

Sixty Plus – OLLI at San Francisco State University

Highlights

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

THIS PROGRAM WILL BE HELD IN THE HUMANTIES BUILDING, ROOM 587.

Monday, Feb. 11: "So Much More Than a Headline: The Iranian Revolution at Forty" Dr. Persis Karim, Professor of Comparative and World Literature, SF State

On February 11, Iran marks the 40th Anniversary of the Iranian Revolution that toppled the former monarch, Shah Mohammad Reza Pahlavi, and ushered in a new political regime that not only dramatically changed Iran but shifted the geopolitics of the Middle East and the U.S. role there. Dr. Karim highlights some of the ways that the revolution and its political fallout have had much larger consequences in the region and in the U.S. She will also discuss the Iranian diaspora community and some of the troubling ways that Iranian citizens both inside Iran and in the United States have been affected by forty years of troubling relations between the two countries.

Dr. Karim holds a Master's degree in Middle Eastern Studies and a Ph.D. in Comparative Literature. Prior to coming to SF State in 2017, she taught at San Jose State University for 18 years. Her primary scholarship focuses on literature and culture of the Iranian diaspora.

THIS PROGRAM WILL BE HELD IN THE HUMANTIES BUILDING, ROOM 587 at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **Haw – John** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

Monday, Feb. 25: "Aerial Photography - The Ultimate Experience" Jassen Todorov, Professor of Music

Experience the excitement of capturing breathtaking views from Above. Jassen Todorov is an award-winning photographer; his images have been published and featured by National Geographic, the Guardian, Telegraph, Times and many, many more publications. His photography has also been exhibited at galleries around the world.

An active pilot and flight instructor, he specializes in aerial photography, featuring popular and remote parts of the world. Recent awards include top prizes in the Moscow International Foto Awards and others throughout Europe, Asia and the U.S. Most recently a stunning aerial desert picture won National Geographic's 2018 Photo Contest.

The meeting will be held in **The Rosa Parks Room, Cesar Chavez Student Center** at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **Kee - Lan** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

Shuttle Bus Times: Pick-up time for each program is at 12:15 p.m. at the Lake Merced parking lot at the foot of Sunset Blvd. A second bus will be available if necessary. The return trip leaves at 3:00 p.m. from in front of the Creative Arts Building on Holloway Avenue.

Membership

New Members, 2017 - 2018

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.

Hank Niebolt
Jack Hoffman

Nancy Leavens
Valerie O'Brien
Fern Schneiderman



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

President's Message –February, 2018

Welcome to February! January went by sooooo fast for me. Lots of rain and stormy conditions kept most of us in the house. As I write this, the sky is blue and the sun is shining. It's a great day for Martin Luther King's Birthday! The weather was also favorable for the Women's March on Saturday. It was my fourth march in two years, after no marches for many years. My marching buddies have shrunk to two, but we do persist. Thanks to all who showed up and walked. It was a good day.



January also brought another surprise for me. My beloved '94 Volvo 740 received a terminal diagnosis from my longtime Volvo mechanic. Too many expensive repairs, he said. The final straw was the complete break of the door handle on the driver's side. It worked to get out, but not to get in. I was going to buy another Volvo but got discouraged by all the choices I needed to research. I went to the Hyundai dealership to look at a used Volvo and came away with a Hyundai Tucson. Do not ask me why. I guess the sales people are experts. At any rate, I like the car and didn't want to confuse myself with more choices. So now I am scooting around SF in a bright red, small SUV. Everyone behind me can stop complaining about not being able to see around me!

I am happy to report that the membership of SixtyPlus is actually rising. We added ten members in late December and early January, 2019, bringing us up to 130 members. Many of our new members are cross-over OLLI members. This is very good news because our membership was shrinking, rather than growing at the end of 2018. Building our membership assures continuation of the tradition that began at San Francisco State University more than 40 years ago. It will be three years since we merged the two groups and both memberships have benefited. The University is very happy to have these groups on campus as well as at the downtown campus and the University is supportive of our efforts to remain a viable organization.

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

Arts and Entertainment

Winter/Spring Musical Events

Sunday, March 3, 2019, 2:00 p.m.

San Francisco Symphony Youth Orchestra. Davies Symphony Hall, Grove St at Van Ness Avenue.

Erwin Kelly, Arts & Entertainment Chair: 4006 – 18th Street, SF, CA 94114; 415-552-9435

Education Committee

Shopping, Security and Password Management

Computer Workshop with Dave Casuto

Monday, March 11 – 2:45 to 3:45 p.m. No Fee

This special workshop immediately follows the program in the Rosa Parks Room, with shuttle back to the Lake Merced Parking Lot at 4:00 p.m.

This workshop discusses computer safety, security, and overall good practices to ensure that you remain safe online and on your desktop and mobile devices. Among other topics, we cover on-line shopping, security practices, software recommendations, password management and more. Come with questions and real experiences to share with the class.



Dave Casuto

Dave Casuto has over 15 years of technology training and technical support experience and holds a Master's Degree in Instructional Technology. The Founder and Director of Senior Surf Computer Education he teaches tech classes for UC Berkeley, Stanford, SFSU and other Bay Area institutions.

Register for this workshop at the Sixty Plus office at 415-405-0489 or send an email to sixty@sfsu.edu. A minimum of 10 participants is necessary for this class. Please register no later than March 4th.

Communications Committee

Want to see your name in print? The Communications Committee is re-forming for 2019. We need volunteers in these areas:

Newsletter Correspondents: *Highlights* needs people to contribute articles on areas of interest to Sixty Plus members. These might include technology, health, or financial items with special twist toward the senior population. They can come from any source – magazines, special interest publications, other organizations' newsletters, or newspapers, for example. You can either forward them to me, Jeanne Glennon, at jfglennon@comcast.net, or alert me to their locations.

Authors: Any writing you do – fiction or non-fiction – is very definitely of interest to your fellow members. So forward that article, story, opinion piece, etc. – with illustrations if you have them – to me.

Jeanne Glennon, communications Chair, jfglennon@comcast.net.

Brown Bag Lecture: Paths to Stress Reduction, Hope Levy, M.A.

February 6, 1:00 p.m. to 2:30 p.m.

We often find ourselves in stressful situations. While stress is usually temporary, it can badly affect our health if it continues for a long time. It is important to recognize the signs of stress and learn some ways to manage it. If untreated over time, stress can lead to other health problems. **Hope Levy** promotes a strengths-based approach to health education as facilitator of Kaiser Permanente health education classes, including *Healthy Weight, Pre-diabetes and You*, *Healthier Living with Chronic Conditions* and *First Steps Advanced Directives*. Hope is on the faculty of City College of San Francisco's Encore Learning Program and is the founder of There's Always Hope Consulting, specializing in helping create and deliver customized programs to promote positive aging for communities, organizations, and individuals. Hope holds an MA in Gerontology and an MA in Special Education from San Francisco State University.

SF State Downtown Campus, 835 Market St., Room 677

Bring your own lunch. **RSVP suggested** by 5pm Tuesday: olli@sfsu.edu

Not-quite-gourmet Dining....

Novy

4000 24th St. @ Noe Street

Tuesday, February 26, 11:30 a.m.

This warm, cozy spot nestled in the heart of Noe Valley (hence its name) features updated Greek fare with multicultural inflexions. In addition to familiar Greek dishes like moussaka, lamb kofta, and chicken and lamb wraps, you will encounter here more unique creations like pesto bucatini with chicken and bacon in a gorgonzola cream sauce; shrimp penne with bacon, bell pepper, chili flakes and mizithra cream sauce; and a lamb burger with feta, tzatziki, tomato, onion, and olive tapenade. For dessert there is the traditional baklava or you might try the not-so-Greekish, but delicious, sabayon with berries and whipped cream.

No credit cards

MUNI lines 24 and 48

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

Calendar of Coming Events

February 6	Wednesday	1:00 p.m.	Brown Bag Lecture: Paths to Stress Reduction SF State Downtown Campus, 835 Market St., Room 677
February 9	Friday	8:00 p.m.	Morrison Series: Zephyros Winds SF State University, 1600 Holloway, McKenna Theater in Creative Arts
February 11	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Humanities Building, Room 587
February 25	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, Rosa Parks Room Cesar Chavez Student Center, SFSU
February 26	Tuesday	11:30 a.m.	Not-quite-gourmet Dining: Novy 4000 24th Street @Noe Street
March 3	Sunday	2:00 p.m.	San Francisco Symphony Youth Orchestra Davies Symphony Hall, Grove St. at Van Ness Avenue
March 11	Monday	2:45 p.m.	Computer Workshop with Dave Casuto: Shopping, Security and Password Management

SIXTY PLUS 2018 – 2019

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Education — Co-chair	Richard Soward
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Tour	Sheila Birmingham

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Items for the March *Highlights* should be submitted by **February 19** to: Jeanne Glennon: jfglennon@comcast.net



sixty plus

Since 1975

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