users. The four components of combating viruses and their relatives are: (1) care in opening *attachments*; (2) employing *firewalls*; (3) utilizing *anti-virus software*; and, (4) installing corrective software updates.

(1) Never open an email attachment from a stranger, or even from someone you know, unless you know its contents or are expecting it. Be particularly wary of attachments that have one of the following extensions: *.exe*, *.com*, *.scr*, *.vbs*, *.cmd*, *.bat*, or *.reg*. And, do not download software from the Internet unless it is from legitimate software suppliers.

(2) Install a firewall, which blocks outside access to your computer when you are online. These firewalls are in the form of software programs or as hardware devices known as routers.

(3) Install anti-virus software, which identifies and removes viruses, worms, and Trojan horses. Hundreds of new viruses appear each month, so it’s important to update this software frequently, perhaps every week. The program should be setup to examine all incoming files automatically.

(4) Microsoft and other major software manufacturers frequently distribute anti-virus “fixes” to their products. Pay attention to these update announcements and install them, if appropriate.

It is important to observe all of these security precautions, even if you are not now suffering a virus attack. It may be too late after your computer starts acting erratically.



GUESS WHO'S COMING TO DINNER

by Harriet and Dick Kahn

When we signed up to host two international students, we had no idea what a wonderful experience it was going to be. One student, Laura Ornejo, from Costa Rica, has a background in industrial engineering and experience in microeconomics in the developing world. The other, Nurlan Karybekov, from Kyrgyzstan, has a background in medicine and experience in addiction research. Both, as students enrolled in SID (Sustainable International Development program), are studying to increase their understanding of social institutions in the developing world, to which they hope to make further contributions.

Our first get-together was a dinner with Nurlan, then a luncheon with Laura. We felt so comfortable with them both right away. Nurlan brought a very interesting poster of pictures of Kyrgyzstan. He really gave us a sense of his life there. Laura has traveled quite a bit in Europe and the United States and brought a great bottle of Italian wine!

Nurlan's lovely wife and energetic, engaging 4-year-old son arrived to join him on Thanksgiving Day, after a 21-hour flight from their home in Bashkek. We all got together at our home on the following Sunday for a turkey dinner and a chance to get acquainted. Then, a few weeks later, we enjoyed lunch at Nurlan's apartment in Waltham. His son is now attending a pre-school and his wife is studying English in the same program.

We have been learning a lot from them as they share with us their lives in their own countries. It's a real treat to watch them adjust to their complicated lives here, and maybe somehow help these gifted young people striving to make a contribution to our complex world.

Winter Intersession Activities a Success

During January & February two discussion groups organized around the *New Yorker* met weekly. Charlie Allen led lively and well-informed discussions based on articles written about Social Security, outsourcing, and the Middle East. Elaine Dohan and Lenore Goldstein led stimulating discussions of the short stories appearing in the magazine.

Len Heier and Sherm Okun ran a five-week hands-on computer workshop for 23 members.

Richard Glantz organized a group of 25 serious BOLLI photographers to see a magnificent retrospective at the Worcester Museum of Art.

Upcoming Activities

Morning Yoga

Thursdays from 8 to 9, led by our own Sandi Levy. Limited to 12 members. Register with Carol Morton in the office.



Adventurers

Sign up early—trips fill up!

The Fogg Art Museum

Trinity Church and Boston Public Library

Davis Art Museum & Hunnewell Arboretum at Wellesley College

For more information, click on brandeis.edu/programs/bali/members



Volunteers

BOLLI needs help with committees, tasks in the office, and special projects.
Contact Myrna Cohen at myrna.cohen@comcast.net or 617-969-6878

COMPLEMENTARY AND ALTERNATIVE MEDICINE

by Rhoda Sapers



Many of us are using complementary and alternative approaches to our healthcare but may be unaware of the helpful information that is available related to this subject. We turn to these approaches to give us hope and relief where modern medicine may not be totally successful in managing symptoms for chronic pain,

long-term illness, or even to help prevent nausea associated with chemotherapy.

CAM, or Complementary and Alternative Medicine, is a group of diverse medical and healthcare systems, practices, and products that are not presently considered part of conventional medicine. Alternative therapies have been called many things such as holistic, non-traditional, unconventional, unproven, even folk medicine. The fact that there are many names emphasizes the confusion that exists about them. The following terms are the ones accepted and currently used to describe these therapies:

Complementary Medicine used together with conventional medicine, *e.g.*, aromatherapy following surgery to help lessen discomfort

Alternative Medicine used in place of conventional medicine, *e.g.*, a special diet to treat cancer replacing surgery, radiation, etc.

Integrative Medicine a combination of conventional and alternative therapies for which there is some high-quality scientific evidence of safety and effectiveness.

The list of what is considered to be CAM continues to change as those therapies that are proven to be safe and effective are adopted into conventional healthcare and as new approaches to healthcare emerge. Chemotherapy and radiation were once considered

unconventional by the mainstream medical community, as were dietary supplements. Thus, therapies defined as CAM are constantly evolving. Acupuncture, mind-body techniques, exercise programs, music therapy, massage, therapeutic-touch, nutritional consultations are some examples of these. Some conventional medical practitioners prescribe, as well as use, CAM therapies themselves.

Statistics regarding the number of people using these therapies are very high and continue to grow. Alternative therapies and modern medicine are already working together. For example, hypnosis may be used as the only form of pain control for medical procedures, therapeutic-touch practitioners have joined surgeons in the operating room, scientists have found that folic acid prevents certain birth defects, and a regimen of vitamins and zinc can slow the progression of age-related macular degeneration.

TO YOUR GOOD HEALTH

Integrating successful CAM into conventional medicine will take time for some of the following reasons:

- Limited amount of funds available for research
- Most health insurers do not yet cover any of these resources. It is the hope that as research demonstrates that such interventions reduce the need for pain medicine for example, insurance benefits will change.
- Current patient usage of CAM therapies is rapidly increasing without research, thus eliminating incentives for manufacturers to conduct expensive scientific studies.

In the long run, CAM therapies may evolve and gain more attention as the public is educated about their origin and the nature of their evolution.

More information on this topic can be found at <http://nccam.nih.gov>

Save this date

BOLLI 5th Birthday Gala Celebration and Annual Meeting
Wednesday, May 11, 2005, 12:30-3:00 PM, at Hassenfeld

CULINARY CAMPUS

by Katherine Raskin

BOLLI members are very fortunate to be welcome at the various eating places on the Brandeis campus. I have visited many of them and would like to recommend them to other BOLLI members. The Brandeis dining venues include: The Faculty Club, The Stein, the Sherman Cafeteria, Java City Café, and three operations in the Usdan Student Center.

LET THE GOOD TIMES ROLL

For a more formal dining experience, I recommend **The Faculty Club**, located across from the Rose Art Museum. It is open for lunch from noon to 2:00 P.M. and for dinner on special occasions before University-sponsored events. Reservations should be made in advance. The salad bar is my favorite but you can also order from the extensive menu. Wine is available, and both the food and drinks are very reasonably priced.

If you wish to have a less formal meal, the campus offers a number of other restaurants. **The Stein**, located upstairs at Sherman Student Center, is quiet and hosts faculty and staff for lunch or dinner. The Stein serves appetizers, soups, salads, sandwiches, pasta, entrées, desserts, and drinks, including beer and wine. Lunch is served weekdays from 11:30 A.M. to 2:00 P.M.; and dinner is served daily.

Downstairs in the same building, **Sherman Dining Hall** (a large student cafeteria) offers all-you-can eat dining. Kosher and non-kosher foods are available, including Asian food, vegetarian food, meat dishes, pastas, omelets, pizza, deli sandwiches, a salad bar, desserts, ice cream, and hot and cold drinks. One fixed price includes all you can eat. Weekdays, breakfast is served from 7:00 A.M. to 10:00 A.M. and lunch and dinner are continuous from 11:30 A.M. to 8:00 P.M. (7:00 P.M. on Fridays).

The new **Java City Café at Shapiro** is self-service and features freshly brewed coffee and espresso drinks, sandwiches, snacks, pastries, salads, and fresh fruit. It is open from 8:00 A.M. to 2:00 A.M. on weekdays (closing at 4:00 P.M. on Fridays), with shorter hours on Saturday and Sunday.

Near the Goldfarb Library, downstairs in the Usdan Student Center, is the **Usdan Café**. It serves “food court” style, with stations named *Tortilla Fresca*, *The Granary*, *Home Zone*, *Pan Asia*, *Java City*, and *Split Personalities* (rotating menu). The newest addition to this location is *Balance*, offering freshly grilled meats and proteins with interesting grains, salads, and fresh veggies for a healthy and tasty meal. This café is open for breakfast (8 A.M. on weekdays), lunch, and dinner.

Another food court in Usdan is **The Boulevard**, with stations named *Grille Works*, *Bene Pizza and Pasta*, *Montague's Deli*, and *Liquid Lunch*. For the late-starter, it opens at 11:00 A.M. weekdays.

On the pedestrian path between the library and Usdan and somewhat hidden is **Expressway**, a Store-24 type of operation offering health and beauty aids, snacks, kosher items, sandwiches, and hot and cold beverages. Open weekdays from 9:30 A.M. to 2:00 A.M. and weekends from 11:30 A.M.

BOLLI members usually bring their own lunch or stop at the Deli on South Street to buy a sandwich or salad. But if you want to try something new or are on campus for a meeting, visit one of the dining venues described above. Why not try these interesting campus restaurants when you take advantage of invitations to the many Brandeis events offered to BOLLI members—plays, lectures, concerts, art events. Stop at the main gate to get a parking pass and directions to all of the buildings.

For phone numbers and hours go to www.brandeis.edu/dining

CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

SLOSBERG RECITAL HALL

Admission is \$10 for BOLLI members
781-736-3400

March 12 (8 P.M.)

New Music Brandeis: Notes for the New Century

World premieres of new music by Brandeis graduate composers. Admission is free

March 19 (concert, 8 P.M.; lecture, 7 P.M.)

Lydian String Quartet

Mozart: Adagio and Fugue in C minor, K. 546
Donald Martino: Quartet #5 (world premiere)
Beethoven: Quartet in C# minor, Op. 131

March 9 (concert, 8 P.M.; pre-concert lecture in the Rose Art Museum, 7 P.M.)

Perú Negro

The vibrant Perú Negro has been embraced around the globe as the official "Ambassadors of Peruvian Culture." Featuring dazzling dances, colorful costumes, electrifying rhythms, and historic verses, this thrilling 26-member ensemble performs music that originated in the slave trade of Colonial Peru.

WEDNESDAY CONCERTS AT NOON

Rapaporte Treasure Hall, Goldfarb Library

March 2

A free mini-concert by the **Lydian String Quartet**

ROSE ART MUSEUM

781-736-3434

March 5 (2 P.M.)

DreamingNow

Gallery talk by Kelly Bulkeley, author of several books on dreams, religion, psychology, and culture.

March 16 (11 A.M.–1 P.M.)

DreamingNow

Lecture/Luncheon by Curator
Raphaela Platow.

Free to Patrons; \$12 for members;
\$15 for non-members.

March 22 (1:30 P.M.)

DreamingNow

A free tour of the exhibition for BOLLI.
RSVP by calling Stephanie at 781-736-3438 or email molinard@brandeis.edu

SPINGOLD THEATER

March 4 and 5 (8 P.M.)

The Vagina Monologues

Back at Brandeis and better than ever! Featuring an all-new cast and new monologues, this liberating production is a must-see! Tickets are \$7, and all proceeds go to fight violence against women.

MEET THE AUTHOR

atrium, Shapiro Campus Center

The series hosts Brandeis authors, who will talk about their work and take questions from the audience. Books are available for purchase and signing at each of these events. Coffee and yummy cookies are provided.

March 2 (noon)

Deborah Lipstadt

M.A. '72, Ph.D. '76
*History on Trial: My Day
in Court with David Irving*

March 9 (noon)

Adam Jaffe

Dean of Arts and Sciences
*Patents, Citations, and Innovations:
A Window on the Knowledge Economy*

March 21 (noon)

David Marcus

*What It Takes to Pull Me Through:
Why Teenagers Get in Trouble
and How Four of Them Got Out*