

BOLLI Banner

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

Osher Lifelong Learning Institute at Brandeis

Vol. 7 Number 2 October 2006

BOLLI'S FINANCES

*by Ron Levy, Council Chair
and Renée Fine, Financial Liaison*

Welcome to all attending BOLLI this Fall. This will be a regular Council column in the Banner; we invite your feedback and ideas for future columns. Many members have asked for an explanation of BOLLI's finances, and this month we aim to provide you with some context.

Like all Brandeis departments and those of other private universities, BOLLI is an educational program that operates like a business with fiscal responsibilities. Its annual budget is prepared by the University and our Director, Sharon Sokoloff, and administered by her. BOLLI is expected to be financially viable and also contribute to the support of the Rabb School (of which BOLLI is part) and to the University. The Council receives regular financial reports, but our role is strictly advisory with respect to the setting of fees and making certain expenditures.

When BOLLI started in 2000, Brandeis underwrote the start-up costs and continued to cover our expenses and budget deficit for a while. Today, our revenues come from tuition and fees, the Osher Foundation Grant and a Werner Dannheisser Gift. Our main cost items are salaries and benefits for our staff, our student workers, and the leaders of our Intensives programs, as well as our operating expenses. The latter include printing and copying, the shuttle van, mailing costs, computer hardware, food expenses, and many other things. We also are

charged for indirect expenses to cover our office space, electricity, and other general and administrative costs. Finally, our Net Contribution to the University is equivalent to the "profit" we generate. It is a budgeted item and goes to supporting Rabb and the Brandeis administration and its capital expenditures.



BOLLI membership has continued to grow and, financially, we are doing very well. While closely controlling our expenses last year, we exceeded budget in our fees revenue and in our resulting Net Contribution. Some of the underspent operating expenses in fiscal 2006 were from the Osher grant and are therefore retained by BOLLI for use in fiscal 2007. However, we are anticipating significant reductions in both the gift and grant in the next three years, and Sharon and the University are planning for their replacement. We are hoping to renew at least a portion of the Osher grant but it is possible that Brandeis will be called on again to cover any deficit or shortfall during a transitional period. We also are working to create a viable endowment fund to benefit and sustain BOLLI for many years to come. This fund is still in the planning stages, but contributions have already been made and donations are very welcome.

You will have an opportunity to ask questions about finances at a member open forum planned for November.

THE COUNCIL CONSIDERS

by Carol Shedd

Lunch and Learn is one of BOLLI's most popular programs. This is good news, but it has also created some problems. Irwin Silver and Star Zieve, co-chairs of the Lunch and Learn Committee, asked the Banner to print a few thoughts on how we can show our appreciation to the wonderful array of speakers who have accepted invitations to share their areas of expertise with BOLLI members.

First is the fire and safety issue. Because of overcrowding at L&L, people often bring in chairs from other locations and put them wherever they find room, inadvertently blocking aisles and causing a potential fire hazard.

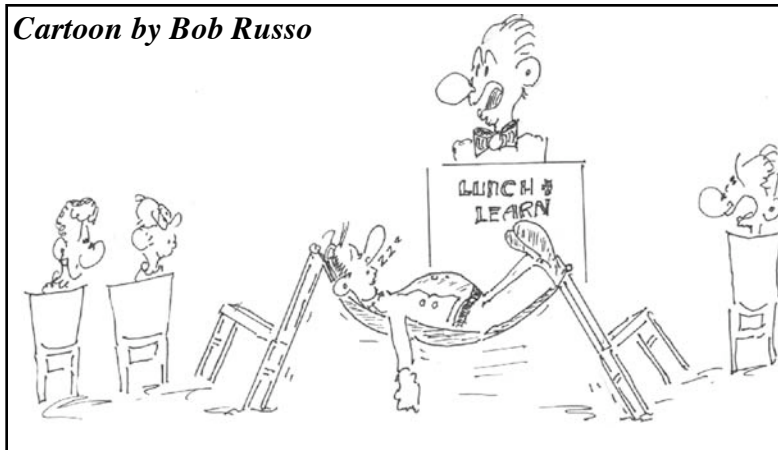
We'll have ushers in the Napoli room in the Fall to help bring order to the seating. Also we'll see about having a closed-circuit transmission of the most popular programs in one of the multipurpose rooms. Members will be asked to sit in the Nessel room, adjoining Napoli, only if they are listening to the speaker; otherwise, chatter from that room can be distracting to members at the back of Napoli.

After lunch is a very sleep-inducing period. Perhaps a gentle nudge to a sleeping neighbor might be appropriate—it's disconcerting for the speaker to look out at an audience of nodding heads! If, like me, you find it difficult to stay awake when listening to an afternoon talk, regardless of how interesting the speaker, or you know you must leave early, please consider sitting towards the rear and leaving the front rows for the wide-awakes! And don't forget the cell phone—one thing we never had to worry about in the past—make sure it's off.

As a change in our past practice, BOLLI announcements will be made after our speaker has finished answering our questions and has been properly thanked. Please remain until announcements are over in order to lessen the disruption.

The Lunch and Learn Committee has put together a wonderful roster of

speakers for the 2006-2007 year. If you have any suggestion for next year, please contact the committee.



"Someone has to speak to Elmo"

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

Naomi Schmidt

Len Heier, *Photographer*

Email us at:
BALI Banner@aol.com
Next deadline:
10/13/06

Banner archive: www.brandeis.edu/programs/bali/Banner%20Archive/index.html

SMOKE GETS IN YOUR EYES

by Frank Benjamin

As of March 2006, Massachusetts requires all homes to have carbon monoxide (CO) alarms as well as smoke detectors. You will not be able to sell your home without an inspection by your local fire department to ensure you have qualified alarms, installed and functioning properly.

CO alarms are required in all dwellings which contain fossil-fuel burning equipment or an enclosed parking space. Oil, gas, coal, and wood furnaces and stoves produce CO as a by-product. (If your home is heated by electricity and has an electric oven, and if it has no garage or only a carport, you can skip the rest of this article.)

If you buy your detector at a Massachusetts store, you can be confident that the alarm itself meets the state code. You don't have to replace your existing smoke detectors; you can merely add CO alarms. Stand-alone CO alarms can be battery-powered or AC-powered (plugged in to a wall socket or hard-wired). An alarm must be mounted within ten feet of any bedroom door.

Alternatively, you may want to replace an existing smoke detector with a combination unit, especially if the smoke detector is more than ten years old (some mechanisms lose potency after a decade). Be careful here. A key requirement of the Massachusetts code is that the combination unit must be installed no closer than twenty feet from any bathroom shower or kitchen *unless* the smoke detection component utilizes a *photoelectric* sensor (not an *ionization* sensor, the other technology employed in

smoke detectors). Another code requirement applies to all homes built after 1975: smoke detectors must be hard-wired, not just battery-powered.

When researching for this article, I discovered that only Massachusetts has one other requirement for combination units: there must be a distinct tone alarm feature which distinguishes between a smoke alert and a CO alert *and* there must also be a simulated voice which distinguishes the two. The reason is that Massachusetts believes that residents might be disoriented by CO in the bloodstream, so there have to be multiple means of alerting residents.

There is no combination unit on the market today that meets all the state's requirements for homes built after 1975, but look for one in early 2007.

Which unit did I buy for my pre-1975 house? The feature-laden battery-powered First Alert SC07CN. Not only does it beep and speak to me, it even tells me location. "Beep Beep Beep. Smoke in guest bedroom." If you have multiple alarms, it might well be important to know the source of the problem in order to choose an evacuation route. Actually, the compelling reason for me was that I needed a unit to monitor the kitchen—this unit does utilize a photoelectric smoke sensor. But here's the win: the SC07CN allows me to temporarily silence the alarm with my TV remote control when I scorch something in the skillet—no running out to the garage to grab a ladder.

MONEY TALK

REGISTRATION REACHES A RECORD

by Carol Allman-Morton

Our membership numbers for the Fall are excellent: we have the most Active Members of any semester. Council Chair Ron Levy has set up a task force of members from the Membership, Curriculum, Lunch and Learn, and Resource Committees, plus me, to examine the impact of the move to a four-course-period schedule. You will receive a survey in the third or fourth week of classes soliciting information from you that will help us assess the impact of this change. Please keep an eye out for that survey. By the end of the semester, we will issue a report to the Council with a summary of the data and our recommendations.

IS YOGA FOR YOU?

by Sandi Levy

TO YOUR GOOD HEALTH

Yoga is often called the “Magic Bullet”. *Yoga* means *to unite*. With our breath, we connect the mind and body to achieve many positive effects. The benefits of regular yoga practice are many:

- Yoga reduces stress. Relaxation, breath work, and meditations are the prescriptions.
- Yoga promotes flexibility. Becoming a pretzel isn't in the cards for any of us, but the natural results of aging have stiffened us and yoga is the oil to release the tightness.
- Yoga increases strength. Moving from one posture to another and holding the poses encourages strong muscle tone.
- Yoga improves balance. Postures named *tree*, *eagle*, and *bird of paradise* provide the mind-muscle training we need as our sense of balance decreases with age.
- Yoga improves concentration, focus, and attention. Balances and postures need those three items for success which are all promoted by the yoga practice of mindful movement and body awareness.
- Yoga excels at achieving relaxation by means of gentle breathing exercises and guided meditation.

I am a licensed yoga instructor, and I teach yoga at BOLLI and elsewhere. I can be reached at 617-964-6740 if you have questions.



cartoon by Rich Tennant in “Yoga for Dummies”

The Face Book Project Needs Someone to Run the Baton Across the Finish Line



BOLLI is looking for a member to manage the Face Book project. This project is the “next generation” of the member directory. Not only will it list member names, addresses, telephone numbers, and email addresses, it will also show member faces.

Most important, it will allow simple searching by name or photo so that each of us can recall the name that goes with the face or vice versa.

The project got a serious kick-off at the May Annual Meeting. Now we need to drive the effort to completion. We don't need technical expertise: as project manager, you will gather the resources you need from among the BOLLI Director's Office, Brandeis IT personnel, the campus copy center, and the BOLLI Webmaster.

If you like working among busy, talented people—all of whom support the project—and if you like to see your effort come to realization in just a couple of months, we need you. You might see a need to interact with other Face Book efforts such as the one at the SID program and the one at Harvard ILR—your decision. We have the contact names already identified. While much of the project has been laid out, as the project manager, you would have the opportunity to shape how this project will look, be distributed, and be maintained.

Show us the way! Contact Richard Glantz at 781-862-1862 or at Glantz@alum.mit.edu.

YOU TOO CAN BE A STUDY GROUP LEADER

by Myrna Cohen, Curriculum Committee Chair



We hope your commitment to and interest in BOLLI will lead you to consider becoming a Study Group Leader (SGL). BOLLI is the perfect place to share your interests with others. You can propose a topic from a wide variety of academic subjects from cosmology to the arts to current events, but not “how-to” courses.

We suggest that prospective SGLs obtain support from a member of the Curriculum Committee (CC) in preparing their proposal. This step is crucial, especially for new SGLs, to generate an awareness of what is required in presenting a successful course to the BOLLI membership.

Another way to learn about developing a course is to enroll in *Learn & Lead: How to Become a Study Group Leader*. The instructors will be available outside of class to work on your ideas and your course proposals.

Download the *SGL Proposal Form* from www.brandeis.edu/bolli/members or get it from the BOLLI office. Email the completed application—as an attachment, please—to myrna.cohen@comcast.net by November 15th.

The CC will get back to you with an acceptance letter by December 1st. If we believe that some modifications might make the course better, a member of the CC will get back to you within a week or so of your submission and will work with you to help make your course the best it can be.

Once your course is accepted, members of the Resource Committee are available to assist you throughout the semester with the details involved in giving your course. They can provide you with a Classroom Assistant to help with the mechanics of running the course and find you assistance in using audio/visual equipment and setting up an eBoard.

So try it! It's fun and rewarding to share what you have gained over the years with others. If you have any questions, please contact Sharon Sokoloff at sokoloff@brandeis.edu or Myrna Cohen. We look forward to hearing from you!



BOLLI Adventures for Fall 2006

Three new adventures (including lunch) are planned for the Fall. Each is listed below with a contact person for more information.

Fuller Craft Museum, Brockton, on Thursday, October 12th
Elaine Dohan, edohan@comcast.net

The State House, Boston, on Thursday, November 2nd
Eileen Mitchell, mitchellmail@comcast.net

Mary Baker Eddy Library & Christian Science Church, Boston, on Thursday, November 30th
Tamara Chernow, tamarachernow@comcast.net



The BOLLI Winter Intensive

Hamlet

back by popular demand:

William Flesch
professor of English and American literature
Brandeis University

A five-morning faculty-led Intensive program
9:30 A.M. to 12:30 P.M.
January 8th to 12th, 2007

Hassenfeld Building, Brandeis University

(additional information will follow)

CARVING A NEW PATH

by Carole Grossman and Naomi Schmidt

MEMBERS IN THE NEWS

It is obvious on entering the home of Harris Traiger that this house is inhabited by lovers of art. Harris, a former mechanical engineer at General Electric, was occupied in his former life with the construction of airplane engines. In retirement he has pursued his artistic inclinations, an interest shared by other family members. He and his wife Sandy have on display not only some of Harris's sculptures, but also a painting by Harris's mother, a marble sculpture by his brother, and three beautiful oil paintings by their daughter-in-law, who is a professional artist with commissions from Caesar's Palace for paintings in their restaurant.

Harris started sculpting with classes at the Museum School of the MFA when he was a young father, doing a bust of his baby son. However, he found no time to continue with this endeavor while he was building his career as an engineer. After retirement, he enrolled in classes at the De-Cordova Museum and the Cambridge Center for Adult Education; and he produced the two fine clay heads and two small figures on display in his living room. An interest in watercolor painting was furthered in a BOLLI course with Merry Gerber, and Harris plans to continue watercolor studies. He honed photography skills in a Richard Glantz/Bud Elliott class at BOLLI.



photo by Carole Grossman

As we said goodbye, we noted further evidence of the Traigers' interest in artistic craftsmanship: a collection of antique Chanukah menorahs beautifully arranged on one wall, a collection of ancient Roman glass from Israel displayed in a nearby case, and many sculptures enhancing the front garden.

AROUND THE WORLD IN TEN WEEKS



Rhoderick Samonte (Philippines) and Selina Saaka-Torri (Ghana) of the Heller School's Sustainable International Development program, and Steve Baran, Study Group Leader. They led the BOLLI Spring 2006 course *Around the World in Ten Weeks: Progress and Problems in the Developing World*. Nine SID students recruited by Rhoderick and Torri engaged in a lively cultural and educational exchange with members of the BOLLI class.

WALKING TRAILS IN LEXINGTON

text and photos by Richard Glantz



I was not aware of the many beautiful walks available in my hometown until the Banner staff persuaded me to write this article. I list here for your enjoyment some of my favorite walks. The Town Hall sells a Conservation Commission guide (\$3), but you also can click on www.lexingtonma.org/conservation/Lands/Conslandkey.html.

While the trails offer the personal isolation and scenic beauty you might crave to recharge your batteries, their entrances are not consistently marked.



Look for this icon on a wood post ➔

Dunback Meadow



This easy trail lies in the largest parcel of conservation land in Lexington, connecting the Bowman and Clarke schools. Over the Labor Day weekend I spotted many colorful wild-

flowers, cattails, milkweed, clumps of striking red berries, purple loosestrife, and orange jewelweed. (Startling trick: gently squeeze the seed pod of the jewelweed, and watch it explode out about six feet!) There are 2 bridges and 12 boardwalks on this trail. Elsewhere, the trail feels like walking on a mattress because the meadow used to be a swamp from which the locals mined peat for fuel.

There is easy parking at the Bowman School (Pleasant St. exit off Rte. 2). Walk from the parking lot to the ballfield to reach the trailhead. After 20 min. on the trail, at an unmarked intersection, either turn right to cross the meadow or turn left to walk on a path which leads to community gardens — watch for horse droppings on this path!

TimberForm Fitness Path

The 13 stations along this path will validate that you aren't as young as you used to be. Park in the lot across from Temple Isaiah on Lincoln St. Proceed counterclockwise around the Lincoln Park athletic fields.

Between Stations #9 and #10 is the start of the **Lincoln Park Swamp Trail**, an educational trail on a 650 ft. boardwalk. The boardwalk is not

supported by posts— they would slowly sink—but it floats on the muck below.

Willard's Woods



Wander through an old farm that appears much as it did 140 years ago. You'll come across an apple orchard, a pond, and open fields with bluebird boxes. Park in the lot at 41 North St.

Minuteman Bikeway

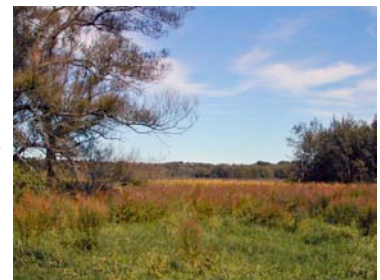
This paved bikeway runs from Bedford to Arlington, where it connects to a bicycle path that leads to Cambridge and then along Storrow Drive to Boston. Walkers are welcome, along with speeding bicyclists and graceful rollerbladers. You might

even meet *Belle*, a pet llama. Let me assure you that being at eye-level with an animal while you are seated high on a bicycle is an

unnerving experience! To learn more, click on <http://minutemanbikeway.org/>.

Great Meadows

Do wear hiking boots and carry a walking stick to enjoy hiking or birding along the miles of trails. Park at the Waldorf School, 739 Mass. Ave., near Pleasant St. (small brown sign before the traffic light). There's an extensive guide at



www.foagm.org/documents/CLC_Great_Meadows_Walking.PDF.

LET THE GOOD TIMES ROLL

CALENDAR OF CAMPUS EVENTS

compiled by Charles Raskin

SLOSBERG MUSIC CENTER

Oct. 21 (8 P.M.)

Musical Metaphors and Improvisations on Persian and Turkish Themes

Kayhan Kalhor, Iran's leading composer-musician, has received two Grammy nominations for his musical expressions of Persian culture and Sufi spiritual traditions. Playing the Persian stringed *kamancheh*, Kalhor is joined in this special concert by the brilliant Turkish musician **Erdal Erzincan**, virtuoso on the Persian string instrument, the *baglama*. United, these acclaimed international artists offer an unforgettable evening of music that is simultaneously ancient, timeless, and uniquely contemporary. Admission: \$10 for BOLLI members.

In association with their residency, Brandeis will sponsor films, open classes, and symposia on Iranian culture, literature, and music. See www.brandeis.edu/MusicUnitesUS/residency

WEDNESDAY CONCERTS AT NOON

Rapaporte Treasure Hall, Goldfarb Building

Oct. 18

Lunchtime concert by the **Lydian String quartet**

ROSE ART MUSEUM

Oct. 2 (2 P.M.)

Balance and Power: Performance and Surveillance in Video Art

Talk by Michael Rush, curator and Rose director

Oct. 21 (4:30 P.M.) and Oct. 22 (1 P.M.)

Clare Rojas: Hope Springs Eternal

Talk, free with museum admission or with ticket to the Brandeis Theater Company production of *The Waiting Room* at the Spingold Theater

Oct. 25 (7 P.M.)

Film: **Red Squad** (1971)

Documentary about the surveillance units of the New York City police and the FBI during the anti-war demonstrations of the early 1970s. Followed by a discussion with directors Steven Fischler and Joel Sucher. Admission: free.

Oct. 28 (2 P.M.)

Fall Fest Rose Tour

Hosted by the Rose student interns

SPINGOLD THEATER

Laurie Theater

781-736-3400, option 5

The Waiting Room

by Lisa Loomer

Oct. 12-21 (8 P.M.) & Oct. 21 (2 P.M.)

A dark comedy about the timeless quest for beauty—and its cost. Three women from different centuries meet in a modern doctor's waiting room. Forgiveness From Heaven is an eighteenth-century Chinese woman whose bound feet are causing her to lose her toes. Victoria is a nineteenth-century tightly corsetted English woman suffering from what is commonly known as "hysteria." Then there is Wanda, a modern gal from New Jersey who is having problems with her silicone breasts. Husbands, doctors, Freud, the drug industry and the FDA all come under examination. The play is a wild ride through medical and sexual politics, including the politics of the ever-present battle with breast cancer. Admission: \$9-\$10 for BOLLI members.