COUNCIL DEVELOPS AN ADMISSIONS POLICY

by Ron Levy

BOLLI set a new enrollment high in the spring semester, and this despite our traditional experience that the spring enrollments are lower. I have written and spoken about how BOLLI may be reaching its capacity and how we need an Admissions Policy. The Council gave preliminary approval at its March meeting to the policy outlined below. We presented the proposed policy at the Open Forums and received constructive suggestions. These related mainly to improving the traditional class lottery, which we expect to computerize by the fall. By the time you read this column, the Council will have considered these suggestions and made appropriate modifications to the policy before taking a final vote.

Active Members
1. Postmarked dates will be noted on applications.
2. Continuing Active members and those who choose to convert to Active membership from Associate membership are given full consideration in the class lottery so long as their course applications are received by the registration deadline.
3. Those continuing Active members unsuccessful in the class lottery will then be given preference in open courses immediately following the lottery, so long as they have listed alternatives.
4. After this preliminary process, new applicants who have applied by the registration deadline will be given an opportunity to select from open courses. Preference for acceptance into the BOLLI program will be given first to spouses and legal partners (or equivalents) of Active members and then to other new applicants, both according to the postmark date of their applications.
5. Late-registering Active members and new applicants will only be considered after this process is concluded.
6. A new applicant who turns down an opportunity to register for open courses (and thereby become a full active member the following semester) must reapply in a subsequent semester, with no priority given to that application.

Associate Members
1. The maximum number of Associate members will be set currently at 40.
2. Those registered in either of the 2006-2007 semesters may choose to remain an Associate indefinitely or may convert to Active membership by September 1, 2008.
3. After September 1, 2008, the conversion privilege ceases and Associate members need to apply anew for Active membership.
4. New applicants for Associate membership will only be admitted on a space-available basis after July 1, 2007, up to the maximum number set for this category. Subsequent transfers to Active membership will require new applications.

Inactive Members
No rule changes are being proposed for this membership category. All Active members may assume this category for one semester following each semester of Active status.
Council Report

by Carol Shedd

Michaele Whelan, Vice Provost of Academic Affairs of Brandeis University, was a guest at the March BOLLI Council meeting. Michaele is the Brandeis person to whom Sharon reports. She spoke to us about BOLLI’s increasingly close association with Brandeis over the last seven years, and she thanked BOLLI for its growing involvement with campus programs, faculty, and students.

Citing the International Friends Program with the Heller SID students, the BOLLI Scholars Program, the Intensives, and informal contacts between study group leaders and Brandeis students and faculty, she expressed praise for BOLLI and its achievement of connecting with and contributing to the University. These efforts have been facilitated by the strong support of Brandeis president, Jehuda Reinharz.

Michaele suggested BOLLI consider other ways it might be involved with campus life; in particular, reaching out in some way to undergraduates. Already under consideration by the Council are programs of mentoring undergraduates and informally supporting their athletic programs.

Dear BOLLI, ...

Recycling Suggestion

As we all read and ponder the many articles being written about global warming, one issue should concern us all. What can we do as individuals and as a group to contribute to the greening of our community?

One easy idea concerns the number of coffee cups used every Tuesday and Wednesday at BOLLI. Can you guess how many? It is really shocking. Let’s all try to solve this problem. Reuse your cup or bring your own coffee mug from home. Some people are already doing this.

Any other ideas for saving energy and doing more recycling?

-- Harriet Kahn

Thank You

As you may know, my husband, Alfred Fine, has had two hip surgeries since early December 2006 and has been non-weight-bearing on his left leg for the past four months while the healing process progresses.

Al and I would like to extend our heartfelt gratitude to everyone for the many calls, emails, letters, cards, plants, and visits, as well as for the brownies, books, bathrobe, and bagels. Your outpouring of prayers and good wishes lifted our spirits when we were down, and reinforced our impression and appreciation of BOLLI as a wonderfully caring community. It is helping him continue on his long road to recovery.

-- Renée and Al

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DISPOSABLE EMAIL ADDRESSES

by Richard Glantz

You know that as soon as you place an order through an Internet store, your name and email address are placed on their marketing list, probably even before they put through your purchase request. Subsequently, you get bothered by lots of promotional offers by that Internet store, and sometimes by other Internet stores to whom your information was sold.

Wouldn’t it be nice to have a disposable email address, one that forwarded mail to your real address for a short while but then vaporized?

Yes, shoppers, your wish has come true. You can sign up for an unlimited number of disposable email addresses at www.spamgourmet.com. There’s no fee, and there’s no software to download. Furthermore, if you click on the “advanced mode” box, you will have five additional options for hiding your identity. The site says the fifth option is for the “really paranoid”. After a certain number of emails from your shopping site (to allow for order acknowledgement, shipping confirmation, out-of-stock notification, and the like), your dummy email address is vaporized. You must specify in advance how many emails you will accept from the Internet store.

Another free service that offers disposable email addresses is www.sneakemail.com. This service does not vaporize the dummy email address until you so direct it.

STRETCHING THE IMAGINATION

by Naomi Schmidt

BOLLI Adventurers braved the elements on April 12 to visit the new Institute of Contemporary Art (ICA), a striking building with its cantilever construction and framed views overlooking Boston Harbor. We were treated to guided tours of the building, as well as a number of the current exhibits.

The innovative architecture has been highlighted in the local media and can be seen at their Web site http://www.icaboston.org/. What came as a surprise to us, however, was the variety and creativity of some of the art works themselves. Starting with a vast mural titled The Divine Gas on the wall opposite the museum entrance and continuing with a collection from the works by Louise Bourgeois, our docents helped us to discover our own insights into some perplexing products of the creative imagination. Other highlights included Space House, a papier-mâché installation by Misaki Kawai, and the exhibit Super Vision. The latter examines how new technologies have pushed the limits of the visible world.

Each of us probably had his or her own favorites (and dislikes as well); but we were in agreement about one piece that we all loved, Czech Modernism Mirrored and Reflected Infinitely, by Brookline High graduate Joseph McElheny. Happily, this last work is part of the museum’s permanent collection and thus will be able to be viewed even when most of the other pieces that we saw today are replaced by new exhibits and installations.
Diabetes Management

by Peter Karp

Diabetes Mellitus is a common disease. With careful management and attention to details, a person with diabetes can live comfortably for a long time. Here are some details to pay attention to:

• Regular medical visits are necessary. Your physician will probably want to see you for an office visit at least two to three times a year which would include an annual complete physical examination. He or she will check your diet, weight, medications, blood pressure, and history. If you're forgetful, it may help to make a written list of questions for the physician.

• Seeing an eye doctor (ophthalmologist or optometrist) yearly is important to see if you have any retinal lesions which may be a precursor to blindness. Many lesions can be treated early with laser therapy to help prevent blindness.

• Glycohemoglobin should be checked at least twice every year. This will show an average of your blood sugar over the prior few days and is a big help in addition to a blood sugar test. If you're ranging from 5.5-6.5, that's good. If your glycohemoglobin ranges around 9-11, that's much too high. It's important to track these values and look for improvement.

• Urine for micro albumin should be checked at least yearly. Abnormal elevation can be a sign of early kidney disease which can lead to kidney failure.

• EKGs should be done occasionally. A diabetic can have a “silent” heart attack (one with no pain).

• Diabetic foot care needs special mention. White socks are helpful if there's any local irritation. Wear shoes whenever possible during the waking hours. Diminished circulation consistent with aging can require washing and drying feet carefully and treating local infections promptly. Foot pain can be due to diabetic neuropathy. There are some new medications which can help alleviate this type of pain.

• Skin lacerations and abrasions should be treated promptly, usually with topical antibiotics to prevent infection. The elevated sugar levels in the tissues are what bacteria like to live on.

• Maintaining the correct weight is essential. Check with your doctor about appropriate eating habits.

• Regular exercise is important. Find an exercise that you like to do and try to do it for at least an hour three times per week.

Diabetes can often be managed with diet, oral medications, injected insulin, or a combination of these. For more information go to the American Diabetes Association on-line at www.diabetes.org

Summer Volunteers Wanted

Many BOLLI members have generously offered to volunteer in the BOLLI office. One of the best times to do this is over the summer. The volunteer times during the summer are Tuesday mornings from 10-12 and Thursday afternoons from 1:30-3:30, beginning May 22nd and going through August 30th. The tasks are generally things like opening and sorting registration forms, copying, and putting together small mailings. If you are interested in volunteering for any dates over the summer, please contact Carol at callman@brandeis.edu.

Vol 7 Number 7 May 2007
Ask anyone lucky enough to take one of his standing room only BOLLI courses and you will be told the inside scoop on this SGL — Maurie Stiefel is a Renaissance Man. An urbane, big-city trial lawyer with a small-town touch (he’s originally from Kansas City), Maurie has given many interesting courses and qualifies for renaissance status because of his singular achievements. Maurie uses his legal skills in the classroom to facilitate probing and free-ranging discussion.

Success as an SGL continues an unbroken string of career accomplishments. Maurie had a broad education starting as a University of Pennsylvania graduate in chemical engineering and then as honor law graduate of George Washington University (while employed days as a research engineer). He became a government patent examiner before starting a variety of law practice experiences in New York, first with his own firm and then with Brian Cave, a prestigious international law firm.

He is a voracious reader, political liberal (Kansas may be a red state but has no influence on Maurie’s thinking), chess wiz, wine connoisseur, raconteur, and avid sailor. Maurie recently married artist Miriam Goldman, a BOLLI member, after the untimely death of his first wife of thirty-five years.

At BOLLI, Maurie has taught courses on the fiftieth anniversary of the Brown v. Board of Education decision, the Supreme Court nomination process, chess as a proxy for life, and currently on law and psychology, a subject in which he has practical expertise as a wily trial lawyer. Each class is filled with Maurie’s wry humor, political and social insights, and, most importantly, tales of his law cases and trial exploits. He makes full use of technology, posting relevant articles and commentary on an eBoard and gracefully tutoring classmates less adept at using the Internet.

Maurie has a unique teaching style which engages the class in different ways. For example, he loves to find relevant and controversial issues to be formally debated by class volunteers, allowing time for some preparation. He builds up the drama before the debate by much hoopla and jokes as though gladiators were still about. He recollects the excitement of his law practice. This semester, in his law and psychology class, one such debate explored whether cameras should be permitted in the courtroom; another will explore whether Hamlet would be judged by a jury of his peers to be sane or insane after the murders of Polonius and the King. I have the privilege of defending Hamlet while Maurie prosecutes. Poor Hamlet! Maurie also finds interesting points to highlight in our studies by quizzing or polling the class while he chuckles at the result.

He has used the same techniques in other courses to stimulate class interest. Maurie uses the most current texts which he supplements weekly with links to articles from The New York Times, The Wall Street Journal, and The Economist. Class members are always on the lookout for similar materials.

Students often exit Maurie’s classes recounting a witty Stiefelism; and murmuring, “What a guy! What is he teaching next term?”
After introducing the BOLLI Council members at the Forum on Tuesday, March 27, Ron Levy, Council Chair, thanked Phyllis Markowitz for her splendid work in making the BOLLI Scholars such an enriching part of our program. Phyllis is stepping down as Chair of the committee.

One member raised the problem of people missing 3 or more classes because of previous plans. Such absences often cause disruption in the class flow or chemistry. Members might ask the Study Group Leader if planned absences would be acceptable. Another suggestion was to include the SGL’s stance on such absences in the catalog descriptions.

A member questioned the policy of allowing members only one inactive semester in a 12-month period. The Council continues to believe one semester’s absence is long enough to hold standing as a member and still maintain the community of BOLLI.

At Wednesday’s Forum, Judy Cohen reported that for last term, with the four-class schedule, 89% of the early morning classes, 68% of the late afternoon classes, and all of the in-between classes were filled. In response to member requests, classes that repeat in future terms will be rotated in time slots.

On the matter of BOLLI finances, Sharon Sokoloff, as the Director, has exclusive responsibility to the University. Membership revenue is $200K, which must cover expenses such as staff compensation, payments to BOLLI Scholars and faculty lecturers at the Intensives, and rent for Gosman. In addition, the University taxes the revenue of all departments, including BOLLI. We are presently self-sustaining.

In answer to a question about the Endowment Fund, Ron gave the goal for the Fund as $2M, which, at a 5% payout rate, should be a sustaining factor for the BOLLI program.
I attend professional conferences once or twice a year, similar to those many of you attended in your respective professions, whether as librarians, social workers, psychologists, physicians, attorneys, or engineers. Mine are generally under two broad umbrellas: gerontology and lifelong learning. The purpose of this article is to share the “tip of the iceberg” of the information provided by organizations in the field of gerontology.

I make a pilgrimage to the annual conference sponsored by the American Society on Aging (ASA) www.asaging.org each March or April. ASA is one of two major and overarching organizations in the field of aging in the United States. The other is the Gerontological Society of America (GSA) www.geron.org. I have been intermittently associated with either ASA or GSA since 1978. Both are non-profit organizations geared toward the development of professionals in the field of gerontology and geriatrics.

ASA says it is “the largest organization of professionals in the field of aging. Its resources, publications, and educational opportunities are intended to enhance the knowledge and skills of people working with older adults and their families.” GSA says it provides more than 5000 researchers, educators, practitioners, and policy makers with opportunities to understand, advance, integrate, and use basic and applied research on aging to improve the quality of life as one ages. I distinguish the two in this way: ASA is more practice-oriented and GSA is more scientific. Both include many tracks, e.g., older adult learning, long term care, spirituality/religion, assisted living, elder abuse, civic engagement, technology and aging, epidemiology of aging, creativity in later life, adult development…the list goes on.

The National Academy on an Aging Society www.agningsociety.org is the non-partisan public policy institute of GSA. It conducts “research on issues related to population aging and provides information to the public, the press, policy makers, and the academic community.” Its Web site houses outstanding downloadable reports on a wide range of topics.

The International Longevity Center–USA www.ilcusa.org is “a not-for-profit, nonpartisan research, policy, and education organization whose mission is to help societies address the issues of population aging and longevity in positive and constructive ways and to highlight older people’s productivity and contributions to their families and to society as a whole.” It was founded by Robert N. Butler in 1990. Butler was also the first director of the National Institute on Aging www.nia.nih.gov in 1974 and is the author of the Pulitzer Prize-winning Why Survive? Being Old in America.

Several other useful resources include:
www.civicventures.org
www.ncoa.org
www.aoa.gov
www.americangeriatrics.org.

Finally, for a wide range of cutting-edge information in all areas of our lives as individuals in mid-life and beyond, see www.aarp.org.

Live long and prosper.

The final Adventurers trip for BOLLI members this spring is Tuesday, May 8th. The trip includes lecture, tour of the Nature Center building, buffet lunch, and walk with a naturalist on trails through wildlife habitats. Contact Eileen Mitchell at mitchellmail@comcast.net.

Vol 7 Number 7 - 7 - May 2007
CALENDAR OF CAMPUS EVENTS
compiled by Charles Raskin

SLOSBERG MUSIC CENTER
Check with the box office (781-736-3400, option 5) for tickets
Admission: $5 for BOLLI members

May 5  (8 P.M.)
**Brandeis Wind Ensemble**
Thomas Souza, conductor
Presenting a program called *American Dance, Stage, and Screen*
- Robert Russell Bennett *Suite of Old American Dances*
- Daniel Bukvich *VooDoo*
- Leonard Bernstein *Wrong Note Rag*
- selections from the musical *Wicked*

Flights of Fancy
A symposium on Dædalus and Icarus in Art, Literature, and Music
Presented by the Classical Studies and Music Departments
Hassenfeld Conference Center
May 2  (3:00-5:30 P.M.)

3-4 P.M.
**Reading Dædalus: Portraits of the Artist**
Lecture by Barbara Weiden Boyd (Bowdoin College)
Through his creation of the labyrinth, the mythical Dædalus offers a paradigm for reading the two most complex and challenging poems in the Latin narrative tradition, Virgil’s *Ænide* and Ovid’s *Metamorphoses*.
This talk looks at how both poets use the great artisan as a prototype for every reader and interpreter of their works. Discussion to follow.

4-5:30 P.M.
**Brueghel’s Landscape with the Fall of Icarus: the Anti-Phæton**
Mini-lecture by Jonathan W. Unglaub (Fine Arts)

**Falling Off the Wall: Message and Meaning of Dædalus and Icarus in Pompeian Paintings**
Mini-lecture by Ann Olga Koloski-Ostrow (Classical Studies)

SPINGOLD THEATER
Check with the box office (781-736-3400, option 5) for tickets
Admission: $10 for BOLLI members

**Puzzle Master**
May 5 and 6  (8 P.M.)

A multi-media retelling of the myth of Dædalus and Icarus by poet F. D. Reeve, composer Eric Chasalow, and video artist Denise Marika. Part of the Boston CyberArts Festival. Supported by the Poses Fund for the Arts.

ROSE ART MUSEUM

May 10  (7 P.M.)
**Art in Context**
Judith Rodenbeck contextualizes the art we view at the Rose and elsewhere

May 13  (2 P.M.)
**Bob Nieske Trio**
Avant garde jazz

May 19  (2 P.M.)
**Inside View**
A talk on the exhibitions with Director of Education Elizabeth Thach

Vol 7  Number 7  - 8 -  May 2007