Director's Message

This week is Study Group Planning Week. OLLI functions so successfully because of its dedicated coordinators who facilitate over 70 study groups per semester. But the program also relies on the rest of its membership to participate. Northwestern's OLLI's program is unique in that it is peer-led rather than faculty-led. While there are a few opportunities to hear lectures by 'experts' in the field (Noontime Lecture Series, Leading Edge Talks, Outside OLLI, O2 Talks) the majority of OLLI's learning opportunities are created by members themselves.

When members participate, they share their unique experiences and perspectives with others, and demonstrate their commitment to the study group model of Northwestern. Next time your coordinators need a discussion leaders or someone to contribute, take a leap, and join in - it's why you are here!

Warm regards,
This Week at OLLI:

STUDY GROUP PLANNING!

Monday, October 5

- 9:30am - 3:30pm - Fall Semester Study Groups

Tuesday, October 6

- 9:30am - 3:30pm - Fall Semester Study Groups
- 11:45am - 12:15pm - Evanston Study Group Committee Meeting (Classroom B)
- 12:10 - 1:10pm - Study Group Planning Session (CH) Wieboldt 509

Wednesday, October 7

- 9:30am - 3:30pm - Fall Semester Study Groups
- 12:10 - 1:10pm - Study Group Planning Session (CH), Rooms TBA
- 3:30 - 5:00pm - Study Group Planning Session (EV)

Thursday, October 8

- 9:30am - 3:30pm - Fall Semester Study Groups
- 12:10 - 1:10pm - Study Group Planning Session (CH) Wieboldt 509
- 4:30 - 7:00pm - OLLI Fall Welcome (CH)

Friday, October 9 is FANTASTIC FRIDAY!

- 9:30am - Noon - Fall Semester Study Groups (EV)
Fall Welcome Event!

Welcome in the Fall Semester at OLLI!

Meet OLLI friends old and new at this fabulous FREE event - enjoy drinks, nibbles, conversation, and a fascinating talk by Dr. Stephen Alltop. Members may bring a guest.

The Art of Conducting

How exactly does a conductor influence music and musicians? Stephen Alltop will demystify some of the gestural "science" of the conductor's art, give a brief conducting lesson, and discuss some of the most significant conductors in music history. An added bonus will be recorded perspectives shared by Chicago Symphony Orchestra members who have played under many of the most significant conductors of our time.

Thursday, October 8
4:30 - 7:00pm

Robert H. Lurie Medical Research Center
303 E Superior St
Chicago, IL 60611

Register

STUDY GROUP PLANNING WEEK:
OCTOBER 5 - 9, 2015
Thinking about coordinating?
Have a short study group you want to try out this Winter?
Or just have a great idea you’d like to share?

AT THE HEART OF OLLI IS PEER-LED STUDY GROUPS.
JOIN OLLI’S STUDY GROUP COMMITTEES IN PLANNING THE
OFFERINGS FOR THE WINTER AND SPRING 2016.

HERE’S HOW YOU CAN GET INVOLVED!
Chicago and Evanston’s OLLI Study Group Committees need your input on
winter/spring offerings. Attend one of the planning meetings: you’ll have an
opportunity to contribute your ideas - or perhaps find an idea you would like to help
turn into a group. You’ll also have a chance to connect with seasoned coordinators
who can guide you through the process of creating your own study group.

STUDY GROUP PLANNING MEETINGS - October 6-8, 2015

TUESDAY, OCTOBER 6 - Creative Arts
12:10 - 1:10pm
CHICAGO: Wieboldt 509

WEDNESDAY, OCTOBER 7 - History/Literature/Science
12:10 - 1:10pm
CHICAGO: Wieboldt, Rooms TBA

WEDNESDAY, OCTOBER 7 - All Study Groups
3:30-5:00pm
EVANSTON: Classroom A

THURSDAY, OCTOBER 8 - Contemporary Issues/Social Science/
Civic Engagement
12:10 - 1:10pm
CHICAGO: Wieboldt 509
To sign up for these sessions email
Paula Foster p-foster@northwestern.edu (Chicago)
Lisa D'Angelo l-dangelo@northwestern.edu (Evanston)

For more information contact Study Group Committee Chairs
Jean Weber (Chicago) or Lail Herman (Evanston)

If you would like to propose an OLLI study group:

- Look through past OLLI catalogs to get a sense of what has been offered in prior years
- Discuss your proposed study group with your peers to gather feedback and to potentially recruit a co-coordinator
- Attend a Study Group Committee planning session on Chicago or Evanston campus
- Check your email for the Call for Study Group Proposals and proposal submission deadlines. 2015-16 winter, spring, summer, and fall dates are posted on OLLI's calendar
- Contact the Study Group Committee directly with comments and questions: ollistudygroupcommittee@northwestern.edu

FANTASTIC FRIDAYS

Join us for the second event in the O2 series:
OLLI's partnership with Northwestern's Osher Center for Integrative Medicine!

**O2 Talks: Introduction to Mindfulness**

**Speaker: Maggie Crowley, PsyD**

"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally." Jon Kabat-Zinn. But can mindfulness be used to combat stress? We all have stress. What is vital is what we do with it. Are we managing it? Or is it managing us? Experience the benefits of mindfulness and how to manage stress in a completely different way.

Friday October 9, 2015 from 10:00am-11:30am
OLLI Chicago Campus, Wieboldt Hall, Room 147
Who says there's no such thing as a free lunch?

Attend both FANTASTIC FRIDAY events on October 9 (O2 Talks and the Shen Yun Symphony) and LUNCH IS ON US...

Outside OLLI*

The Shen Yun Symphony Orchestra

Why this? OLLI showcases Western performances and so rarely are OLLI members exposed to non-western cultures and their unique heritages. The Shen Yun Symphony Orchestra combines traditional Chinese instruments with a grand Western orchestra to create a thrilling new symphonic experience. OLLI members are invited to attend a workshop on Friday, October 9 in Chicago, and Friday October 16 in Evanston highlighting Chinese music, its exquisite Chinese instruments, and their role in this unique orchestra. Members are also invited to attend the Shen Yun Symphony Orchestra in concert at Symphony Center on Sunday, October 18 at 3:00pm at a reduced rate. Guests welcome.

Friday, October 9
1:00 - 2:30pm
Chicago, Wieboldt Hall Room 147

Register

Friday, October 16
1:30- 3:00pm
Evanston, Classroom A

Register

Group rate tickets to the performance at Symphony Center will be available to
OLLI members.

* Future OUTSIDE OLLI events include Lyric Opera, Apollo Chorus' Handel's Messiah, Too Hot to Handel, and Siamsa Na nGael

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SAVE THE DATE!

10/8   OLLI Fall Welcome (Chicago)
10/9   O2 Talks: Introduction to Mindfulness (Chicago)
10/9   Outside OLLI: Shen Yun Symphony (Chicago)
10/14  OLLI Talks Books (Evanston)
10/12  Evanston Library Week
10/16  Outside OLLI: Shen Yun Symphony (Evanston)
10/20  Fall Coordinators Forum, Evanston and Chicago
10/21  Fall Coordinators Forum, Evanston and Chicago
10/21  OLLI Eats Out - Kefi Greek Tavern (Evanston)
10/22  Noontime Lecture: Dr. Roger Myerson (Chicago)
11/11  OLLI Talks Books (Evanston)
11/13  O2 Talks: Introduction to Positive Psychology (Chicago)
11/16  Outside OLLI: Lyric Opera of Chicago (Chicago)
11/17  Noontime Lecture: Dr. David Ansel (Chicago)
11/20  Theatre Day (Chicago)
11/23  Outside OLLI: Lyric Opera of Chicago (Evanston)
11/26  Thanksgiving Day

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WildCARD update!

The Wildcard Office has begun mailing out new cards. If you are a returning member your existing card will continue to work through the end of October, 2015. If you are a new member and have not received your WildCARD by October 5, please notify the OLLI office.

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OLLI TALKS BOOKS!

Take part in monthly lunchtime book discussions held on the Evanston campus. Bring your brown bag lunch to campus and savor the exchange of ideas.

Wednesday, October 14, 2015, 11:45am - 12:45pm
Evanston Campus (Oak. Ave)
Discussion Leader: Connie Karduck
NW By Zadie Smith (2012) Fiction. 401 pages
NW offers a nuanced, disturbing exploration of the boundaries, some porous, some impenetrable, between people living cheek by jowl in urban centers where the widening gap between haves and have-nots has created chasms into which we're all in danger of falling.

Evanston Membership Committee Presents:

- OLLI EATS OUT -

Kefi Greek Tavern
1014 Church St. Evanston
Wednesday October 21, 2015
5:30pm

LEARN MORE
Friday, November 20, 2015
Mark your calendar - Friday, November 20 is Theater Day. Come for the fun! Come for the Shakespeare parade! Come hear Nick Sandys from Remy Bumppo talk about the theater! You won't want to miss it.

LISTEN UP, OLLI!

Northwestern University Center for Audiology, Speech, Language and Learning

Communication and Hearing Enhancement Classes - open to OLLI members
- 5 classes - 5 Weeks
**Time & Date:** Wednesday 10:30AM to 12:00 PM - October 7 to November 4, 2015
**Where:** 2315 Campus Drive, Evanston, IL 60208
**Cost:** You get to decide!
**Registration Required - Class size is limited**
**Call:** 847-491-3165 to register

For more information [CLICK HERE](#)

Volunteers Needed!

TECHNOLOGY TRAINING
Are you a former high school or college technology teacher? The OLLI Technology Committee needs volunteers to help train OLLI members in Internet, email, and computer basics. If you are interested, please contact:
ollitechnologycommittee@northwestern.edu

OLLI DESK - 5th FLOOR
In anticipation of the move of the Chicago OLLI office to the 8th floor of Wieboldt next month, the OLLI Director and the Membership Committee are looking for volunteers to staff a volunteer desk on the 5th floor between 12pm and 1:30pm Monday - Thursday. Duties will include assisting with sign up sheets, handing out parking vouchers (and smiling a lot.) If you are interested,
Cricket?

Recently I read that crickets can’t yet replace meat as a source of protein in the human diet.

Yes, that’s right, serious scientists are busy as bees hunting nectar sampling strange specimens from the insect cornucopia searching for nutritious bugs and grubs building a new food pyramid.

Well, I do get the idea of looking for cheap stuff to feed hordes of hungry people.

But why pick on one of the good guys?

Must I soon sigh goodbye to wise old Jiminy Cricket poised and dapper in his top hat, spats and umbrella, that shoulder angel who guided Pinocchio from a life of wood to human boyhood?

Oh rats, I can still remember how long it took me - gingerly gnawing the bones of Mary’s little friend - trying hard to savor the sides of Elsie and Ferdinand until I finally stopped seeing their scolding faces, not to mention Porky and Donald and Little Red Hen hovering distraughtly over my dinner plate.

Thank the gods Mickey and Tom and Jerry were spared and that I never had to face the trauma of chewing on big-eyed Bambi or berserk Bugs.

When I now turn to watch the children of today - eyes fixated on smartphones - thumbs staccato on tiny keyboards - ears budded with raucous rockery I cannot help harking back to that fabulous fantasy time when humanimal friends were the cat’s meow - and I can still feel their loss.
Northwestern Impossible Challenge
A 2012 OLLI course (Solving Global Problems), which became a 2014 book (Standards that Measure Solutions: A Guide to Solving 21st Century Problems), has now become a Northwestern sponsored program.

The program will create multi-disciplinary research teams of four to six undergraduate or graduate students each (not OLLI members) focused on analyzing a specific solution to a complex global problem. This year the teams will be analyzing proposed solutions to the Climate Change Problem (Global Warming). Each team will be assigned a faculty advisor and outside advisors, and given some funding. They will be competing for a $5,000 cash prize to be awarded at a presentation / awards dinner in early May 2016. OLLI members are eligible to apply to participate as outside advisors. As such, they will be able to attend team meetings to review and discuss the team’s work.

Interested OLLI members must apply to participate by October 25, 2015. Please note that only a small number of OLLI members can be accepted into the program. Information sessions will be held at 5 PM on October 8 and October 20 in Chambers Hall on the Evanston campus. For more information and application form CLICK HERE.

Diversity at OLLI

Increasing membership diversity at OLLI is an important goal set by the Advisory Council. Chicago and Evanston are home to vibrant populations of African-Americans and a multiplicity of other people of color and diverse ethnic backgrounds - all of whom who are under-represented in OLLI. Recognizing that increasing membership diversity can broaden our understanding of the world, challenge our assumptions, and enrich our OLLI experience, our goal is to become more diverse and inclusive.

Would you like to help implement this initiative? Click HERE to sign up to receive an invitation to an open forum on increasing membership diversity at OLLI to be held in both Chicago and Evanston to share your ideas and help plan for the future.

Chicago - Thursday, October 15, 12:15 - 1:15pm
Evanston - Monday, November 2, 12:00 - 1:00pm
Osher Lifelong Learning Institute
School of Professional Studies
Northwestern University

Chicago campus
339 East Chicago Avenue
Chicago, IL 60611
(312) 503-7881

Evanston campus
1840 Oak Avenue, Suite 200 S
Evanston, IL 60208
(847) 492-8204

http://www.sps.northwestern.edu/olli