

BOLLI Banner

A Brandeis University Program
www.brandeis.edu/bali
781-736-2992

Osher Lifelong Learning Institute at Brandeis

September 2005

GOVERNANCE AND RELATIONSHIPS

by the Banner staff

The Banner interviewed Sy Raboy, chairman of the BOLLI Council, about his plan for this year and his vision for the future.

Congratulations on being reelected Chair of the BOLLI Council. What do you hope to accomplish during your last term?

I would like to change the governance of BOLLI in a few areas. I prefer to see whoever we elect as the Council Chair serve for two years even if they are elected in their third year on the Council, which would normally be their last year. That would not eliminate anyone from becoming Chair who has already served two of a three-year term.

I also think the Council would run better, and give us improved communication, if the Chairs of the four most important committees—the Curriculum, Membership, Lunch and Learn, and SGL Resources—were *ex-officio* members of the Council. We could reduce the number of elected members by one a year so that we would add four and take away three. You won't get a much larger Council, just a more effective Council. The membership would still elect a majority of the people.

Do you see this as a real possibility?

I'm hoping that we can change the by-laws so that it will happen under the next Chair's watch. I don't think it's going to happen this year, but I think it should happen next year.

If you could look in your crystal ball and see BOLLI ten years from now, what would you like to see?

The key concern I have about BOLLI is that we don't become ingrown. I think that we've got to get a fresh flow of people into the group. A vital membership outreach program is very important for BOLLI, but I would not like to see the program get huge. I'd like to see about 450 members in the Fall term and 375 in the Spring term, thereby maintaining our intimacy and character. I would also like to leave the Council with a long-range plan, which the Strategic Planning Committee is working on.



Sy Raboy

Do you foresee changes to programs or physical plant?

I have several thoughts. I used to think we needed a big building, but I don't think we will ever have a venue that's as good as the one we have now. The Gathering Place alone is fabulous, plus we have a meeting room which is big enough for Lunch and Learn. We have a good relationship with the people at Gosman and, if we keep working at it and we're good citizens, this should continue. I would like to see us expand our Intensives program by offering courses in the winter between terms. The ones we did this year in June were very successful for the second year in a row. It would be terrific if we could increase the number of Intensives to two in the winter and three in the summer.

[continued on page 3]

A MATTER OF INTEREST

by Frank Benjamin

We buy merchandise on the Internet; why not do banking there as well? Internet merchants, such as Amazon.com, offer lower prices. Internet banks offer higher interest rates.

Nowadays, banks pay almost zero interest on checking accounts, so it might make sense to keep cash in money market accounts or short-term CDs, transferring funds to your checking account just before you need the money to pay bills. Local banks offer their own money market accounts and CDs, but they pay low interest rates. At press time, local banks were paying less than 1% on money market accounts, 2% on 3-month CDs, and 3.25% on 12-month CDs.

By contrast, Internet arms of FDIC-insured banks ING, Emigrant, Capital One, and New York Community pay 3.3%, 3.5%, 3.45%, and 3.75%, respectively, on money market accounts. Compare these to money market mutual funds, which pay on average less than 3% and are not insured by the FDIC. Look for specials on CDs at Internet banks. Right now, Countrywide Bank offers a 12-month CD at 4.31%, slightly more than the 4.04% yield of the 10-year U.S. Treasury bond. (All rates quoted are APY.)

Internet bank accounts are easy to set up. You send them an application, they make two token deposits to your existing checking account, and you verify the amount of those deposits to ensure they've got the correct information for your local bank account. Like all money market savings accounts, federal regulations place a limit of six transfers *from* your Internet bank to your local bank account per month.

There is no limit on transfers *to* your Internet bank account. If you receive regular dividends into your brokerage account, you can electronically pull dividends from that account into your Internet bank account. However, you cannot transfer money electronically from an Internet money market account to your broker; federal regulations require transfers from your Internet account to go only to bank checking accounts. Internet transfers typically are executed within 24 hours, your statement is viewable on a secure Website, and calls to the Help Desk are answered promptly by a real person.

A final caveat: Massachusetts taxes interest from out-of-state banks at a substantially higher rate than interest from Massachusetts banks. Even with that burden, the Internet banks' interest—net of state taxes—is still higher than that from local banks. However, Countrywide Bank, whose corporate parent also owns Countrywide Mortgage, is considered a local bank by the MA DOR because it has branch offices in Braintree, Brookline, Waltham, and Woburn, thereby offering a “local presence”. You use these branches to open the account; but again because of federal regulations, none of the branches carry any cash—you must use the Internet to pull money into the checking account at your local bank.

You can get more information at the Web sites or toll free numbers listed below:

www.ingdirect.com	888-464-0727
www.emigrantdirect.com	800-836-1997
www.capitalonebank.com	866-248-8932
www.mybankingdirect.com	866-285-1856
www.countrywidebank.com	800-214-2876

MONEY TALK

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SY RABOY [continued from page 1]

The Intensives are BOLLI and yet not-quite-BOLLI programs. The Council doesn't really have anything to do with the Intensives, does it?

Well, we do—we support them. The only difference is that they are taught by university professors. The payment of the professors is made by BOLLI, and we work with Sharon to develop the curriculum and approve it.

We already have other BOLLI add-ons which meet between terms: the New Yorker Group, the Adventurers, and a current events/issues program. These are terrific value-added programs; and although we don't get tuition from them, it's what makes BOLLI special.

In addition to our affiliation with Osher, are there initiatives with other ILRs?

Yes, BOLLI was invited to join The New School, Northwestern, and Harvard to share ideas—a sort of study group. We were flattered, as the other three programs are twenty-plus years old. We're five-years-old, and here we are sitting at the table with these people as a peer.

Thank you so much, Sy. Is there anything you'd like to add to close this interview?

I would like to acknowledge how supportive of us the University has been. I believe they have done everything we could hope for. For our part, we're good citizens of the Brandeis community; we pay our way, and a little more. It has been a classic win-win situation. They have been helpful and supportive—beyond what we'd expect—and in turn, we have delivered more than they ever could have expected.

FACTORS BEHIND BOLLI'S FIVE-YEAR SUCCESS

by Sharon Sokoloff

As BOLLI Director I have the opportunity to meet and work with members and leaders of lifelong learning institutes (LLIs) from Arizona to Maine to Hawaii. I love this part of the job. It gives me a perspective of BOLLI in context. One question frequently raised by Brandeis and BOLLI leaders and colleagues from other programs is: *Why has BOLLI thrived as it has in just five years?* Here are some reasons.

- **Brand Recognition** Many of us are here because we have or want associations with this world-class university that stands for, among other things, excellence and social justice.
- **Enthusiastic, Vital Members** You created this warm, joyful learning community. This includes study group leaders, Council members, committee members, volunteers, and class participants.
- **University Champion** No university president is more supportive of any LLI than Jehuda Reinharz. Trust me. The Provost and Associate Provost are also strongly committed to BOLLI.
- **Location-Location-Location** Brandeis is located near major highways, and it offers parking.
- **Financial Sustainability** We are financially self-supporting. Grants from the Osher Foundation and the Werner Dannheisser Trust, plus BOLLI member gifts, enhance our program.
- **Professional Staff** Many LLIs (well over 400 in the U.S.) have neither a Director nor an Assistant Director; we have both, plus continuity of staff.
- **Mutual Respect in Shared Governance and Leadership** We have achieved a successful interaction model of the staff, the University, and the member leadership.
- **Intracampus and intergenerational programs** Shared resources and programs between BOLLI and Brandeis benefit both organizations. Among these activities are: faculty-taught Intensives, the International Friends program, Rose Art Museum tours, "Meet the Author" events, the BOLLI Scholar program, and the availability of the gym facilities.
- **Continuous Quality Improvement** "Always improve" is the philosophy by which we live.

As we begin our sixth year, remember our great asset and a hallmark of the program, a strong sense of community. Please introduce yourselves to new members, and welcome them to our learning community.

THE COUNCIL CONSIDERS

Fall courses

At the BOLLI Council meeting in August, Sharon announced that six courses were over-subscribed and a lottery was held to select the final participants. The course for potential study group leaders that she and Myrna Cohen are offering was well subscribed.

Foreign students

Steve Baran, co-chair of the International Friends program which matches BOLLI members with foreign students, was happy to report that thirty-five families have signed up to participate this semester. In October there will be a winter clothing and blanket drive for foreign students. Joel Freedman and Bob Storella will be offering these students

computer instruction and support.

Lunch and Learn

Bob Russo's committee welcomes suggestions from BOLLI members for speakers for the Spring.

Program expansion

The Council discussed ways of broadening the BOLLI program:

- offering Winter Intensives as well as Summer Intensives
- encouraging additional affinity groups such as the New Yorker Fiction group which bring members together in a less-structured way.

THANK YOU, BOLLI VOLUNTEERS

134 members have volunteered to assist the BOLLI program this Fall. Volunteers in the BOLLI office work on mailings, data entry, copying/collating, and special projects. At Gosman, volunteers post program information and arrange the Lunch and Learn room. Others are classroom and eBoard assistants.

Volunteers find that their efforts are appreciated and that they derive extensive satisfaction from participating. Contact Carol at callman@brandeis.edu or Myrna at myrna.cohen@comcast.net.

BOLLI Banner

The Banner held its annual performance review meeting this summer on the Atlantic Ocean, graciously hosted by the Publisher's wife, Judy Palmer.



photo by Charles Raskin

Katherine Raskin, Carole Grossman, Tamara Chernow, Judy Palmer, Naomi Schmidt, Richard Glantz, Carol Shedd



SUMMER INTENSIVES

by *Ron Levy*

by *Ruth Housman*

Did you know that the Press is the only institution protected by the U.S. Constitution?

This and many other fascinating and thought-provoking topics were discussed at the intensive BOLLI course, *The Culture of Journalism*. Professor Mike Socolow of Brandeis energetically led students from an historical examination of the origins of this protection to contemporary issues such as the Watergate exposé and ethical scandals.

We debated:

- whether the culture of journalism drives that of the nation, or vice versa
- the values and problems of an objective Press
- the importance of credibility, accuracy, partisanship, and independence
- the evolving role of the ombudsman
- the consolidation of media ownership.

The class agreed that constitutional protection of the Press comes with corresponding responsibilities, and that journalistic bias was not only political, but also cultural, educational, racial, and shaped by social class. We were persuaded by Prof. Socolow that journalism should drop the pretense of objectivity and focus instead on defending itself on the facts by being accurate, transparent, and thereby credible.

But what of the future? The broadening influence of the Internet and of bloggers is considered by Mike Socolow to be a good thing. While prone to some inaccuracies of its own, the new medium challenges traditional journalism to examine different points of view, to check facts, and to drill down further into a story.

His advice to us: follow the links in any blog to confirm the facts for yourselves.

How would you define art?

Brandeis Professor Nancy Scott posed this question to BOLLI members at the beginning of *Art of the Twentieth Century: What's it All About*. She ably covered a vast amount of information through lectures, video, slides, and visits to The Rose Art Museum. This amazing journey included a vast panoply of artists, art history, sociology, personality, politics, innovations, and conceptual breakthroughs that was dizzying in its scope—a true intellectual and aesthetic feast.

Nancy demonstrated how art and artists engage collectively and in solitary ways in a voyage of discovery involving new ways of conceptualizing the world. For example, Surrealism became the art of dealing with inner reality and the unconscious mind. The horrific events of WW II spawned an introspective examination that was reflected by artists such as Max Ernst, Marcel Duchamp, Calder, Tinguely, Matisse, and Picasso. We discussed parallel developments in music and literature such as the music of John Cage and deconstructive literature, the poetry of e. e. cummings and stream of consciousness writings of James Joyce.

The discussions of the Minimalists, artists who chose to take themselves as much as possible out of the picture, leaving a blank slate for the observer to reflect upon, were particularly fascinating. Toward the end of our “tour” Nancy discussed the art of Christo and Whitehead who enter the community, making use of buildings and environmental objects to create art.

In the end we were left to tease out for ourselves, given this massive diversity of ways of seeing, a personal answer to the most provocative question of all: What is art?

**Check out the new link to the
Osher Lifelong Learning Institute National Research Center
<http://usm.maine.edu/olli/national/index2.jsp>**

QUENCH THE FIRE WITHIN

by Rhoda Sapers



GERD, or gastroesophageal reflux disease, is a digestive disorder that affects the lower esophageal sphincter, the muscle connecting the esophagus with the stomach. When gastric acid from the stomach backs up into the esophagus, it may cause irritation, inflammation, or even ulceration in the esophagus. Nearly half

of all adults in the U.S., particularly over age 50, experience GERD symptoms such as heartburn, sour stomach, or acid indigestion at least once a month.

Though the digestive system is supposed to block gastroesophageal reflux, things can go wrong. The muscle (sphincter) that seals the entrance to the stomach relaxes to receive liquid and foods but sometimes doesn't seal properly or may relax at the wrong time. Some people suffer from GERD due to a condition called hiatal hernia where a portion of the stomach protrudes upward through an opening in the diaphragm. Other causes of reflux include diabetes, ulcers, lymphomas and other cancers, some medications, and smoking.

The most common symptom, heartburn, usually feels like a burning chest pain beginning behind the breastbone moving upward to the neck and throat. Some people say that it feels like food is coming back into their mouth, leaving an acid or bitter taste. The discomfort can last as long as two hours and is often worse after eating.

Heartburn pain can be mistaken for a heart attack due to similarities of symptoms. However, there are differences. With heart disease, exercise may aggravate pain which may be relieved by rest, whereas heartburn is less likely to be associated

with physical activity. It's important to pay attention to the symptoms.

Lifestyle changes and treatment can decrease the amount of reflux, thus preventing damage to the esophagus:

- Avoid or cutback on the foods that can trigger heartburn: alcohol, chocolate, peppermint, fat, citrus fruit, tomatoes, and highly spiced foods
- Avoid caffeine-containing substances including coffee, strong soda, and various drugs such as Anacin and Excedrin as caffeine boosts gastric acids
- Avoid carbonated drinks which distend the stomach, decrease contractions, and increase the pressure that contributes to reflux
- Lose weight if you're overweight
- Stop smoking if you're a smoker
- Don't lie down with a full stomach—let gravity work for you
- If you often suffer heartburn at night, elevate the head of the bed on 4- to 6-inch blocks or use a wedge-shaped support to raise just the upper half of your body. Extra pillows that only elevate your head can aggravate reflux.

TO YOUR GOOD HEALTH

Antacids like Maalox, Mylanta, Roloids, and Tums can quench the fires by neutralizing the acid that may inflame the esophagus. If antacids are needed for

more than three weeks, a doctor should be consulted. For chronic reflux and heartburn, the doctor may prescribe medications called *H2 blockers* which inhibit acid secretion in the stomach.

GERD is rarely life-threatening but serious complications could arise, so it is important to find the proper treatment early.

For more information:

www.gerd.com

www.aboutgerd.org

<http://digestive.niddk.nih.gov/>

BOLLI IN THE SUMMER

BOLLI affinity groups were active this past summer. These groups are open to all BOLLI members.

New Yorker Fiction



This discussion group continued over the summer, meeting weekly by popular demand. Between 12 and 25 members enjoyed upbeat and lively discussions. Some participants presented biographical information about the authors, and others led the discussion.

Fall meetings will take place in the Gathering Place at 2 P.M., following Lunch and Learn. Mark your calendars and save these dates:

Tuesdays: 9/27, 10/25, 11/15, 11/29
Wednesdays: 9/21, 10/19, 11/9, 12/7

Reminder emails will be sent to everyone the week before the meeting indicating the story to be discussed. The stories can be found on line if you don't subscribe to the magazine.

Adventurers



This tour group visited Fruitlands Museum in June [see photo below on this page].

Information for the Fall and Winter trips was mailed to BOLLI members in August, and it is also on the BOLLI Website. Space is limited on these trips, so register early!

- 9/29 Heritage Museums and Gardens, Sandwich
- 10/27 Adams National Historic Park & Church of the Presidents, Quincy
- 12/1 Worcester Art Museum
- 1/11 From Haven to Home: 350 Years of Jewish Life in America, guided tour of the Library of Congress exhibition, Boston

BOLLI Adventurers at Fruitlands

Dawn Rosenberg, Bernie and Elaine Reisman, Muriel Kannel, Carole Grossman, Carol Shedd, Nancy Rawson, Helen Wertheimer, Tamara Chernow, Nancy Davis, Ken Rosenfeld, Kay Sackman [other attendees not shown]



photographer unknown

CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

SLOSBERG RECITAL HALL

781-736-3400, option 5

Oct. 1 (8 P.M.)

Lydian String Quartet

Haydn: Quartet in B \flat Major, Op. 71, No. 1
Anton Webern: String Quartet (1905)
Schubert: Quartet in D Minor ("Death and the Maiden")
Pre-concert talk at 7 P.M. by Daniel Stepner
Admission: \$10 for BOLLI members

Oct. 7 (8 P.M.)

Bob Nieske's Big Wolf Band

Brandeis faculty member Bob Nieske is well known as one of the finest jazz composers and bassists in New England. Join him for the exciting debut of his new ten-piece band in a swinging concert of new compositions and standards by the great masters in duo, trio, and quartet settings.
Admission: \$10 for BOLLI members

Oct. 22 (8 P.M.)

Yuval Ron Ensemble

Witness an intracultural collaboration that unites the sacred traditions of Judaism, Christianity, and Islamic mysticism in a remarkable musical feast. This soulful ensemble brings together musicians from Israel, Lebanon, Armenia, France, and the United States—featuring Arabic singer Najwa Gibran and Sufi Dervish Whirler Aziz—for an unforgettable evening of cultural harmony and spiritual exaltation.
Pre-concert talk at 7 P.M. at the Rose Art Museum
Post-concert reception with the musicians
Admission: \$10 for BOLLI members

Oct. 23 (3 P.M.)

Irving Fine Memorial Concert with Daniel Stepner

Our annual tribute to the great American composer Irving Fine, founder of the Brandeis Department of Music. This year's concert features Daniel Stepner (violin) and Sally Pinkas (piano). Admission: free
Fine: Sonata for Violin and Piano
Rakowski: When the Bow Breaks
Pinkham: Romances for Piano Solo
Franck: Sonata in A Major for Violin and Piano

WEDNESDAY CONCERTS AT NOON

Rapaporte Treasure Hall, Goldfarb Building

Sep. 28

Lunchtime concert by the **Lydian String Quartet**

SPINGOLD THEATER

781-736-3400, option 5

Oct. 20-30 (various times and prices – contact box office; BOLLI members half-price)

Big Love

Iconoclastic playwright Charles Mee confronts the nature of love and equality in this philosophical comedy with a decidedly physical edge. A contemporary adaptation of Aeschelus's *The Suppliant Women*, *Big Love* pits men against women in a wild romp where animal instincts come face-to-face with society's demand for marital order.

HASSENFELD CONFERENCE CENTER

Sep. 16-18

Telling the Story: Power and Responsibility in Documenting Human Rights Violations

This two-day conference analyzes the process by which human rights violations are documented and the reasons they are made public. The conference brings together practitioners who produce or use documentation of violations—such as journalists, film makers, artists, human rights reporters, forensic specialists, and legal practitioners—with scholars who approach it from theoretical perspectives—such as legal scholars, women's studies scholars, and anthropologists. All sessions are open to the public. Event schedule: www.brandeis.edu/ethics/Events/telling.html