

CLIR VOICE

www.clirsf.org



January, 2012

President's Message

*We are not primarily put on this earth to see through one another,
but to see one another through.* Peter De Vries

Those who have been participating with me in Dr. Restask's course on *Optimizing Brain Fitness*, know how important it is to continue to make effort: physical, emotional and mental, if we are to remain as healthy as possible throughout our life. It's been said that the foundation for a life of quality, as a person reaches the later decades, is that it contain both "community" and physical activity.

Maintaining an involvement with others should include not only written and verbal communication, but also in-person interaction. That's what is meant by "community." CLIR has that in spades! Gene Martz tells me that the 2011 Holiday Gala was the best ever. As one who has been centrally involved with many of our holiday parties he certainly should know. From what I read on Facebook, many agree. Thanks to all whose efforts were the basis for the grand time had by those fortunate enough to be there.

CLIR also offers a wide variety of opportunities to stretch your mind, acquire new information, and "spar" with others – that's both community and mental challenge. For physical activity, among other things, there's the regularly-scheduled CLIR activities which involve physical effort; the monthly walk where we get an in-depth exposure to a particular neighborhood in the Bay Area; the Art-on-The-Go where one has an opportunity to move, move, move, while experiencing the mental exhilaration offered by the wide variety of our art-scene.

Today I read, in a publication directed primarily to those who are too young to enjoy CLIR membership, "It has been proven that simply taking the time to write down a mere five things you are grateful for, just ONCE per week, can raise happiness levels substantially and even lift people out of depression." CLIR –quite honestly–provides me with at least that many grateful opportunities and I hope that is the case for each of our members.

I wish you a joyous and joy-filled 2012. I hope to see you at many CLIR events throughout the year!

—Robby Kiley

DATES TO REMEMBER

January 1
Happy 2012

January 6
General Meeting
And Social Hour

January 12
New class
Drawing & Painting

January 18
Cal. History Lecture

January 25
Sonny Buxton Series

February 29
TOUR:
Science & Art

March 5-6
Annual Art Show

NAME BADGE

**PLEASE WEAR YOURS
AT OUR GENERAL
MEETINGS**

Class Updates

BOOK DISCUSSION GROUP—January Selection

Tuesday, January 24, 11:00am

Evelyn Forsman

No Ordinary Time, by Doris Kearns Goodwin.

DOWN MEMORY LANE

Every other Thursday, 10:00am

(Jan. 5—NO CLASS) meets January 12 & 26

Linda Howe-Steiger,

January 12: Remembering Home. we will call back memories of the places you once called home .

January 26: The Family Context. we will focus on family roots, family trees, your personal historical, if not genealogical, context.

HISTORY OF ANCIENT EGYPT

HISTORY OF THE UNITED STATES

Both series

will resume February 21

OPTIMIZING BRAIN FITNESS

Wednesday, January 4, 10:30am

Robby Kiley

Jan. 4: Taking Advantage of Technology. Technology has obvious benefits that can also lead to decreased attention and focus. The cognitive unconscious is the main part of our mental processing; this is the mental processing that takes place outside of our conscious awareness.

Building Your Cognitive Reserve. Neuroscientists have recently found something called super-aging. The brains of some elderly people lack tau-tangle aging ... this has profound implications for understanding of the aged brain: perhaps degenerative changes are not inevitable. Don't waste mental energy on things you can't control...: take up the subject that interests you but is unrelated to your background, education, profession, or life experience. Devote an hour a day to improving your performance in this area of interest.

Current Activities

Art on the GO

Tour of SECA show — SFMOMA

151 Third St. (near Mission St.)

Thursday, January 19, 11:00am

Fran Hasher,

This biennial show, recognizing exceptional Bay Area artists is administered by the Society for the Encouragement of Contemporary Art (SECA).

The exhibition showcases four artists whose innovative works, while diverse in form and subject matter, reflect overlapping interests. Mauricio Ancalmo combines various found mechanical instruments in a film-based installation. Colter Jacobsen's meticulous drawings, watercolors, and installations often incorporate found ephemera. Ruth Laskey employs weaving to expand on the painterly tradition of geometric abstraction. And Kamau Amu Patton uses works in a range of media to investigate the interconnection of sound, materiality, and perceptual experience.

Meet in the SFMOMA atrium at the Information Desk where our docent will meet us for a private tour. Free tickets will be given to 20 CLIR members with more available if needed. Directions: Convenient to BART/Muni Metro Montgomery and Powell stations and to many buses.

Art on the STAY

Bonus Lecture

Ernest Newbrun, D.M.D, PhD

January 27, 10:00am

Professor Emeritus Ernest Newbrun, who frequently lectures at the Fromm Institute will present a lecture titled

Art and Architecture of the Viennese Secession—an Overview



Class Updates and Current Activities continue on page 4

The Great Jazz Singers

A course by Sonny Buxton

Wednesday Jan. 25, Feb. 1 & Feb. 8—10:30am

Annette Berger



During the era of the great Swing Bands, every band had a singer. That was the best way to sell a song - people remember lyrics and relate to the sound of the human voice. It worked! Many of the big band singers went on to achieve popularity and fame, lasting many years beyond the decade of Big Band Swing. Frank Sinatra, Billie Holiday, Ella Fitzgerald, Peggy Lee, Billy Eckstine, Bing Crosby, Dinah Washington, Joe Williams - all jump-started their careers with big bands. The course will include recordings and commentary about those artists, and others.

**Fee Class: Members \$20
Guests \$25**

CLIR CALENDAR -- JANUARY, 2012

CLIR PHONE; 415-543-3965

BY: Gail Schluack

Mon	Tue	Wed	Thu	Fri
2 10am - Spanish Class 11:30am - Play Reading 1pm - Current Events	3 10:30am - Brain Course	4 1pm - Bridge	5 12n CLIRsights, Tours 10:30am - Curriculum 12pm - Walks Committee 1:15pm - General Meeting 2pm - Social Hour	6 12pm - Vicarious Traveler 1:30pm - CLIRsights
9 1pm - Current Events	10 11am - Finance Committee	11 10am - Memoir Class 1:30pm - Drawing/Painting	12 11am - Art on the Go 1pm - Bridge 1:30pm - Drawing/Painting	13
16 10am - Spanish Class 11:30am - Play Reading 1pm - Current Events	17 10:30am - Morning Walk 11:30am - Dining &	18 10:30am - Historical Talk	19 10am - Memoir Class 1:30pm - Drawing/Painting	20 1pm - Council Meeting
23 1pm - Current Events	24 11am - Book Discussion 1pm - Movie Club	25 10:30am - Jazz Class	26 10am - Memoir Class 1:30pm - Drawing/Painting	27 10am - Art on the Stay
30 1pm - Current Events	31	1	2	3

Class Updates

INTRODUCTION TO DRAWING & PAINTING"

Thursday, January 12 1:30pm
(Eight consecutive Thursdays)

Gene & Bonnie Martz

If you'd like to try your hand at art and discover your own creativity, this class is for you! The class is made up of non-intimidating, fun experiences with other beginners. Class size is limited to twelve to ensure personal attention as you learn. Art materials needed will cost approximately \$25 and a detailed list will be sent to participants prior to the first meeting.

Current Activities

Dining and Discussion

Piperade — 1015 Battery Street near Green
www.piperade.com

Tuesday, January 17, 11:30am

Karla Jones,

During the dark days of winter, luncheon is served. In January it is at a restaurant where Basque-inspired California cuisine is featured. It is said to be the only place to get really good Basque food in San Francisco. The rustic interior highlights a beamed ceiling, hardwood floors, a large bar and a communal table. Write the date in your calendar then join the fun, good food and fellowship.

PEOPLE WHO MADE CALIFORNIA HISTORY.

The Life of Levi Strauss

Presented by: Leslie Friedman

Jan 18 Wednesday, 10:30am

Series continues: Feb 15; March 21; April 18

This is the first of four lectures, presented by members of The Institute for Historical Study.

Levi Strauss is so famous that people around the world wear his name. His life story is the American dream writ large across continents: Poor immigrant child arrives in the New World; works hard; travels across another continent to Gold Rush crazed California. His fascinating life story illuminates San Francisco's own history. It also embodies the ideas of El Dorado, the endless frontier, and strong family ties which run through American history.

Current Activities

VICARIOUS TRAVELER – Martin Gumbel

Morocco and East Africa

Friday, Jan. 13 Noon

Nick Maffei,

Martin Gumbel will present slides of his visits to Morocco and East Africa, where we will experience the beautiful architecture as well as the charming native shops and narrow streets. We will see the interesting and original clothing that people wear, as well as scenes of the Massais in their typical and beautiful outfits.

Walk—West Side Whimsy Walk

141 Junipero Serra Blvd—meet at the staircase

Tuesday, January 10, 10:30 AM

Phyllis Abad

Jacqui Proctor will be our knowledgeable guide as we discover the unique atmosphere and whimsical architecture of the City Beautiful movement-inspired neighborhoods built west of Twin Peaks. See Art Deco landmarks, storybook cottages, and Spanish castles as we explore the Balboa Terrace, St. Francis Wood, and Lakeside neighborhoods. Our meeting place is midway between Ocean Avenue and Sloat Blvd. Transportation: K-Ingleside.

Coming Attractions

From Science to Art with a

Chinese Lunch in-between

Wednesday, February 29 (really)

the bus will leave 50 First Street at 9:15am

Barbara Farrenkopf, 925 937 4797

Tom Rothgiesser,

Our first stop will be the NASA Exploration Center in Mountain View where a docent will show us an array of both Earth and Space Sciences, including a short movie on a huge screen. Lunch at P.F. Chang in Stanford and then onto another docent-led tour of the Cantor Arts Center. A great collection of artifacts from different continents and time periods.

Cost: \$50, sign-up and pay—to be part of only 32 tour participants.



ATTENTION CLIR ARTISTS!! Get your art work ready!
We'll be hanging the annual CLIR Art Show on March 5 & 6 at the
San Francisco Unitarian-Universalist Church
We have room for about three pieces per artist. Details soon.

CLIR NEWS

Lots going on in the halls of CLIR these days, with more in the offing, I'm told. The mantra still is: Read your *Voice*! You'll learn the latest updates on these pages. But you'll learn some fun stuff on our webpage too, so check out **CLIRSF.org** often.

The Movie Club is a not-so-quiet part of CLIR. I'm told members democratically choose two films to be seen in advance and then they discuss them at the following meeting. Lots of opinions are expressed and fun is had by all. If you haven't tried it yet, they meet on the 4th Tuesday of each month at 1:00pm.

One event each month we do hear a lot about is Vicarious Traveler. This is where members show & tell about their travels near and far. George Lucas and Tom Rothgiesser came back from travels in Croatia, Slovenia and Italy recently and some 30 of us turned out to hear of their adventures.



n. maffei

Roster changes and a welcome to our Newest members.

Iris Berman has a new address:

1400 Geary Blvd., San Francisco, CA 94109
And Barbara Patinkin can be reached at: 441-4830

Here are two new members with introductory bios:

THOMAS BIER

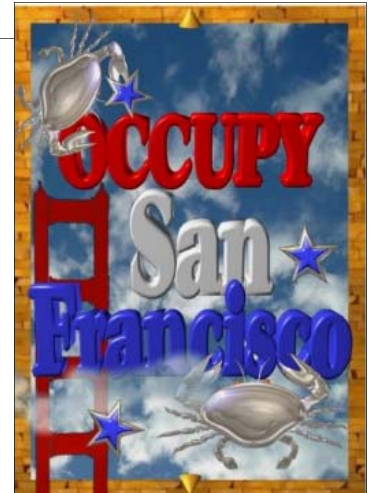
1400 Geary Blvd. San Francisco, CA 94109
is a retired mechanical engineer, who enjoys sailing, building theater sets (in Connecticut) and travelling. He currently volunteers for the Park Service, working on the Hyde Street Pier tugboat, Hercules. With CLIR he likes the idea of book discussions and current affairs and would enjoy a photography class. He has a special interest in history. He might be interested in helping on the Asilomar, Tours or Walks committees. He lives at The Sequoias, where he met Jean Wilcox who told him good things about CLIR.

CLIRsights **Occupy San Francisco Direra Angolin January 13, 1:30pm Gail Schlueck**

What do YOU know about the *Occupy San Francisco Movement*? If you are like me; you are confused about their agenda and wonder what all the commotion is about!

Please join us at CLIRsights this month to have your questions and/or concerns addressed. Meet and greet Direra Angolin, Media Director of the Occupy San Francisco movement. Learn about the purpose of this media wonder: what is the immediate and long term goal of the organization, and what we can do to keep up to date with this popular political group.

Remember, CLIRsights is always open to your guests.



BARCLAY BATES (known as Buck)
2511 Prince St. #6, Berkeley, CA 94705

is retired from Lowell High School, where he taught English. He now volunteers as a Writer's Coach at Berkeley High School. With CLIR he is interested in Book Discussion, the Movie Club and Play Reading. He learned about CLIR from Tania Yates, who is a friend of his daughter.

And we welcome two new members whose bios will be printed in a later newsletter:

BERESFORD AMOROSO

151 Ninth Avenue, San Francisco, CA 94118

CONNIE HENDLER

550 Battery St. #2215, San Francisco, CA 94111



Bonnie Martz, Chair, with George Lucas & Nancy Zinn

THE HOLIDAY GALA, held December 2, was again a complete success. As Sonnie Willis, the photographer whose pictures are shown here reports: "...CLIR Holiday Party includes the jovial people, the grand, abundant, fine food and the talented woman's chorus." Fran Chan agreed saying, "It was such a holiday spirited event." The Sound Wave Chorus, who sang a medley of familiar and original songs, includes our Barbara Patinkin.



**CENTER FOR LEARNING IN RETIREMENT
SAN FRANCISCO BAY AREA
50 FIRST STREET, SUITE 300
SAN FRANCISCO CA 94105**

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**Office Hours
10:00am to 2:30pm
Monday, Tuesday, Friday**

Council: **President: Robby (Robertamarie) Kiley**
 First Vice President: Gail Schlueck
 Second Vice President: Pat Tibbs
 Secretary: Alice Steele
 Treasurer: Annette Berger

Members **Barbara Farrenkopf** **Evelyn Forsman**
at Large: **Barbara Patinkin** **Kathryn Ringgold**
 Sol Silver **Jean Wilcox**

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**DEADLINE FOR THE FEBRUARY ISSUE
January 13, 2011**

January 2012 Issue