

Sixty Plus – OLLI at San Francisco State University

Highlights

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SIXTY PLUS – OLLI A Program for Lifelong Learning June, 2019

Monday, June 10: “Music of Southwestern Louisiana”

Max Lopez and Andre Nigoghossian ~ Creole-Cajun Music Duo

Max and Andre’s duo presents the dance music of Southwestern Louisiana, stripped down to its essential elements – squeezebox, guitar, fiddle and soulful singing in French and English. Trading off on vocals and instruments, the Duo delivers two-steps, heartfelt waltzes, and bluesy shuffles for your dancing or toe-tapping enjoyment.

Max Lopez and Andre Nigoghossian met and honed their skills at jams within the vibrant San Francisco Bay Area Cajun music community. Both have spent time around Lafayette, Louisiana – learning the music at its source. Max leads his own Creole-influenced band and works professionally as a sound engineer; Andre is a member of an East Bay swamp-pop band and is a glass artist by trade.

The meeting will be held in **Room 587 in the Humanities Building** at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **SEW – TEU** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

Monday, June 24: “Whale Watching in SF Bay”

Michael Pierson, San Francisco Whale Tours

Michael Pierson has spent a lifetime compiling information about all things in nature. He has collected ecological data on beaches along our coast for the National Oceanic and Atmospheric Administration in its Beach Watch program since 2012; he has been called into action by the Oil Spill Prevention and Response team when the worst has happened in the waters of San Francisco Bay; and he was involved in Natural Resources interpretation with the National Park Service for five years.

You’ll never find him without his binoculars staring up into a tree looking for some amazing species of bird or out onto the water for marine life. In his presentation he covers what a whale watching experience on San Francisco Bay is like and some of the recent changes San Francisco Whale Tours have observed in the behaviors of the incredible wildlife that call the Bay home.

The meeting will be held in **Room 587 in the Humanities Building** at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **TOM – ZIN** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

All June and July Programs will be held in Room 587 in the Humanities Building.

The shuttle is **NOT AVAILABLE** during June and July – but parking is readily available both on the street and in the lots as very few students are on campus during the summer months.

President's Message –April, 2019

Even though we only had one meeting in May, our speaker was so interesting that I am still thinking about him a week later. Marvin Mutch brought his life story to Sixty Plus. He spoke most eloquently about his 40 years in prison for a crime he did not commit. It seemed that his life started with a very difficult upbringing that left him in the foster care system, leading to the juvenile “justice” system and eventually to San Quentin. In spite of all of that, he managed to educate himself as a lawyer while incarcerated. He ended up helping himself as well as many other inmates.

He spoke from his heart, without notes, and kept all of the Sixty Plus members interested from start to finish. I think we could have listened for another hour, but by 2:15 we had only a short time for questions so that we could still have refreshments and get everyone to the shuttle on time. Members gathered around Marvin during the social time to continue asking him questions. Even when people brought him cookies, he continued to talk with members until almost everyone had left Rosa Parks. I wish to thank Vivian Imperiale for referring Marvin Mutch to speak to Sixty Plus. His history may be radically different from our Sixty Plus members' backgrounds, but it seemed everyone was profoundly touched by his talk.



For our next academic year, please consider volunteering to be a on a committee for Sixty Plus. If you love being a member, please help us keep the topics interesting and the tours going, or offer to help with getting members to bring refreshments. The more hands helping, the better Sixty Plus will be. It is our community after all.

My very best to all,

**Chris Malfatti, President, Sixty Plus – OLLI at SFSU: 415-585-4811;
cmalfatti@sbcglobal.net**

Membership

New Members, 2018 - 2019

A warm welcome to all of our new members from all of us continuing members! Please feel free to approach any of us at any meeting, and we'll be delighted to make your acquaintance. We hope your membership is productive of new friendships, fun, and adventures.

We'll be looking out for you and hope to welcome you personally.

Mary Clare Bennett, Membership chair: marycbennett@gmail.com



Arts and Entertainment

Oregon Shakespeare Festival October 8 – 11, 2019

Reserve your seat for the annual trip to the Oregon Shakespeare Festival October 8 – 11, 2019. This popular tour, which has been selling out for the past several years, is limited to 30 participants.

Our delightful hotel is within walking distance of the theater venues and the many shops and restaurants in this charming town. The visit is enhanced by the pre-performance seminars offered by Dr. Marc Ratner, an accomplished and entertaining Shakespearean and theater expert who has shared his expertise on our previous tours.

The trip is \$990 per person, double occupancy or \$1,290 single occupancy. A deposit of \$150 is due by June 1, with final payment due by August 1, 2019.

For further information call Eileen Ward at 415-405-0489 or email: sixty@sfsu.edu



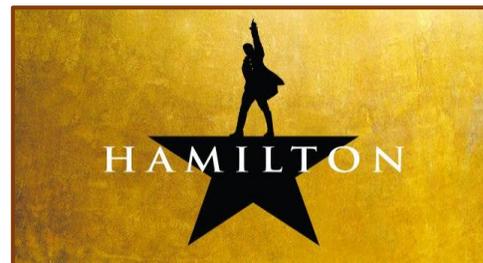
Another opportunity to see “Hamilton” before it leaves San Francisco

Wednesday, July 24, Matinee, 1:00 p.m.

Orpheum Theatre, 1192 Market St., SF, CA
(note: no elevator at the Orpheum Theatre)

Mezzanine - \$138 each (14 tickets available)

We must sell all of our allotted tickets to reserve this group of tickets. Payment due to Sixty Plus office by April 10.



Education Committee

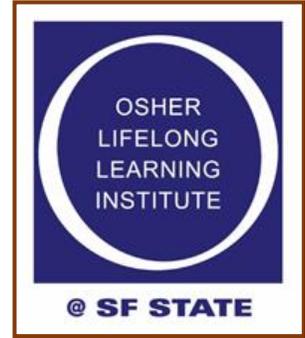
The Education Committee presents a special program, Erwin Kelly, Ph.D., in discussion about the current economic climate.

He will meet with us after the second regularly scheduled monthly meeting, June 24, in the same Room 587 in the Humanities Building. He will start after our speaker and social time, approximately 2:30, and conclude at approximately 3:15. We have no shuttle for that meeting, so our ending time is not crucial.

Erwin works in dialog with the audience, building his presentation around our questions. So bring your thoughts, questions, and opinions for this interactive discussion.

For further information, contact Richard Chackerian, Education Committee co-chair, richardchackerian@gmail.com

Summer Session at OLLI
Classes run June 10 - July 19, 2019



MONDAY

Summer Reruns - San Francisco Journeys, (Walking Tours) (5 weeks - Offsite) Monika Trobits, 10:00 a.m. – 12:30 .p.m.

TUESDAY

Global Lens, Michael Fox, 10:00 a.m. – 12:00 p.m.

Global Warming, Warren Wiscombe, 1:00 p.m. – 3:00 p.m.

WEDNESDAY

American Classical Music, Richard Aldag, 10:00 a.m. – 12:00 p.m.

Member interest groups, events, and teams, 12:00 p.m. – 3:00 p.m.

Song and Dance Men, Bonnie Weiss, 2:30 p.m. – 4:30 p.m.

THURSDAY

Celestial Mapping, Nick Kanas, 10:00 a.m. – 12:00 p.m.

Rivals & Conspirators: Great Renaissance Masters, Karen McSorley, 1:00 p.m. – 3:00 p.m.

FRIDAY

Writing the Personal Essay, Cary Pepper, 10:00 a.m. – 12:00 p.m.

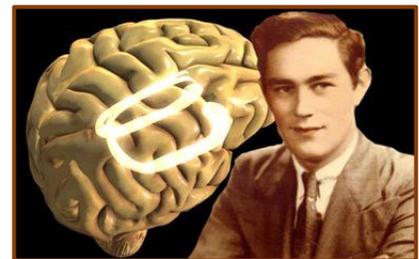
Drawing Light and Shadow, Karen Bash, Main Campus, Fine Arts 282, 11:00 a.m. – 12:00 p.m.

Painting Nature in Watercolor, Karen Bash, Main Campus, Fine Arts 282, 2:00 p.m. – 4:30 p.m.

Brown Bag Lecture: Wednesday, June 5, 2019, 1:00 – 2:30 p.m.

“Remembering, Aging, and the Brain – The Case of Amnesia Patient H.M. and its Implications for Us,” with Dr. Donald MacKay.

In this talk Dr. MacKay discusses how ordinary people can best maintain the everyday functioning of their memory, mind and hippocampus as they grow older. Donald MacKay is Professor Emeritus of Psychology, founding director of UCLA’s Cognition and Aging Lab, and co-director of the UCLA Language, Emotion and Memory Lab (LEMLAB).



Not-quite-gourmet Dining....

Tropisueno

75 Yerba Buena Lane (off Market Street between 4th Street and 3rd Street)

Tuesday, June 25, 5:00 p.m.

Get ready to party when you set foot in this bustling cantina, where pitchers of margaritas flow freely and endless bowls (gratis) of chips and salsas segue to heaping platters of rice and beans accompanied by generous portions of chicken, pork, or beef, smothered in a rich, full-flavored sauce. The menu offers a vast array of choices: tacos, burritos, quesadillas, tamales, enchiladas, grilled fish, al pastor, and chicken tinga, asada, or mole. My favorite is the chicken mole — moist and tender pieces of dark meat drenched in a sauce bursting with flavors from the profusion of herbs and spices that went into its making. To complement the cheesy, unctuous fare, a refreshing, tangy margarita is all but de rigueur. Cash only. No credit cards

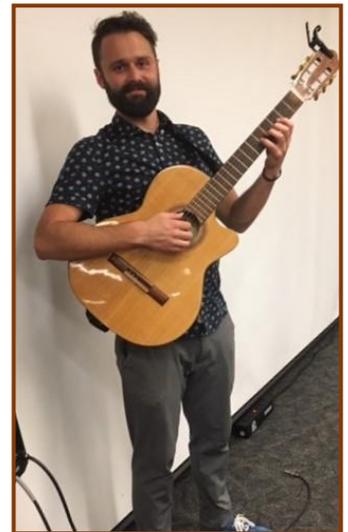
Muni: Metro to the Powell Street Station or any bus down Market Street

RSVP Required: Cecilia Lim, cec639sf@att.net, or 415-957-1602

Review: April 22 Guitar Concert

In April, members enjoyed a beautiful guitar concert of original songs. Justin Seagrave presented material from his latest collection, “Between Lives,” a program of classically-driven folk songs with stories of sea spirits, men who talk to trees and the spaces between life and death. This program included his original songs as well as a few of his favorites for classical guitar.

Justin Seagrave graduated with a degree in Classical Guitar Performance from the SF Conservatory of Music in 2011. He spent ten months roaming around Europe where he received a self-awarded master’s degree in street performing and euro-jamming. Since his last performance for Sixty Plus in 2013 he has focused on writing and performing his original music. Two songs off his debut album, “Between Lives” went on to win major international songwriting competitions.



Audience members thoroughly enjoyed and were moved by his elegant words and music.

The *Vistas & Byways Review* is the semiannual journal of fiction, nonfiction, poetry and visual arts by members of OLLI at SF State. OLLI provides material support to *Vistas & Byways* volunteers.

Traveling to Me from Afar by *Vivian Imperiale* is an evocative poem that explores the possibility that we can continue to communicate with those who have passed on.

Traveling to Me from Afar

From the Great Beyond
you watched how
I struggled sometimes
to explain to others
that you are there,
yet come to me.

Some friends I had counted on
shook their heads,
or looked aghast.
I stopped mid-sentence.
A spiritual divide so great
that it saddened me.
There was no use.

From the Great Beyond
you came to me one day
and pointed at the sky.
“Look! What do you see?”
It was amazing.
I looked up at the brightly shining sun.
I turned and there was the moon
resting in a bed of daytime blue.
There in the very same sky,
at the very same time.

I understood your message.
People think the moon belongs to the night
but there it was comfortably settled
in the mid-afternoon sky.
So you, my dear, can be home in both places —
the Great Beyond
and by my side.



Because of the chance encounter with a man with schizophrenia, as referenced in one of her poems, Vivian (Sinick) Imperiale left her 18-year career as support staff in a real estate office. She has been a mental health advocate for over 40 years, including 20 years employed in the field.

For another poem by Vivian Imperiale – and a poem that is a keen observation on human nature, by Richard Chackerian – check out our website, www.sixtyplussf.org. – ed.

Calendar of Coming Events

June 5	Wednesday	1:00 p.m.	OLLI Brown Bag: Remembering, Aging, and the Brain – The Case of Amnesia Patient H.M. and its Implications for Us Dr. Donald MacKay, SF State Downtown Campus, 835 Market St.
June 10	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Room 587, Humanities Building <i>No shuttle is available for this meeting.</i>
June 24	Monday	11:00 a.m. 11:00 a.m. 1:00 p.m.	Tour Committee meeting, Rosa Parks Room D Program Committee meeting, Rosa Parks Room D General Program Meeting, Room 587, Humanities Building Immediately following: Erwin Kelly, Ph.D., on the economy <i>No shuttle is available for this meeting.</i>
June 25	Tuesday	5:00 p.m.	Not-quite-gourmet Dining: Tropisueno 75 Yerba Buena Lane (off Market Street between 4 th Street and 3 rd Street)
July 24	Wednesday	1:00 p.m.	“Hamilton,” Orpheum Theater, 1192 Market St., SF, CA
Oct. 16 – 20	Tuesday	TBA	Oregon Shakespeare Festival, Ashland, Oregon

SIXTY PLUS 2017 – 2018

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Education — Co-ch	Richard Soward
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Tour	Sheila Birmingham

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Sixty Plus *Highlights*

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Items for the July *Highlights* should be submitted by **June 17** to: Jeanne Glennon: jfglennon@comcast.net



sixty plus

Since 1975

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