It’s hard to believe this is my last message for this semester. Where did the time go?! I hope you have enjoyed your workshops as much as I have enjoyed mine. In addition to participating in our workshops, the members of the Executive Board have also been busy making plans for the future. Here are just a few items that have occupied our time:

I am pleased to announce that Steve Goldstein is now our president-elect. Many of you know him already as a workshop leader, and I know you will see what a great asset to our leadership he is going to be.

The Curriculum Committee, chaired by Carole Gambrell and Terri McCoy, have produced a record number of workshops for the spring semester. Actually, at 101 workshops, this is a record for both fall and spring semesters. Many thanks for their relentless pursuit of what promise to be some very exciting new workshops. In addition some workshops that were previously offered and over-subscribed are returning and, of course, many workshops from this semester are continuing.

Hopefully, by the time you read this, the position of OLLI director will be posted and applications will start coming in.

Finally, in our quest for our 1,000th member, the Executive Board has decided to offer a “special deal” for spring semester to entice new members. Any one who has never been a member of OLLI at Stony Brook or the Roundtable, may join for the spring semester for a reduced price of $200.00. This will allow the new member to experience all the opportunities offered by OLLI during the February through June period at a somewhat reduced rate. We will have an ad in the local papers in early January, but of course word-of-mouth publicity from our members will be much more effective. Please let your friends know of the wonderful experiences we have here in OLLI and encourage them to take advantage of this unique opportunity. We only need 15 or so new members to reach our goal.

My best wishes for a wonderful holiday season with your family and friends.
Osher Lifelong Learning Institute at Stony Brook
The Chronicles

Report From the Curriculum Committee

Carole Gambrell

O LLI has broken the 100 mark for the first time. Spring 2014, you will have 101 workshops to choose from. We’d like to thank all the instructors who did such a wonderful job this fall and are returning next semester.
In addition, we have some brand new offerings and some returns after hiatuses.

You can now say it in French, German, Spanish or Italian.
• German Conversation - Eric Loehse
• Beginning French - Catherine Kash
• Beginning Italian - Angelo Sabatelli

You can choose reading, writing, or signing:
• Art of the Sonnet - Elio Zappulla
• Chekov Short Stories - Dan Daly
• Plays of Arthur Miller - Arthur Bernstein
• OLLI Literary Magazine - Bob Stone
• Ten Steps to Publishing Your Book - Gus Alfieri
• Illustrating Children’s Books - Arline Goldstein
• Newsroom (TV Series) and Journalistic Ethical Issues Raised - Bob Ober
• English Language: Structure Sans Stress - Jack Cooney
• Intro to Sign Language - Ken Morson

You can delve into the past:
• Natural Catastrophes and Their Effect on History - Lillian Kormendi
• The Cause: History of the American Revolution - Karl Demuth
• Modern Spain: Change and Continuity - Jim McKenna
• History: Behind the Scenes at the LI Museum - Jackie Day
And...
• Elder Law Planning - Peter C. Walsh
• Living a healthy life with Chronic Conditions - Doris Weisman
• Understanding Special Needs Families - Kathleen Shaff, Dana Geils
• Beginning Chess - Morty Epstein
• Human Reproduction System - Gloria Gentile
• World’s Greatest Geological Wonders - Ed Cohen

Keep an eye out for emails from Laura West as to when registration will take place.

PREVIOUS IN THIS ISSUE NEXT
Monday, December 2, Red Faculty & Staff Parking Permit hangtag renewal begins. (Old tags expire January, 2014). Renew in person at the Parking Permit window in the Administration building, or online at: https://asa.stonybrook.edu/parking/permits

Tuesday, December 3, 2:30 - 4 pm, SBS - S102, Falstaff - The Character. Learn how Falstaff become one of the great operatic characters in time for the 12/14 Falstaff, Live from Lincoln Center, at the Staller Center. For more information view the flier on the Special Events page: http://www.stonybrook.edu/spd/olli/events.html

Wednesday, December 4, Noon, Bellport Country Club, OLLI Holiday Buffet luncheon and dance. Includes lunch, dessert, coffee, beer, wine, soda and champagne; entertainment by the Boston Burglars. For more information view the flier on the Special Events page: http://www.stonybrook.edu/spd/olli/events.html

Thursday, December 12, Docent tour of Grand Central Station dressed for the holidays, and New York Public Library’s Special Exhibit “The ABC of It: Why Children’s Books Matter.” For more information view the flier on the Special Events page: http://www.stonybrook.edu/spd/olli/events.html

Saturday, December 14, 1 pm, At the Staller Center - Falstaff, the comic opera by Verdi adapted from Shakespeare’s plays “The Merry Wives of Windsor” and “Henry IV.” In HD, Live from Lincoln Center.
Dear Reader,

This has been an exciting semester. We’ve introduced several changes to the Chronicles and I hope you like what you’ve seen and read. We’ve heard nothing but good things from those who’ve read it so please do so yourself and let us know how you feel about it.

Consider the offerings in this issue:

Look carefully at the expanded number of workshops to be offered next semester, in the Curriculum Committee Report from Carole Gambrell and Terri McCoy on page 2.

Falstaff the person, and Falstaff the opera, as well as future events such as the Holiday Luncheon and the tour of Grand Central Terminal and the New York Public library, are described on the Bulletin Board, page 3.

Learn about how you can volunteer your time and help a foreign student at Stony Brook University in the Conversation Partners Program, from Frank Tassielli on page 5.

In Science Unplugged on page 5 you’ll learn how you can interact with students and hear what and how they are thinking about the frontiers of science.

Preparing new members for this semester is discussed in The Member Relations Committee by Jeff Hollander, on page 6.

In keeping with the holiday season “Letter to Santa” by Lily Klima on page 7 is fun to read.

To avoid getting caught with an expired Parking Permit; and to learn about Ruth Pasternack’s involvement in the Round Table and the origins of OLLI, read Joan Scott’s article, both on page 8.

Hear firsthand about the rewards of volunteering in your community in the stirring article in “Meals on Wheels” by Susan Hovani on page 9.

Read “No-Cringe Bingeing” by our prolific writer Lee Marc Stein on page 10.

Finally, read about expansion plans at Stony Brook University Hospital that could have a profound effect in the treatment of catastrophic human diseases like cancer, on page 11.

This will be our last publication this year and I’d like to remind you that we welcome your input for future publications. In fact your input is vital. It can be in the form of a letter to the editor, something you’ve written regarding one of your workshops, or about a workshop leader. It can be about one of the programs you are participating in or anything you think OLLI members would like to hear or should hear about. Send your article or comments to: ollichronicles@gmail.com
As of this writing our OLLI members’ participation in the Conversation Partners program is moving along very smoothly. We have more than thirty members who are involved with international students for at least thirty minutes a week, and their comments are worthy of note. Below are some quotes from these involved members:

“I have been involved in the Conversation Partners program for eleven years and can safely say it’s been most gratifying”.....**Marv Hazen**

“The relationship is mutually beneficial...I recommend being a Conversation Partner to all my OLLI colleagues...” **Peter Walsh**

“I have met students from China, Taiwan and Korea; they have taught me more than I have taught them: **Deanna Pearson**

“It’s been an extremely educational experience to hear about your country from another perspective.” **Paul Knel**

“We have found the experience to be very interesting....the variety of topics are stimulating and thought provoking....” **Arnold and Marilyn Katzoff.**

“I find the Conversation Partners program very rewarding….the student I am meeting is from China and we are enlightening each other about our different cultures.” **Suzanne Field**

There are many more foreign students ready to sign up so if any OLLI member is so inclined please sign up for this popular program outside Room N-255 in the SBS building.

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**Science Unplugged**

Young scientists from the Alan Alda Center for Communicating Science at Stony Brook University deliver vivid and engaging 7-minute presentations about their work, their education and their struggles to make the next discovery, uncover a hidden surprise, untangle a myth and tackle the problems that affect us all.

Through interactive conversations, the audience will be given a window into the passionate journey that scientists take to unravel the mysteries of the universe.

Science is a story best told by the people who are living it.

Join them in SBS 102 for OLLI Coffee Breaks

Wednesdays 2:00 - 2:30

Dec 11

Learn more at: [www.CenterforCommunicatingScience.org](http://www.CenterforCommunicatingScience.org)
Pursuing a goal to make our unique educational and social experience as welcoming as possible, your Member Relations committee has been serving our nearly 1000 members since the summer in the following manner:

Fourteen “Welcoming Gatherings” for 80 were hosted throughout Suffolk County during the last 2 weeks of August. (see Sept. & Oct. Chronicles).

Hosts were assisted by the following committee volunteers: Ken Buxbaum, Barbara Chadakoff, Helen Emmerich, Diane & Jeff Hollander, Carole Gambrell, Eileen Lohse, David Long, Janet McLean, Bruce Rosenzweig, Lynn Roth, Frank Tassielli, Jayne Wall and Doris Weisman. Invaluable hospitality was provided by the hosting site teams.

Many circulated among the 100 new members attending Orientation in Wang Center on September 4th. Following the session, informative campus tours were led by Gary Field, Mel Lantz, Bob Mirman, Pat Stantuch and Frank Tassielli to better acquaint them with OLLI destinations.

Finally, an Information Table was staffed in the SBS lobby during the first week of workshops in September. (see Oct. Chronicles) Hundreds of our fellow members stopped by to chat or receive needed info.

None of the above would have been possible without the incredible group of volunteers who assisted in so many ways.

The committee met on October 23rd to review all activities and plan for future events. A consensus was reached to streamline the Orientation session to make it more meaningful for all.

Another Information Table week will be provided in the SBS lobby when the new semester begins in February. Please join us for updates and to volunteer your services. It’s a great way to meet others!

We welcome your suggestions and participation at our spring meeting.

Wishing all a happy and healthy holiday season.
Dear Santa,

I am sorry to have killed you when my daughter, Heide, was ten years old.

I told her to write her Holiday “thank you” notes before the New Year began; together, we listed the gifts and wrote the names of the giver. I reminded her not to forget Uncle Alvin who had brought her the large stuffed animal. She said that she need not write to Uncle Alvin because Santa had given her the white swan. I said, we know that it was not really from Santa but Uncle Alvin who brought the gift.

Heide’s face froze, then it scrunched up, her blue eyes squeezed shut and slowly opened allowing a flow of tears to roll over her now very puffed red cheeks. She ran screaming from her bedroom through to the living room and threw herself onto the couch. With each heartfelt sob her little fists pounded the throw pillows.

In between gasping for breath and letting out guttural sobs, she angrily turned to me and shouted, “you, (sniff sniff,) are, (sniff sniff,) a teacher, (sniff, sniff,) and should, (sniff, sniff,) know better.” Muffled sounds continued to come from her head now buried under the pillows. Nothing could console her. Not even her Papa’s gentle hug which she shrugged off.

Oh Santa, I had a lot of explaining to do. Don’t quite remember what I said but the gift bearing angel came to my rescue. She comes to our house on the morning of December 24. We are not allowed in the den where she sets up the live tree, decorates it with hand-made wood and straw ornaments and real wax candles. At dusk, a tiny bell signals that all is prepared and we may go downstairs. The angel slips away leaving a mountain of gifts for all of us.

You, on the other hand, pop down the chimney after midnight on December 25th, eat all the cookies, spill some of the milk and leave only a few gifts under the tree. I am by no means diminishing your generosity but, indeed, I did kill your presence in my daughter’s long held beliefs. After all, the angel set up the tree and left many more presents.

In all fairness, however, you were resurrected the following year. Frankly, I forgot about this whole incident until Heide was in 8th grade and wrote, for her English teacher, an essay about how “Mommy Killed Santa.” I guess she forgave me.

Santa, please forgive me. Even, if you do employ parents to do all the shopping, hiding, wrapping, and giving in your name, I still do believe in you and all the wonder and joy you bring to the little people in my life. In my world, you share the spotlight with the Christmas Eve Angel and your Spirit embraces and warms me on Christmas morning.

Yes, it is that time of year again and shortly my grandchildren will be pressed, by their mother, to write “thank you” notes but not to the “Uncle Alvins” in their lives. Surely my daughter will never repeat her mother’s murderous mistake.
Ruth Pasternack Fund - 10 Years Strong
By Joan Scott

ONE OF THE CROWN JEWELS OF THE ROUND TABLE

That was how Ruth Pasternack was described in her Chronicles profile of October 1993.

Ruth was one of the founders of the Round Table, co-chairperson with Jim Fowler its first year, and the first officially elected president.

More to the point, Ruth was the inspiration and the driving force that helped form the philosophy and the style of our organization. In another quote from the Chronicles profile it was said, “Ruth has a soft voice but carries a big stick. However, her big stick is the example she sets of selfless devotion in everything she does. No one can say ‘No’ to Ruth....Any failure is an opportunity to learn and to better herself.”

BRT, before Round Table, Ruth was the first school psychologist in Suffolk County and helped set up the first mental health clinic in the county. She was appointed to the Economic Opportunity Council where she was involved in Headstart and Seat Equity Home programs and the Neighborhood Opportunity Councils. She also served as a member and president of the Bayport-Bluepoint School Board from 1971 to 1989.

It was Ruth’s family’s wish that a memorial to her reflect her sense of the Round Table, “…such as a scholarship for people wanting to teach or be in leadership roles...(one) that helps people take a stretch to a new or expanded role…” within the Round Table.

OLLI Member Parking Permit Renewals

Your RED FAC/STAFF Parking Permit Hangtag may be expiring in January.

Check the expiration date on your tag here

You may renew your permit beginning December 1, in person or online.

You do not need to return your old/expired permit.

To renew in person go to the Parking Permit window in the Administration Building with you Vehicle Registration and Stony Brook Photo ID.

To renew online visit https://www.asa.stonybrook.edu/parking/permits.
When I retired a few years ago, I started to consider how I would like to spend my time. A friend’s recommendation brought me to OLLI two years ago. I have averaged four intellectually challenging workshops each semester. Almost simultaneously I also discovered Three Village Meals on Wheels, which has given me the opportunity to contribute to the wellbeing of some of our neighbors.

If you look out your window around noon Monday - Friday, you just might catch me in action as a Meals on Wheels Volunteer. I am one of the drivers who deliver two nutritional meals to the homebound elderly, handicapped, chronically ill or convalescent persons in our community who are unable to prepare their own food.

Many of the volunteers have a regular route but I am one of the group of substitutes who fill in for the regular drivers when they need a day off. All the drivers become very familiar with the clients. Family members of our clients appreciate knowing that someone is checking in with their loved ones on a daily basis.

I also work as a volunteer nurse. My colleagues and I are the ones who first meet the prospective clients in their home to evaluate if they meet the 3 Village Meals on Wheels needs criteria and if their living situation is safe. To qualify for the Three Village Meals on Wheels program you must be unable to provide your own meals due to physical or mental limitations. There are no financial or age restrictions or medical referral requirements.

It is a very rewarding feeling to realize that the couple of hours spent delivering food is often the one thing that allows many clients to remain in their own homes instead of having to move to a healthcare facility.

Can you spare 2 hours, one day a week to help deliver meals? Are you an RN interested in doing client intakes? Do you know a friend, relative or neighbor living in the northern part of Brookhaven Township who could benefit from receiving meals? If yes, please call the 3V Meals on Wheels office for additional information at 631-689-7070.
A few months ago I came across a New Yorker cartoon that got me thinking about Aristotle. The scene for the cartoon is a suburban back yard. Two men in shorts are sitting at a table sipping drinks. In the background a woman is shooting a video of two little girls in a kiddie pool. The man says “My wife is recording everything the kids do until they leave for college. Then I’ll binge-watch them grow up.”

Ever notice how no one pays any attention to Aristotle anymore? Warning against binges, he was the first (as far as we know) to say “Everything in moderation.” Realistically, not even his fellow Greeks paid him heed… and then a mere three centuries later the Romans made immoderation an art form.

Our parents tried to teach us binge = bad, and of course they were right, especially about drinking. However, many of them were not exposed to other types of binges. Binge eating was not really possible if you were poor, and binge TV viewing, texting or posting on Facebook hadn’t been invented yet.

Before the trials of binge-drinking, there were bouts of binge movie watching. Saturday afternoons were unique in the ’50s. There would not only be double features (I remember best a Martin & Lewis comedy paired with James Stewart’s The Man from Laramie), but newsreels, five or six cartoons, and then maybe some other documentary. You could spend five hours in the theater and return the next Saturday for more.

There also were binge softball, basketball games, Johnnie on the Pony, Knucks or War… and All-Star Baseball, the precursor of the fantasy leagues.

It was all those hours in the movies, though, that set me up for today’s bingeing without cringing – watching television series. It started after we first moved into our condo community eight years ago. We were away on vacation, but taped In Treatment, the series in which Gabriel Byrne played an unstable psychiatrist who dealt with a different patient each night of the week. Because we were going through a rough period worrying about our son’s non-Hodgkins lymphoma, we would watch three episodes a night to get away from the real life terror. Less frenetically, we would watch three episodes of a series over two nights when we returned from vacation so we could get current.

Then came Breaking Bad. I had watched the first episode live when the series launched and was not impressed. A show about making meth? Nah! Years passed. Our good friends started talking about it every time we saw them, binge-insisting that we get into it. It was now Season 5 with eight episodes gone. At the beginning of the summer, we ordered Season 1 from NetFlix. Within the week, we were binging – two episodes a night. It was as if we were on meth. I began to see Walter White everywhere, became suspicious of every fast food restaurant owner, worried about whether Jesse would survive. We had to break the habit and we quickly found a way – after every two episodes of Breaking Bad, we would switch to Parenthood! So we went through five seasons of Breaking Bad and three full seasons (about 45 episodes) of Parenthood over the summer.

But as they say on infomercials “Wait… there’s more!” We also consumed the Netflix series House of Cards and Orange Is the New Black (13 episodes each) over the summer. You would think I wouldn’t have time for binge golf, binge eating out… or binging on Philip Roth, AM Holmes, Gabriel Marquez, Michael Chabon, Jose Saramago, Elif Shafak and a slew of other masters of the novel… but I did. I even slept once in awhile.

As Somerset Maugham said “Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit.”
As the smiling crowd in SBS 102 broke into applause at the end of this fall’s Literary Tea, there was a clear feeling that we had gathered that afternoon as an OLLI family. Thanks to the organizational skills of our intrepid leader Rhoda Spinner, aided by the OLLI staff, we had heard the works of twenty-four of our members and had shared these authors’ individual takes on life. We had enjoyed memoirs, brief essays, stories, and mostly, poems. In each of our hands was a collection of these writings arranged under a handsome cover designed by Wally Collier, who led off the readings with his piece about making pottery (he called it “ceramic fever”) as a life work and a therapy. He also read two poems. More poetry was read by Sheila N. Eisinger, Dorothy Schiff Shannon, Rosie Weisner, Len Farano, Miriam Shulman, Sandy Levy Wicker, Frane L. Helner, Lee Marc Stein, Tobey Meistrich, Ginger Williams, Patricia Ballan, Bob Stone, and yours truly. Some poets also read memoirs, stories and essays, as did Lily Klima, Barbara Golub, John A. Williams, David Tarbell, Gilda Candela, Mary Ann Sommerstad, and Linda Good.

Poets Arnie Katz and Kathee Shaff Kelson could not attend, but their contributions were read by other members of the group. Rita Edwards’ story was read by Rhoda Spinner.

We were all touched by Frane Helner’s poem dedicated to her father, who was celebrating his ninety-seventh birthday on the day of the tea, and by Linda Good’s memoir about her late husband, written on his birthday. We responded in a similar way to Ginger Williams’ “Moles: for my father, blind at ninety.”

Barbara Golub got us all laughing with a story of her new romance, as did Miriam Shulman with her poetic riff on the Yiddish word “schpilkas” (meaning “needles”) and Len Farano with his clever wordplay in the epics “Good Day for Hangin’? Frayed knot” and “Neckless.”

Many of the pieces had been written as part of OLLI writing, poetry and memoir classes. Because these workshops sometimes provide weekly prompts (words or phrases upon which the writer is asked to improvise a poem, story or essay), we were able to compare different takes on such words as “orphanage,” “necklace,” and “rope.” We were also able to share such personal quirks as Lee Marc Stein’s addiction to peanut butter and John A. Williams’ qualms about having qualms. All in all, everyone present was impressed by the wide range of literary talent displayed by our OLLI writers. Join us for the spring Literary Tea and hear it for yourself…and yes, we really do serve tea, as well as coffee and an assortment of tasty snacks, so don’t forget to attend.
Stony Brook Medicine MART Groundbreaking

On Wednesday, November 13, Stony Brook University Hospital broke ground on a new building that has the potential to not only change healthcare for all who live in the Hamptons and Long Island, but that could have a profound effect regarding the treatment of catastrophic human diseases like cancer nationally, if not worldwide.

With almost 200 physicians, administrators and staff on hand to celebrate the start of the new project, Stony Brook University President Samuel L. Stanley Jr., M.D., James Simons, Governor Andrew Cuomo, SUNY Chancellor Nancy Zimpher, and Kevin S. Law, President & CEO of the Long Island Association and Chair of the Stony Brook Council, unearthed the first shovels full of dirt to get the $194 million Medical and Research Translation Building (MART) project officially underway.

Former Chairman of the SBU Department of Mathematics, President of Euclidean Capital and Founder and Board Chair of Renaissance Technologies, Mr. Simons and his wife Marilyn Simons recently donated an historic $150 million to Stony Brook University of which $50 million will be designated to the MART project. Additionally, the expansion was made possible by Governor Cuomo and the State University of New York under the leadership of Chancellor Zimpher, through a $35 million NYSUNY 2020 Challenge Grant.

“With this groundbreaking, we took an important step forward in Stony Brook University’s goal to develop the MART, a translational research center that will advance both medical innovation and clinical practice,” said President Stanley. “Yet we would not be here today if it were not for the vision and unwavering commitment of two of our greatest champions, New York State Governor Andrew Cuomo and our generous friends Jim and Marilyn Simons.”

MART at Stony Brook University Hospital, now called Stony Brook Medicine, is designed to enable, foster and encourage scientists and physicians to work side by side to investigate and discover new clinical treatments and invent new medical technology. It is the first facility to break ground in a $423 million expansion project that will advance research and clinical care at Stony Brook Medicine. The expansion is expected to generate about 4,200 project-related and specialized research jobs in the region.

The 245,000 square foot, eight-story MART, scheduled to be completed in 2016, will be located adjacent to the Hospital and Health Sciences Center on the Medicine campus. It will be a home for understanding the basis for human disease, where scientific discovery will be translated into clinical research, and where promising patient results can be turned into FDA-approved healthcare diagnostic and treatment options. As part of its core mission, the MART will be devoted to cancer research and care, including the new home for the Stony Brook University Cancer Center.

Governor Cuomo noted, “The new MART facility will be a premier center of advanced medical research and treatment, provide our students with the experience needed for careers in the medical field, as well as provide Long Island residents with quality cancer care.”

The MART building will house advanced biomedical imaging and biomedical informatics, including a PET/CT scanner. It will also contain 12 new classrooms and a 300-seat auditorium to host conferences, lectures and other events.
Stony Brook Medicine, continued

The outpatient Cancer Center will include multidisciplinary exam space for medical and surgical oncology, infusion center with private and open bays, pediatric hematology and oncology including pediatric infusion, as well as patient amenities and support. The MART will greatly increase the availability of outpatient cancer treatment to the region by doubling Stony Brook Medicine’s present capacity.

Chancellor Zimpher added, “Thanks to the leadership and vision of our Governor, incredible new medical discoveries, cutting edge cancer research, novel new treatments and perhaps someday even a cure will be developed on a Long Island SUNY campus. This is what’s possible on the 21st century college campus in New York: groundbreaking research that brings together the University’s top scientists with their private sector counterparts to develop and bring to market life-changing technologies.”

For more information contact: stonybrookmedicine.edu