Outgoing Council Chair Nancy Rawson opened the 2nd Annual Meeting by introducing the newly elected Council members and officers.

The guest speaker, Brandeis University President Jehuda Reinharz, began by quoting Abba Eban, who preferred speakers to be “memorable rather than eternal.” President Reinharz enthusiastically cited BALI's progress and growth over the last three years and spoke of the role of BALI as the University expands its outreach to truly become a “connected university”. President Reinharz also indicated that, as is his custom at the University, he intends to sit in on a BALI class.

Reinharz noted that today's university students expect to have 8 to 10 jobs during their working careers. The University must encourage these young people to break the traditional barriers across academic departments. He encouraged BALI members, with their maturity and experience, to become student mentors. He also suggested they be strong and active representatives of Brandeis within their local communities.

President Reinharz concluded with the award of a plaque from Brandeis University to Irving Brudnick, recognizing him as a founder and financial supporter of BALI. Irving offered his thanks and appreciation for this unexpected honor and his satisfaction and joy at the progress of BALI over the last three years.

Nancy Rawson continued with an overview of BALI's prior accomplishments, finances, expenses, and future plans. Handouts with relevant information were distributed.

She thanked the membership for their participation in all aspects of BALI and the resulting increased effectiveness of the committees and programs. Nancy recognized challenges such as curriculum development, the need for more space and time resources, increased diversity in the BALI student body, and scholarship assistance to attend BALI.

Prof. Jane Hale, who was to have lead the first BALI Intensive program this June, spoke about her offering, “Literacy Across Cultures”.

Nancy and Director Sharon Sokoloff jointly expressed their appreciation to all those who had assisted in the success of BALI in the past year. They handed out roses to the Study Group Leaders, the committee Chairs, and the new BALI Council members.

Bud Elliott, the newly elected Council Chair, also offered his congratulations and best wishes to all the above. In particular, he complimented Nancy Rawson, the outgoing Chair, for her hard work and accomplishments during the past year.
**FROM THE OUTGOING PUBLISHER**  
*by Eileen Mitchell*

Throughout the first three years of BALI, our classes, events, and experiences have been reflected in the pages of the *BALI Banner*. My three years as *Banner* Publisher have been richly rewarding. Initiated by our first director, Bernie Reisman, the *Banner* Editorial Committee has grown and thrived along with the BALI program. Our committee motto seems to have been: more news, more events, more information, more voices.

Now a new pen and a new voice will emerge to enhance the *Banner*. Beginning with our next issue, Richard Glantz will become the new *Banner* Publisher. His knowledge of BALI and the membership will enrich future issues of the *BALI Banner*.

My experience with the *Banner* Committee and our many BALI contributors has been enlightening and inspiring. Thanks to all who made the *Banner* a success. Welcome aboard, Richard, and may your sea of words yield precious pearls.

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**FROM THE INCOMING PUBLISHER**  
*by Richard Glantz*

What a tough act to follow! Eileen’s name has been associated with the *Banner* since its inception. The *Banner* team will have to remain in sharp focus if we are to build on the momentum Eileen has set out.

Eileen has been gracious in working out a transition plan with me. In fact, this issue was put together by both of us.

You will notice in this issue a new look to the *Banner*.

We hope the increased use of graphics in the body of the *Banner* will complement the inviting feel and draw readers into each article.

Please let us know your reaction to this new format.

Thanks to those who responded to our reader survey. We are especially pleased how happy you are with the regular columns, such as the *Director’s Report*, the *Council Report*, *To Your Good Health*, and *Campus Events*. There were several requests for a series of biographies of members and study group leaders. We welcome any other suggestions the membership has. See page 8 for how to contact the BALI Banner.

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**NEW YORK MEMORIES**  
*by Alfred Fine*

There are all sorts of Web sites just waiting for the adventurous Internet explorer to discover. I love [www.forgotten-ny.com](http://www.forgotten-ny.com). Among its major categories are *Street Scenes*, *Signs*, *Lamps*, *Cemeteries*, *Trolleys*. All of these are further divided into representing the five boroughs. Even more esoteric aspects of New York life.

For ex-New Yorkers—and I admit to being in that category—it will bring a feeling of nostalgia (and perhaps a tear) in acknowledging that time has really passed since we last called New York home.
FROM THE DIRECTOR

by Sharon Sokoloff

On May 19th, BALI reached a significant milestone, receiving its first sizeable financial gift, $250,000 for five years, or $50,000 for each of the next five fiscal years. The gift comes from the Werner Dannheiser Testamentary Trust, “whose objectives include the general needs, care, treatment, and betterment of the elderly, or research of causes and cures and treatments of patients who have specific illnesses associated with aging”.

This gift is a direct result of the efforts of President Jehuda Reinharz on behalf of BALI. President Reinharz initiated and spearheaded this effort from start to finish, enabling BALI to receive the gift. Of course, if BALI wasn’t a good program the Trust would not have sponsored us; but the President’s efforts were vital to this success. The President’s role in this matter underscores the depth of commitment of Brandeis to the BALI program.

The Trust funds will be used in five ways.

Half of the gift will partially support BALI staff positions. It is customary that gifts, grants, and other outside funding sought by universities are used first to relieve the budget of fixed personnel costs.

The other four categories for which the gift will be used all relate to BALI program goals that you have heard about at one time or another.

The BALI Council will determine how the gift funds will be used. What follows are brief descriptions of the four program goals to which the Trust funds will be targeted.

BALI will:

1. Develop and implement increased pedagogical activities to develop and continuously improve BALI Study Group Leaders (SGL)

2. Provide stipends for Brandeis undergraduate and graduate students to encourage interaction, learning, and community between traditional Brandeis students and BALI members

3. Implement activities to broaden recruitment efforts to increase racial, ethnic, and socio-economic diversity in BALI and to establish scholarships to further this goal

4. Support the further development, revision, and implementation of the BALI Intensives program.

Implementation of the Intensives was delayed this Spring but will go forward in the future.

The Council and I will be available to talk with you about this gift and how we will be using it as the details unfold. As with any gift, grant, or contract with an outside funder, we are accountable to the Trust and will report to them on at least an annual basis about what we achieve with the assistance of these funds.

In closing, I hope you are all well and enjoying your time away from BALI. I look forward to seeing you in September. Best wishes.

Important BALI Dates

- Sep. 24 & 25  Fall term begins
- Nov. 26 & 27  Thanksgiving recess
- Dec. 3 & 4   Fall term ends
Dear BALI, . . .

Fun and Games

Dr. Deborah Prothrow-Stith of the Harvard School of Public Health spoke of the need to look at violence as a public health issue. Questions about the impact of the media and video games were raised. Some questioned the violence and competitiveness of some team sports as another contributing factor to the glorification of violence in the eyes of some youth.

Young children are very impressionable and look for models. BALI members can influence children with whom we interact, be they grandchildren, other family members, or children that we encounter in other ways. While they sometimes pooh-pooh some of our comments as old-fashioned, they really are taking in more than we think.

Cooperative board games are one way in which we might influence. An example is a game called “Harvest Time”. The idea of the game is to cooperate so that the garden is harvested before the frost comes in. Here are some resources for games suitable for children ages 3 and up which require cooperation rather than competition:

www.quincyshop.com
800-299-4242

www.home-again.com/pages/coopgames.html
888-666-0721

-- Elaine Reisman

Cambridge School Volunteers

I am the Director of Volunteer Recruitment for Cambridge School Volunteers. We are looking to fill some special volunteer openings in the fall. I’m hoping you might be able to assist me.

We have had almost 1000 volunteers in the Cambridge Public School system this past year. Many of the volunteers are local college students. Many are adults, and specifically retirees. At present, we are looking for adults over 55 to be matched with a second grader in our Intergenerational Math Program (IMP). Older adults are also being recruited to work with a first grader in the Intergenerational Literacy Program (ILP). While there are many volunteer opportunities at both the elementary and high school level, I am particularly interested in growing the IMP and ILP programs.

You can visit our website to learn more about our organization:

www.csvinc.org

You can telephone me at (617) 349-6794 or Email me at: cvs@cps.ci.cambridge.ma.us

-- Martha Osler

Brandeis Campus by Foot

by Eileen Mitchell

Save the lunch break during BALI’s first week in September and explore the Brandeis campus. Where do you go to buy or borrow books, grab a sandwich or a complete meal, see modern art, watch a play, hear music, visit the BALI office, swim, or simply stroll?

To find the answers, join a walking tour of the Brandeis campus:

Where: Meet Lenore Goldstein and Eileen Mitchell at The Gathering Place
When: Wednesday, September 24 or Thursday, September 25, 12:20 to 1:30 P.M.
Bring: Walking shoes and brown bag lunch (or buy at the Usdan cafeteria)
NOTE: The walk begins uphill with many steps, but returns downhill. See you on the campus trails.
Alcohol’s effects on pregnancy has now become important to women of child-bearing age. But, for those of us who were having children in the middle of the 20th century, the current emphasis on abstaining from alcohol during pregnancy is a mystery. Pregnancy and alcoholic beverages have not changed; yet advice about alcohol use during pregnancy has changed dramatically. The question arises: is this a new disease?

In fact, concern about parental consumption of alcohol during pregnancy has a long history. Both Carthage and Sparta had laws prohibiting the use of alcohol by newly married couples in order to prevent conception during intoxication. Aristotle said, “foolish, drunken, and hare-brained women bring forth children like unto themselves: morose and languid.”

From 1720-1750, England was swept by a “gin epidemic” and infant mortality rose. The College of Physicians cited gin as a “cause of weak, feeble, and distempered children.” When laws were passed limiting the production of gin, infant mortality and morbidity decreased markedly.

Throughout the nineteenth century, there were reports that children of alcoholics were apt to have mental retardation, epilepsy, and early mortality. The temperance movement used these findings as proof that the sins of the fathers were visited on children for generations to come. Research continued to demonstrate the adverse relationship between parental drinking and pregnancy outcome. Following the repeal of Prohibition in 1933, the early studies were ridiculed and rejected as moralistic and unscientific. Concern was not renewed in the United States until 1974 when Drs. Jones and Smith reported a unique set of abnormalities in children born to chronic alcoholics. They called the pattern *fetal alcohol syndrome* (FAS).

Children with FAS have three distinct abnormalities:
- They are small in weight and height, usually in the lowest 10th percentile, and they remain small despite the best nutritional strategies
- They have unusual facial characteristics including a wide nose bridge, small eye openings, flat cheeks, and a thin upper lip
- They have abnormalities in their central nervous systems which may include mental retardation, learning disabilities, and hyperactivity.

Children who have some, but not all, signs of FAS are diagnosed as having *alcohol-related-birth-defects*.

FAS occurs as often as does Down’s Syndrome. It is seen worldwide—in every ethnic group and at all social and economic levels.

Children with FAS are not all alike. The differences are caused by variations in the mother’s drinking patterns and by the stage of pregnancy in which the woman drank. Each gestational stage presents specific risks to the developing fetus:
- In the 1st trimester, alcohol can affect basic organ structure
- In the 2nd trimester, alcohol affects growth
- In the 3rd trimester, the brain is vulnerable.

When a pregnant women stops drinking, further risk to the fetus is reduced, no matter the stage of pregnancy. Any damage that might occur later in pregnancy is prevented.

Alcohol’s effects are dose dependent: the more the woman consumes, the greater the risk. Almost every case of FAS in the world’s literature has been a child born to a chronic alcoholic who was actively drinking during pregnancy. Precise safe or dangerous levels of drinking have not been delineated. As we do not know this safe level, the government recommends no alcohol use during pregnancy.

In this and in all matters relating to your health, your physician is your best source of information.

**Fetal Alcohol Syndrome**

*by Lyn Weiner*

TO YOUR GOOD HEALTH

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OVERDOSING ON SPAM

by Sherm Okun

Everyone hates “Spam” – except the Spammers, those faceless people who send out all that unsolicited junk Email touting easy credit, low-priced sale products, vacation promotions, making money easily by working at home, sexual adventures, and services you don’t want or need. Such Email is usually deceptive, but not necessarily illegal.

What the Spam sources do is “harvest” addresses from chat rooms, news groups and other accessible sources, including legitimate vendors from whom you have bought merchandise. Email address lists are sold in batches of millions on CDs.

Most long-term Email users are inundated with a mélange of sales pitches, half-truths, and vulgarities. By some estimates, over half of the Email in this country is Spam and it is growing.

Regrettably, it doesn’t seem possible to stop all incoming Spam, although there are ways to reduce it.

- The most important preventive measure is to be careful about how you use your Email address: do not give it out without taking safeguards.

- Spammers can also obtain addresses by using scanning programs on Internet bulletin boards, chat rooms, and newsgroups. One way to avoid this process is to add non-alphabet characters to your user ID when posting a message to any bulletin board or newsgroup, or to have several names, each used for different purpose.

- Don't give out your Email address without knowing how it will be used.

- Read the terms of use and privacy statements of any site before telling anyone your address.

- Don’t reply to Spammers by requesting the originator to take you off their list. You will just confirm your existence and generate more Spam for yourself.

Software companies routinely build in Spam-filtering features in their Email programs. Activate the filter. Most Internet Service Providers also install filters—make sure your provider has them. And there are software programs designed to ferret out or block Spam. These programs (some free) can be downloaded from the Internet. Or you can check your local computer store.

INTERNET ALERT

All of these programs have shortcoming in terms of blocking wanted mail, not recognizing all Spam, or being complicated to set up and update. And even if they do everything you want them to do today, they won’t tomorrow. Spammers find ways to get around them.

The Federal Trade Commission provides useful information and advice on how to limit Spam. Their address is:

http://ftc.gov/bcp/conline/edcams/spam/

For additional advice try:

http://www.ecofuture.org/jmemail.html
http://www.spam.abuse.net/

Good luck.
RUTH HARRIET JACOBS AND WRITING

by Max Potter

One BALI person to whom I am indebted is an Outrageous Older Woman named Ruth Harriet Jacobs. At the BALI introductory session, she stood up, introduced herself, and said she would teach a course in memoir writing. I had no personal interest at all in writing until that very moment, when I suddenly said to myself, "sign me up." Since then, I have had three courses with her. I have enjoyed them all, and am most grateful to her, not only for what she has taught but for the way she has gone about it.

A word about her style. She sits comfort-ably ensconced in a gentle chair at the head of the table, dressed frequently, if not always, in purple and wearing a turban, of the type seen often enough on the heads of the Windsor women. In fact, she radiates some of the hauteur of Queen Victoria herself, although, unlike the good Queen, she has a sense of humor. At times her bosom is emblazoned with buttons espousing a host of righteous causes. She produces from her commodious briefcase a flood of magazines, pamphlets, and brochures, all for the good of her students, directing them toward areas in which their vistas can be broadened and their writing improved. Perhaps they can even be published, an unexpected outcome. (Some have indeed been published).

The class method is as follows. Each member reads what he or she has produced for that week, and everyone editorializes or criticizes everyone else—but kindly. Ruth will then take the material home and edit it in great detail, fairly, thoughtfully, and with rigor—tempered with kindness.

Her impact on us has been sufficiently great for a group of us to have split off and continue to write together every other week. And not only that but her support has been strong enough to make us feel unabashedly that we are, indeed, writers. Professionals, no, but legitimate writers, yes. I have no idea how this has happened, but happen it did. Those of us lucky enough to join her class have felt relaxed enough to produce and experiment and be open with each other. And, more importantly, with ourselves.

Through her good offices there has been produced a cluster of people who have been able to take what they have learned and move on productively and confidently into all the other phases of BALI.

CLASSROOM HIGHLIGHTS

“What's the topic???” . . . . . . . . “The Evils of Gambling” . . . what else???
Let the Good Times Roll

Four Go Mad in Massachusetts

reviewed by Elaine Dohan

If, like me, the best of “good times” are those that you spend with your grandchildren, read on. Commonwealth Editions has published a delightful new book called Four Go Mad in Massachusetts, written by John Mitchell and illustrated by Jana Christy Mitchell. Formatted like a travel guide, the book is a series of travel essays chronicling the expeditions of the Mitchell family, and recording their responses. They began their day trips from Boston to the Berkshires when their twin sons, Harry and Hugo, were three years old.

They chose destinations so as to avoid large crowds. They also looked for outdoor attractions whenever possible. They ended up in some wacky places; they met some unusual people; and they built some wonderful memories.

Like the Mitchells, most of us have taken kids to the Salem Witch Museum, the Stone Zoo and the Harvard Museum of Natural History, but when was the last time you visited the Warren Anatomical Museum, The Charles River Museum of Industry or the Saugus Iron Works?

At MassMoCA they visited the Maya exhibit where “Harry and Hugo begin swirling around the Maya structure with almost uncontrollable glee. Who can blame them? They are circling...a twenty-foot-high pyramid...filled with hidden mini-dramas and strange pairings of action figures.”

At the National Plastics Center and Museum they visited the “Discovery Corner, where giant plastic candy canes and flamingos are displayed. One delight is the free pinball game with the recycling theme. The player earns points on such spots as ‘Store Will Buy Back’, ‘Curb Side Pickup’ and ‘Landfill’. Every time you get a new ball, the machine says. ’Thank you for recycling plastic…’ ‘It’s fun here because there’s lots to see,’ decrees Harry.”

At Battleship Cove they visited the battleship Massachusetts. The twins were fascinated by the rows of bunks that “created a tunnel system that allows the kids to crawl around maniacally on different levels. ‘We’re like moles,’ they squealed.”

Harry and Hugo explored “overwhelming hordes of weird little trinkets that hang all around” while John spent time chatting with the Thermometer Man at the Porter Thermometer Museum. “Moments spent with Porter are a strange swirl of the history of thermometers and the chance to catch up with someone you never knew before.” Among his favorite items are “Little thermometer swizzle sticks that let you know if your Gibson is properly chilled” and “his oldest thermometer—a woodcut from the 1830’s”.

Meeting new people, going to new places, and reading new books are all delicacies savored during these special years. Add the eager faces of beloved grandchildren, and you’ve created a perfect recipe. Four Go Mad in Massachusetts should be an active ingredient.

The BALI Banner is published by the Banner Editorial Committee:

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