Summer 2015 Teaser...Travel without the Hassle  by Catherine Coughlan

The next best thing to visiting a national or state park is attending an OLLI Living Classroom series. Live video streaming brings the parks to us along with discussions and Q&A sessions with on-site park rangers.

Last semester we traveled to Anacapa Island and the Grand Canyon. We also enjoyed a live conference from NASA featuring a presentation on asteroids that debunked most of what we see in science fiction movies.

All the park rangers and the NASA specialist were enthusiastic as well as informative, making the sessions zip by while piquing our interest to learn more. I for one look forward to the next Living Classroom series offered by OLLI.

Coming this summer: OLLI will venture back to the Grand Canyon to learn about the Humpback Chub and the Human History of the Teton Range as well as visit Hearst Castle to view the antiquities collection housed there.

INTERNATIONAL SPY MUSEUM

Could you be a spy? Attend Spy School and explore the world of espionage. Do you have what it takes to avert a nuclear catastrophe? Here’s your chance to advise President Kennedy at each stage of the Cuban Missile crisis—the outcome is in your hands.

Summer Genealogy Workshops

The Photographer’s Legacy

Being Social has Health Benefits

Thank you

OLLI Volunteers

OLLI Donors

OLLI Instructors

Scholarships

You Too Can be a Bernard Osher

Spring Activities—Photos Say it Better!

OLLI’s New Lodi Location Enriches the Life of Many  by Rev. Lori Sawdon

Offering this spring’s lecture series on our campus was a positive experience for the church and its members. More of our members were able to attend knowing that the setting was familiar to them and that parking was easily accessible. The quality of the lectures was another draw for our congregation; the varied topics appealed to a broad range of people.

We found that the speakers were comfortable in the room and appreciated the ambassadors that were there to welcome and assist. Our church members seemed to feel an ownership of the program along with pride in the use of our facility. Welcome OLLI!
Meet Nancy Kjeldsen—Pacific Alumna & New OLLI Member by Dee Stull

One of our newest OLLI members is Nancy Kjeldsen. Do you recognize the name? The Pacific aquatic center and pool is named after her father-in-law, Chris. Nancy met her spouse one summer at that very pool.

Nancy has been thrilled with her experience at OLLI. She is still trying to figure out what took her so long to begin her OLLI journey. She was invited by two friends from the gym but it was probably a couple of years before she finally joined due to her busy lifestyle. She believes OLLI is the easiest way to keep your brain active by taking fun classes.

She also feels a close connection to her Pacific family. She did her undergraduate work at Pacific, finished her education credential here, and finally came back and obtained her Master’s degree in Education. Her years at Pacific made her feel very comfortable in joining OLLI.

Since this is her first year with OLLI, Nancy jumped right into all the activities she was able to. She participated in the Birding Safari at Lodi Lake, attended the Brubeck Jazz Lecture at O’Connor Woods, and participated in the Cooking EdVenture with Chocolate at Lodi’s Cheese Central. The Birding Safari with David Yee gave her an increased understanding of birds in general, and has continued to help her grow and learn about subjects for which she never seemed to have time.

She has never been a serious jazz aficionado, but the Brubeck lecture had a definite impact on her. Her knowledge of Brubeck’s relationship with Pacific and his influence on future generations captured her attention. Finally, the chocolate recipes acquired at the chocolate class have filled her guests with some delightful desserts.

Nancy is definitely going to keep attending OLLI. Being with friends at OLLI and making new ones is an added incentive to keep coming. Even though her life is busy, OLLI will be there for her as time allows.

Next time you see Nancy at an OLLI reception, please greet her and get to know her a little better.

Donated Audio System Improves Classroom Experiences

Hearing impairments are one of the most noted reasons people stop participating in social and community activities. When they experience hearing problems, it is easier to shy away from others, disengage and become disenfranchised. At a crucial period when seniors should be engaged in social and educational settings, the real threat to their overall health and well-being is retreating into a more isolated environment.

It’s easy to miss the nuances of presentations or have difficulty understanding soft-spoken instructors. The classrooms at the Professional Development Center on March Lane now have a new portable amplification system thanks to the gift made by Dr. Robert and Mrs. Martha Hanyak. Once an aid in Martha’s classroom, it will now benefit those attending classes on March Lane. We are grateful for their gift. Read about other new hearing technology on page 7.
OLLI Art Classes...Something for Everyone, No Experience Required

by Doug Genschmer
Pacific Alumnus
Deanna Hunt, OLLI art instructor, is more than an instructor; she recognizes each student's individual needs. Her classroom is filled with all skill levels. The assignments are open, but geared to help all of us realize, with fun and discipline, that although practicing art our whole lives, we can reach those areas where we felt uncomfortable.

We have come to recognize that the OLLI art programs fill our need to be in touch with the local art scene. All levels of art programs are offered with flexible hours. You will feel like a college student again; we are all ages and still learn when challenged. This semester I’ve been privileged to be in Deanna’s advanced watercolor class, which is a never-ending challenge and discipline. She teaches you that the discipline is fun!

by Della Richardson
OLLI Board Member
Last semester I attended Beginning Drawing taught by Raoul Mora. As a teenager I loved creating fashion drawings but had no drawing experience since then. This basic class description appealed to me and was something I wanted to pursue into my retirement. Our class began by drawing our own hands in different poses. My early efforts looked like something that belonged behind a cage in the local zoo. Mr. Mora walked us through the concepts of basic perspective and composition. And I began to look and see what he was talking about. Finally I actually recognized the hand on the page was mine! My improvements were encouraging enough to enroll in the class the next semester.

“What art offers is space—a certain breathing room for the spirit.”

by Stan Harkness
OLLI Artist
One of the greatest things about retirement is having the chance to do things that I did not have time to do in the past. The watercolor class provides the opportunity to reintroduce myself to that child that may have been ignored through the passage of time. We have found a special guide in Deanna Hunt. Her enthusiasm, zest, and patience have been stimulating and the cause for much adventure and expanded horizons. For someone who could not draw a line with a ruler, Deanna has opened new ways for me to appreciate the world around me. Watercolor is a unique medium to use to help me observe, define, and express what I see. Overall, the experiences I have had with Deanna’s watercolor class are close to what John Updike said: “What art offers is space—a certain breathing room for the spirit.”

Upcoming Genealogy Workshops with Jacqi Stevens

Every family has a story to tell. To trace the roots of your family, however, takes time and skill. To tell the story, then, requires someone willing to make the commitment to capture the narrative in a way that can be passed down to future generations.

You may have felt the call to action—to research your ancestors’ paths through time. You are in good company. Television programs such as "Who Do You Think You Are?" and "Genealogy Roadshow" have contributed toward making genealogy one of America’s most popular past times.

If you’ve wanted to discover your roots—or work on your family tree further—this summer is your opportunity to dig in! OLLI is featuring a six session series on genealogy. This workshop will equip you with the tools and resources to uncover your roots and preserve your own family history. Each 90 minute session in the series will guide you through step-by-step instructions to get you started on charting your own family tree. Class size is limited to allow for one-on-one attention to your specific research focus. Sessions will provide free resources to enable you to continue your project from home—everything from recognized online sites such as FamilySearch.org and Elephind.com to local genealogical resources and programs.
On a Friday morning in March, about 12 photography students gathered at the OLLI classroom on March Lane. We were a very mixed lot. Some of us were using our tiny point and shoot vacation cameras, and others were almost professionals with their sophisticated lenses and tripods. One member wanted to know how to go about selling her photos, while another man impressed us with his extensive knowledge. Most of us just wanted to make better pictures.

At that first meeting, Professor Dan Kasser talked about the history of photography in the United States. He showed iconic photographs and we discussed what made these particular pictures rise above the average photo.

At the next meeting, he brought Stockton photographer Henry Paine and photojournalist Michael McCollum to share their secrets of taking compelling photos. The third session was a walking tour with cameras around the Pacific campus. Dan shared his tricks of the trade. For example, he showed us how he packed his backpack with camera, lenses, food, jacket, and other camera accessories. “You cannot be patient and wait for the right moment, if you are cold or hungry,” he said. He also told us that he travels with a 12-foot ladder so he can get high enough to see across flat landscapes.

For our last session, we each brought a chip with two pictures and he showed us how to edit the pictures using Photoshop. During the last five minutes he ran through all the photos that we had wanted to share. We enjoyed seeing each other’s photos, now that we knew each other better. It was a shame the class ended because we all picked up different tips to make our photography better.
Research shows that being connected and going out with friends really can help you live longer, lower your Alzheimer’s risk, and more.

1. **Adds years to your life.** Turns out, being social really may be able to influence how long you live—and there’s research to prove it. Loneliness and isolation can have a bigger impact on your life span than obesity.

2. **Reduces the risk of stroke.** While taking a trip to visit long-time distant friends or spending a night out with buddies may seem like a distraction from real healthy habits, like going to the gym, or getting a good night’s sleep, those activities are actually helpful to your heart and lowers blood pressure.

3. **Boosts your immune system.** University of Chicago psychologist Jon Cacioppo, who studies social isolation as it affects the brain and other biology, finds it disconcertingly associated with illness—both mental and physical. A Carnegie Mellon University study found that being more social upped your resistance to colds and flu, while being isolated, was a major risk factor in getting sick.

4. **Encourages good habits.** Having relationships with people to whom we are important can lower stress and the tendency for depression. When we know we matter, it’s somehow easier to make the right choices for our own well-being.

5. **Lowers or delays your risk of memory loss.** Any social activity that engages your brain and keeps it active is good for you. But interacting with friends who are younger than you are may be especially therapeutic. And, as if you needed another reason to babysit your grandkids, research has shown that women who spend one day a week caring for their grandchildren may have a lower risk of getting Alzheimer’s.

6. **Relieves pain.** Research shows that something as simple as holding hands with someone you care about can lower pain perception, as well as blood pressure. So whether you hold hands, give someone a hug, or get a massage, it can reduce pain and help you feel better.

**JOIN or START A SPECIAL INTEREST GROUP! STEP OUT WITH OTHER OLLI MEMBERS AND COME TO AFTER FIVE!**

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**OLLI Volunteers . . . Priceless!**

Our members lead busy lives; they travel, volunteer, and spend time with family. But many make time to share their time and talents with OLLI. They serve on our Board and various committees, they help out in the classrooms and with administrative tasks. Truth be told, OLLI would not be the same without them!

**Volunteer Committee** reaches out and connects people with activities: Jan Beyer, Beth Mason-Gregory, and Cheryl Long

**Semester packet stuffing participants/office assistants:** Phoebe Farnam, Pauline Finnegan, Marilyn Hulsoor, Claire Imeson, Virginia Jordan, Nancy Mangum, Sharon & Jim Murch, Georgie Reed, Della Richardson, Joan Sykes, and Chris Szymanski

**Newsletter Writers:** Catherine Coughlan, Doug Geschmer, Stan Harkness, Suga Moriwaki, Jim Nims, Della Richardson, and Dee Stull

**Lecture Ambassadors:** Donna Alt, Nan Ballot, Pam Bechill, Jan Beyer (coordinator), Virginia Breed, Joan Briscoe, Katie Chapman, Colleen Cook, Catherine Coughlan, Kathy Diohep, Dan Flores, Colleen Foster, Neil Lark, Carolyn Mallett, Beth Mason-Gregory, Una O’Farrell, Anne Orgon, and Mike Sharp, and Teresa Mandella

**Reception Ambassadors:** Donna Alt, Anne Orgon, Marian Wattel, Joan Wright

**OLLI Committees:** In addition to the Board members who co-chair committees, we recognize and thank Pam Bechill, Jane Bradford, Tot Castleton, Lisa Cooperman, Catherine Coughlan, Wilbur Delph, Roland DiFranco, Sylvia Dobrow, Phoebe Farnam, Dan Flores, Carole Gilbertson, Fran Gottlieb, Bob Hnath, Neil and Liz Lark, Gary Putnam, Mike Sharp, and Jessie Springborn

If you’d like to enrich your OLLI experience, call us at 209-946-7658. There’s a volunteer opportunity just for you!
Every Gift Makes a Difference—Thank You to our Donors!

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Eno Uto-Uko  
Glenn Williams  
Nishka Yudnich  
Jerry and Judy Yucht  
... And those who donated anonymously

In Honor of Mel Corren  
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Frances Meredith  
In Honor of Dolores DeCarli  
Beth Mason-Gregory  
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In Honor of Jim Nims  
Robert and Susan Benedetti  
In Memory of Chris Schrimpl  
BJ Stewart  
In Memory of Alice Veretto  
Catherine Coughlan

Thank you to our Generous Instructors & Community Experts

OLLI Programming is enriched through the time and talents of many presenters and lecturers. Due to their generosity, OLLI is able to offer several scholarships each semester. Volunteer lecturers help keep fees affordable while enabling OLLI to expand its offerings of classes, tours, and short courses. A note of sincere gratitude goes to:

- Katie Billiet, Stockton Thunder  
- Kathleen Chapman  
- Kevin Costello, Stockton Civic Theatre  
- Dr. Ashok Daftary  
- Dr. Kenneth Day  
- David Diskin  
- Peig Fairbrook  
- Dr. Phil Gilbertson  
- Helen Gross  
- Dr. Robert Hanyak  
- Brian Landsberg  
- Dr. Joel Lohr  
- Daniel Kasser  
- Dr. Kuy Ky  
- Dr. Preeti Oza  
- Dr. Raj Patel  
- Rev. Gary Putnam  
- Andria Reta, SCAN Health Plan  
- Kellie Ryan, Stockton Ports  
- David Stuart, SJC Historical Museum  
- Dr. Craig Vierra

OLLI Scholarships

Due to the generosity of our members and lecturers, OLLI offers a confidential scholarship program for those who would like to participate but simply don’t have the resources to do so. Please stop by the office for more information. Paying the $30 annual dues is required, however, scholarships can offset semester registration fees. A limited number are available each semester.
You Too Can Be a Bernard Osher
by Jim Nims, Co-Chair, Fundraising Committee

Each of us can be a philanthropist, as Joanne and I discovered last year when we included OLLI@Pacific as one of our estate beneficiaries. We realized the annual membership funds keep OLLI programming running semester to semester, but a legacy gift provides long-term financial security, insuring OLLI@Pacific will continue to provide stimulating programming into the future.

Won’t you join us in remembering OLLI@Pacific in your will or trust? A gift of even a small portion of your estate can be incredibly meaningful. Your gift will touch many lives and your legacy can be one of enlightenment and enrichment for those in the future.

It’s incredibly easy to make a planned gift and popular because of the financial flexibility and tax benefits that planned gifts provide. Whether you would like to put your donation to work today or benefit our programs after your lifetime, Pacific staff can help you join others who have found a charitable plan that lets you provide for your family and still support the OLLI@Pacific program. They are available to help you find the best gift option to match your interests.

Please contact Pacific’s Office of Estate and Gift Planning at: www.pacificpg.org or call (209) 946-2294 to explore various ways OLLI can be included in your Estate/Trust plans. Take advantage of the tax benefits all while supporting a program that’s important to you!

Gifts Purchase New Hearing Technology

Our lifelong learners enjoy taking our tours but environmental background noise is often present. Since everyone cannot gather directly around a tour leader, who at times turns his/her back to them, a tour can become a dissatisfying experience.

OLLI anticipates to have a new group tour audio system in time for this summer’s tours thanks to the financial support made by you, our member donors, and that of the University of the Pacific’s Hearing and Balance Center.

The technology includes a microphone and receivers used by tour companies and museums where acoustics are far from ideal and ambient noise competes with the voice. It will allow the voice to be heard and understood clearly whether the wearer is near the speaker or at the back of the room. Users can wear the provided headsets or use their own earbud/headset if it has a universal jack.

Your gifts make a difference. Join us for a summer EdVenture!

Enclosed is my gift for:

☐ OLLI@Pacific  ☐ Other _______________________

In the amount of:  ☐ $1,000  ☐ $500  ☐ $250
  ☐ $100  ☐ $50  ☐ $25  ☐ Other $________

Pledge details (optional):
I would like to make my gift in payments over ______ year(s).

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Send me reminders:  ☐ Monthly  ☐ Quarterly
  ☐ Semi-Annually  ☐ Annually
For my next payment due on: ____________________

Mail to: University of the Pacific
Attn: Advancement Services
3601 Pacific Avenue
Stockton, CA 95211
Important Dates

The Week of May 4
Catalogs mailed. Preview catalog and calendar online at www.go.pacific.edu/OLLI. Registration opens. Phone-in registrations accepted.

Tuesday, May 26
Summer social at the Alex and Jeri Vereschagin Alumni House from 3-4:30pm. RSVP & bring a friend!

Monday, June 8
Semester begins.