

OLLI at SBU Summer 2020 Schedule - Catalog Version

MONDAY

Workshop Title: Making Stress Work for You

Workshop Leader: Wayne Snell

Day: Monday

Time: 9:00 AM - 10:15 AM

Workshop Description: A New Mindset about Stress: Change your mind - to change your stress. Overstressed? Learning from your Physical and Mental stress. Ways to schedule, and manage stress. Will use the Great Course, DVD, How to Make Stress Work for You, by Dr. Kimberly Bonura. Class discussion of the lecture and Supplemental support materials. Will include a 15 min meditation at the end of class.

Workshop Title: The Prime Ministers of Israel

Workshop Leaders: Rafi Weiss; co-leader: Doris Weisman

Day: Monday

Time: 9:00 AM - 10:15 AM

Workshop Description: Israel was founded 72 years ago by a group of dedicated pioneers who realized that the Jewish people must have their own sovereign state. This was in 1948, 3 years following the end of WW2. Six Million Jews were murdered in the Holocaust and it was the recognition that the Jews had no place that would accept them. On May 14th, 1948 David Ben Gurion read the Declaration of INDEPENDENCE of the State of ISRAEL. He also served as the first Prime Minister. The life story of Golda Meir, Menachem Begin, Itzhak Rabin, Shimon Peres and other Prime Ministers will be presented and discussed by members of the class. Participants will learn the history of Israel through the perspective of these prominent Prime Ministers. No books or supplies required.

Workshop Title: Rock & Soul Pioneers

Workshop Leader: Bob Hayes

Day: Monday

Time: 10:30 AM - 11:45 AM

Workshop Description: Our class will focus on the pioneers that created the wondrous genres of Rock 'n' Roll and Soul music. We will discuss the life and music of some of the greatest artists in Rock 'n Roll and Soul in the 1950's. We will watch and listen to performances of their finest musical contributions. Some of the great performers we will review include Chuck Berry, Elvis Presley, Little Richard, Johnny Cash and Ray Charles. Member participation is very helpful to this course. It would be very interesting to hear about your experiences first hearing these artists, as well as any concerts you may have attended, etc.

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Workshop Title: Latin Stones Talk - Epigraphy for Everybody

Workshop Leader: Thomas Hayes

Day: Monday

Time: 12:00 PM - 1:15 PM

Workshop Description: This workshop, for anyone interested in things Roman, will look at simple inscriptions, such as encountered all over southern Europe, to learn about the life, work, and values of the Latins as expressed through their tombstones and monuments. We will discuss the basic phrases and abbreviations found in epitaphs so that you too can be an "expert" on your next visit to Europe or trip to the museum. Knowledge of Latin not required, but knowing Roman numerals would be a plus. Come and peek into the parting thoughts of the ancients, and their families.

Workshop Title: Opera, Opera, Opera

Workshop Leader: David Gable

Day: Monday

Time: 12:00 PM - 1:15 PM

Workshop Description: Using videos from the great opera houses of the world, we will consider ways to better understand and enjoy this tantalizing art form.

Workshop Title: Latin Literature, Apuleius' "The Golden Ass"

Workshop Leader: Thomas Hayes

Day: Monday

Time: 1:30 PM - 2:45 PM

Workshop Description: Love, money, sex, travel, betrayal; robbers, murderers, scam artists, slaves, masters, heroes, gods; strong women, weak men, loving husbands, cheating wives, cheating husbands, loving wives, everything in between; religious cults, witches, family feuds, heaven, hell, transformations—and redemption! Apuleius's "Metamorphoses," a.k.a. the Golden Ass, is Roman literature's only surviving complete novel. Part Kafka, part Ferdinand the Bull this second century c.e. romance follows the triumphs and travails of Lucius, a student out to see the world. Don't miss the trip! Free translations are available on-line, or you can order one.

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Workshop Title: Summer School

Workshop Leader: Bruce Stasiuk

Day: Monday

Time: 1:30 PM - 3:00 PM

Workshop Description: This here workshop will deal with many things. It will also include other subjects. Take like a centimeter. Do you have any idea just how long it is? We'll find out if the Great Lakes are really all that 'great.' We'll learn about a mnemonic device that will help us remember how to spell mnemonic. And did you realize that it takes seven years just to learn how to hold a sitar? That's before you even play it. We will do other things too. Probably.

Workshop Title: Topics in British History

Workshop Leader: David Gable

Day: Monday

Time: 1:30 PM - 2:45 PM

Workshop Description: Through the use of video and discussion, we will consider important subjects and people in British history. Recent topics have been Stonehenge, Charles Darwin, and David Hockney.

TUESDAY

Workshop Title: Meditation and Mindfulness

Workshop Leader: Karen Santoro

Day: Tuesday

Time: 10:30 AM - 11:45 AM

Workshop Description: Learn how to become totally relaxed and have a clear mind. This can be accomplished through a breathing technique, in addition to letting your thoughts float away. Eliminating daily tension is the goal of meditation and this can be accomplished in a short time. A folder, paper and pen are all that you need.

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WEDNESDAY

Workshop Title: Current Events

Workshop Leaders: Bob Ober, co-leader: Murray Rawn

Day: Wednesday

Time: 9:00 AM - 10:30 AM

Workshop Description: Discussion of recent events. Group participation is encouraged. There may be an occasional guest speaker.

Workshop Title: A Sampling of Recent African American Literature, Part 2

Workshop Leader: Michael LoMonico

Day: Wednesday

Time: 10:30 AM - 11:45 AM

Workshop Description: This past decade has seen an abundance of literary riches from African American writers. During our time together, we will read, discuss, and see interviews with some of our best contemporary black authors. One need not have been in the Spring 2020 workshop. Week 1: Another Brooklyn by Jacqueline Woodson; Week 2: The Underground Railroad by Colson Whitehead; Week 3: Fire Shut Up in My Bones by Charles Blow; Week 4: John Woman by Walter Mosley; Week 5: American Spy by Lauren Wilkinson.

Workshop Title: Wellness and Aging

Workshop Leader: Lou D'Onofrio

Day: Wednesday

Time: 10:30 AM - 11:45 AM

Workshop Description: For the June 2020 Wellness and Aging workshop, I plan to use material that was not presented during the Spring 2020 semester. General topics to be discussed include nutrition, physical activity, stress management, and aging. However, there is no prerequisite for this workshop. Videos from the Great Courses or Netflix may be used. We may also have a guest speaker. There is also time for class discussion. No books or supplies are needed.

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Workshop Title: America's Postwar Presidents: From Truman to Trump

Workshop Leader: Martin Levinson

Day: Wednesday

Time: 12:00 PM - 1:15 PM

Workshop Description: This course will examine the lives and policies of America's post WWII Presidents with the goal toward having a better understanding of how the presidency has been perceived in our nation's history.

Workshop Title: Digesting a Good Book

Workshop Leader: Dana Geils

Day: Wednesday

Time: 12:00 PM - 1:15 PM

Workshop Description: Come and have a bite with us as we "digest" the book, *The Music Shop* by Rachel Joyce, in order to examine the style and quality of the writing, the characters, the plot, the themes/problems explored and consider the what-ifs, hows and whys as well. (The Spring 2020 Digesting a Good Book made this selection.) ***We will meet only once this summer on June 17.* Please make sure that you have read THE MUSIC SHOP by RACHEL JOYCE before we meet!**

THURSDAY

Workshop Title: The History of Women in Long Island Aviation

Workshop Leader: John Gobler

Day: Thursday

Time: 9:00 AM - 10:15 AM

Workshop Description: Long Island has a rich and interesting history of aviation. We will explore the role that women played in that history from 1910 through the current times. We will start with a brief look into how and why Long Island came to play such a prominent role in aviation in that time period. We will then discover who the early women pioneers were and how they later grew to play such an outstanding and prominent role in Long Island aviation history.

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Workshop Title: American Plays

Workshop Leader: Irma Gurman; co-leader: Sol Gurman

Day: Thursday

Time: 12:00 PM - 1:15 PM

Workshop Description: Discussion and viewing of great American plays -- watching videos of performances, learning about the playwrights, critical reactions, etc.

Workshop Title: Joy of Writing

Workshop Leader: Mark Prendergast

Day: Thursday

Time: 1:45 PM - 3:45 PM

Workshop Description: Participants offer brief samples (up to 500 words) of original writing in any genre for discussion and critique in a constructive, friendly and supportive environment.

FRIDAY

Workshop Title: Learn to Draw Part 2

Workshop Leader: Richard Bova

Day: Friday

Time: 9:00 AM - 10:15 AM

Workshop Description: This workshop is a continuation of "Learn to Draw" from the Spring 2020 session. In "Learn to Draw, Part 2", an assignment will be given each week (landscape, animals, still life) along with a discussion and videos on how to approach the drawing. New members with basic drawing skills are welcome to join.

Workshop Title: Speaking of Photographs

Workshop Leader: Eric Lohse

Day: Friday

Time: 9:00 AM - 10:15 AM

Workshop Description: In this workshop we will view the work of some contemporary photographers and discuss such things as themes, presentation, moods and style. By viewing several works by the same maker we can gain insight into their work. No previous knowledge of photography is needed.

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Workshop Title: Memoir Writing

Workshop Leader: Dorothy Schiff Shannon; co-leader: Sheila Bieber

Day: Friday

Time: 9:30 AM - 11:30 AM

Workshop Description: You are the repository of the stories of your time. We will be both storytellers and historians. Memoir writing is a group effort in which we support and critique one another's work, in an effort to produce memoirs worthy of preservation.

Workshop Title: Watercolor Studio

Workshop Leader: Bob Stone

Day: Friday

Time: 10:30 AM - 11:45 AM

Workshop Description: This workshop is a collaborative group of artists who work in watercolor, pastels, ink and related media. We share our work for constructive advice and feedback. We also discuss topics related to the arts and anything that we find of mutual interest. We share digital resources, gallery tours, art lessons etc. that we have found.

Workshop Title: Judaism's Gifts to the World: How Major Jewish Ideas Evolved Into Universal Values

Workshop Leader: Rabbi Cohen

Day: Friday

Time: 10:30 AM - 11:45 AM

Workshop Description: By most indications, modern society is a model of moral progress. Yet when it comes to everyday values, we still grapple with the big ones... What are our responsibilities toward the less fortunate? - How do we fashion a more moral and equal society? - How can we make a move toward more cohesive family living? Join us to unpack five of the world's most cherished values and how they were delivered to humankind by the Torah. By tracing their fascinating journey to the mainstream, we'll discover a timeless core of purpose, integrity, and clarity in each value—a powerful gift of guidance as we navigate our own daily choices. This course has an optional but recommended student book. Purchasing information for the book will be available with the final schedule. Click here to see video promo:

<https://youtu.be/JG-9U9PI80g>

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Workshop Title: The History and Evolution of the Financial Markets

Workshop Leader: Thomas Scuccimarra

Day: Friday

Time: 10:30 AM - 11:45 AM

Workshop Description: This course explores the history of the various markets that comprise today's financial industry including stocks, bonds, mutual funds, exchange traded funds, real estate and insurance markets. It will walk through the origins of each of these markets and reveal how numerous factors such as weather, interest rates, inflation, longevity, industrial innovation, technology, government regulation, changing demographics and public demand impacted these markets and drove them to evolve into the industries and services we know and work with today. It will also discuss a number of theories and theorists that have shaped our perception of risk and how market innovations attempt to control it such as asset allocation, correlation and active and passive management.

Workshop Title: Show Your ON1 Photo Edits

Workshop Leader: Bob Oliva

Day: Friday

Time: 10:30 AM - 12:30 PM

Workshop Description: This is a follow up to ON1 Photo Editing. In this workshop you will use ON1 only to edit images at home that you then share to get assistance in improving the work that you submit. Questions on problems or issues that you encountered while working on your image will be handled live during the workshop. There will be one topic each week: Cloning, Luminosity Masks, Color Range Masking, Replacing a Sky, and Blurring a Background. Class members will submit a Folder that is uploaded to a shared drive each week. This folder will contain: 1. the original jpeg image, 2. the .on1 file created, and 3. when using Layers the .onphoto file.
Requirements: ON1 Photo Raw 2019 or 2020 on your computer to edit photos.