I want to take the opportunity to share my experience at the Osher Lifelong Learning Institute 2014 National Conference at the Park Hyatt Aviara in Carlsbad, April 20-30. This conference is held every 18 months. This time it was only 10 minutes from my home.

Let me begin by telling you about Bernard Osher who attended the conference. He came across as a very genuine man who is concerned about using his wealth in meaningful ways.

Mr. Osher started in the late 1970s supporting scholarship aid for returning students. In the late 90s this expanded into Integrative Medicine and Lifelong Learning. He grew up in Biddeford, ME and initially participated in the family business—a hardware store. He then left and worked in banking and investments (World Bank). He is very involved in San Francisco where he lives and is a major philanthropist. His wife is Swedish and they have endowed some programs (particularly in Integrative Medicine) in Sweden.

There were several general sessions interspersed with workshops. We could attend several workshops of our choosing. The workshops I selected dealt with fundraising, a capital campaign and construction of an Osher building at Furman University in Greenville, SC, as well as how Osher programs can deal with issues of loss when members can no longer attend or die.

I want to share my general impressions from talking with many of the participants. There are now 119 OLLIs around the country, all connected to educational institutions. I was struck by how varied the resources and needs were at the different OLLIs. Some are in small communities that do not have the cultural and educational opportunities of larger or research oriented university communities. All focus on education but many also focus on cultural events (even organizing trips to larger communities to see plays or opera), volunteer programs for the community, social events (Halloween parties, amateur nights, etc.). Others work closely with the university and have members volunteering in labs and classes.

Many OLLIs do not have a central space and are spread around the community. A majority have paid directors who often handle all the programming—deciding the curriculum, getting the faculty and developing the program aspects. This makes for very different programs, approaches to fees or memberships, course structure and the quality of presentations.

I came away believing that we have an excellent program and are very blessed with resources that many programs do not have. We are also one of the few volunteer led programs and we seem to do that very well.
On June 10, 2014 Dr. Jules Jaffe gave an informative and humorous discussion on the search for Malaysia Airlines Flight MH370 that had been missing for close to 100 days. Dr. Jaffe, a displaced New Yorker with great wit, provided the Osher members with his knowledge and experiences in locating objects on the ocean floors. He was involved in the successful discovery of the Titanic. Dr. Jaffe is a research oceanographer at the Scripps Institute of Oceanography at UCSD. Dr. Jaffe is called a “Telegenic Scientist” – one who works with physical qualities or characteristics that are geared to be televised.

The session began with Dr. Jaffe showing a television clip of his CNN interview where he discusses the challenges in trying to find the missing plane. During the question and answer period, Dr. Jaffe compared his experience of waiting to speak on CNN as “like waiting for a colonoscopy”. He compared the search for the missing plane with “an ant looking for something on a football field”. On March 8, 2014, only 40 minutes into the flight, communications with MH370 were lost. Pingers on the plane are triggered when they are wet. Trying to find the plane’s black boxes (actually they are painted orange) with a single hydrophone hearing device is very difficult as the area being covered only stretches a few miles. He felt that the wrong equipment was being used in this deployment. While sound travels further in water, the direction from which the sound is coming from may not be known. Only 130 square miles were searched (less than 1% of the total area where the plane might have gone down). He mentioned the rumor that an organization claimed it could locate the airplane by using satellite technology and discussed the technical difficulties in attempting that kind of work. Unfortunately, very little is known about the ocean floor in the area being researched, especially at depths in excess of 6000 meters. Looking for ocean objects is typically done first by sonar (sound) and then by sending a video camera to confirm what is at the bottom.

Dr. Jaffe explained that successful discoveries of the Titanic and Air France 447 were significantly easier to locate due to knowledge of the general area where these items sank. This significantly reduced the number of square miles that needed to be searched. Even these searches took several years. Part of the funding in the search for the Titanic was from the Navy, which also was looking for two of its lost nuclear submarines: Thresher lost in 1963 and Scorpion lost in 1968. Examples of unsuccessful searches include Amelia Earhart’s plane and Atlantis.

Dr. Jaffe described research performed in the Scripps lab where his group is building hydrophones and underwater imaging systems. He described the technology used in identifying underwater waves. Dr. Jaffe’s group can track ocean currents acoustically and his lab is developing the first underwater microscope. His team made a soundscape that will be shown in an upcoming IMAX movie. This group is also active in educational outreach, trying to interest young children in underwater research.

For those wanting to hear and see the presentation, visit our video archives: http://olli.ucsd.edu/videos/
Dr. Raymond Ashley, Director of the San Diego Maritime Museum, presented a fascinating lecture about the San Salvador, the ship that brought Juan Cabrillo to San Diego in 1540. On Saturday, June 7, 45 Osher members visited the site to hear about how the project was conceived, and see how the reconstruction was done without any plans, using only paintings and ships’ logs. The San Salvador should be ready for launching in October, 2014.

Everyone had a great time crawling into the ship and talking with the people involved in its building.
On July 14, 2014, Gary Kramer, the self-styled “Big Cheese” of the San Diego (and New York City) improv theater company National Comedy Theater, gave a lecture plus demonstration of the art of improv with the attending Osher members. The National Comedy Theater is a group of professional actors and comedians who, for two decades, have given shows improvising based on audience suggestions.

Beginning with the exercise “yes, and” where each succeeding person takes the statement of the person before and builds on it, and proceeding through other exercises, Gary demonstrated how much fun and what a great learning experience participating in improv would be.

It did occur to me how much people could improve their abilities to think on their feet, develop ideas, and build rapport with others in a totally fun way, by taking one of the NCT improv workshops. People go to Toastmasters to learn how to give speeches in front of groups, but how often is anyone called upon to give formal speeches? Almost every day people participate in informal sessions socially, at work, and even in families, where positive input is very desirable and yet people are never trained to develop those abilities.

I think everyone should check this out!

In San Diego theater is located at 3717 India Street, in San Diego; tickets are $12 for Seniors. The website to find out more is [www.nationalcomedy.com](http://www.nationalcomedy.com)

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**CRAFTS FAIR**

Start preparing!

We are going to have:

**THE FIRST ANNUAL OSher CRAFTS FAIR**

Friday, March 6th

10:00—3:00

This crafts fair is for Osher members to display their crafts. If they wish, they can sell them or they can just show them so that all can see.

For more information contact:

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**OSHER CRAFTS FAIR**

Now is your chance to show your talents in art, knitting, woodworking, ceramics, etc. at our first Crafts Fair on March 6, 2015. Get busy and be ready!
The first few years I was new to San Diego, and a new member of Osher, I would come to classes at our Extension facility, leave, and feel as if I knew nothing at all about the university. All those gray concrete buildings looming in the distance, endless parking lots with mysterious markings and no spaces, maybe a walk to the faculty club in the summer for lunch.

Then, purely by chance, I happened to attend a Chancellor’s Associates event, and decided that this was a good organization for me to join. Since then, it has more than met my expectations with interesting events at wonderful locations all around the campus.

Many members of Osher are Chancellor’s Associates, and through that association have become more knowledgeable and involved with the university.

Chancellor's Associates was established in 1966 as UC San Diego’s premier philanthropic society. As university insiders, these friends create an influential social network dedicated to furthering UC San Diego's mission to be a student-centered, research-focused, service-oriented public university.

Chancellor's Associates come from diverse backgrounds and comprise everyone from longtime philanthropists to young alumni 1-9 years post-graduation. The one thing they all have in common is a commitment to UC San Diego. It is this dedication that helps make possible the extraordinary work that is happening throughout the university, whether it's innovative scientific research or new arts programs that enrich our campus and community.

Annual investments made by Chancellor’s Associates allow the Chancellor to meet many challenges that face an evolving institution like UC San Diego. These investments are helping to transform our campus and our community, one student at a time, by providing scholarships and fellowships as well as faculty and community support.

In recognition of their support, Chancellor's Associates enjoy donor courtesies and services such as:

- Invitations to a variety of UC San Diego events featuring distinguished faculty, alumni and administrators
- UC San Diego parking privileges also includes all UCSD—medical facilities also, this is wonderful!!
- Access to UC San Diego's top-ranked libraries
- UC San Diego Recreation Center privileges
- Opportunities to network with other alumni, parents and friends of UC San Diego
- Inside Chancellor's Associates newsletter and other special communications
About 55 Osher members and friends enjoyed a bus excursion to the Los Angeles Museum of Modern Art where we saw a special exhibition of German Expressionist Art. A few days later we were privileged and delighted to see and hear a lecture by Cornelia Feye, MA, on German Expressionist Art, especially focused on the artists featured in the Degenerate Art Exhibition of 1937.

I had not previously understood that the Degenerate Art Exhibition had been put together by the Nazis, to denigrate art and artists that Hitler disapproved of. (I had thought it was like the Impressionist exhibitions, put together by the artists themselves after they had been turned down by The Academy.) On the contrary, when artists learned that they had been included in the Degenerate Art Exhibition, they knew that they would have to flee the country.

To clear up another personal confusion, I learned that Expressionist artists paint their inner feelings and thoughts, while Impressionist art tries to capture a fleeting moment as it actually looks, not an interior mood.
Welcome back to all loyal members who have renewed their Osher membership for the coming year. A special welcome to new members. We are delighted to have you aboard and look forward to getting to know each of you as we share our myriad of intellectual and social engagements.

Our fall quarter, which begins September 29, features a rich and varied program. In Master Class I, Emeritus Political Science Professor Sandy Lakoff, an Osher favorite, will discuss the 2014 elections and the American political landscape. Master Class II brings another distinguished cross-discipline group from the Center for Academic and Training in Anthropogeny (CARTA), which will examine some uniquely human features of the brain. Registration is required for our Master Classes and opens at 10:00 a.m. on Wednesday, September 17.

For the second year, past president Stanley Faer brings to Osher five of the distinguished UC San Diego Chancellor's Associate Faculty Excellence Awards speakers. Two other multi-lecture series are scheduled: Professor Benjamin Bergen, a noted cognitive scientist, will deliver a five-lecture Premier Class on Language; and award-winning author Professor Laurel Corona brings to Osher her popular Convivencia lecture series on the seven centuries in which Christians, Jews, and Muslims shared the Iberian Peninsula.

Our regular lecture series in Social Sciences, Science and Medicine, International Relations, Humanities, and Law and Society will feature a wide range of preeminent speakers, and our small-classroom seminars will again entertain and stimulate their loyal participants. We will also hear from a number of our accomplished colleagues as Osher Presenters.

The program highlights above are just a sample of the marvelous program your hard-working Curriculum Committee of volunteer Osher members has assembled. Take a moment to thank them for their efforts on behalf of us all.

Member surveys and discussions at our Open Houses repeatedly confirm that most members join Osher upon the personal recommendation of a family member or friend. We encourage you all to invite your friends and visiting family to join us as guests the first week of fall classes (excluding the Master Class) and then enroll for the academic year or fall quarter.

A reminder: If you miss a lecture or would like to review it on your own computer, many of our lectures are recorded and posted in our private on-line video library, which is accessible via the Osher homepage: olli.ucsd.edu.
The two major Jewish holidays come early in the fall. The first is Rosh Hashanah, the celebration of the Jewish New Year. Ten days later is Yom Kippur, the Day of Atonement. On Yom Kippur, as I understand it, you are supposed to forgive everyone who has wronged you, and ask God to forgive you for all the sins and wrongs you have done. There is even a prayer which lists all the possible sins and wrongs, just to be sure that nothing bad you have done might possibly slip by without you’re being really, really sorry for it, and asking God’s forgiveness.

I THINK THIS LEAVES OUT THE MOST IMPORTANT: FORGIVENESS! And it shouldn’t wait until Yom Kippur, one should do it right away! As soon as it happens, or as soon as you realize it has happened—FORGIVE YOURSELF! Quickly! Let other people stand in line to be mad at you; that’s their job, let them go for it. But there’s no sense at all to be mad at yourself. If you screwed up, or worse, did something mean on purpose, be sorry, make what amends you can, and then forgive yourself QUICKLY. Do not let the sun set angry at yourself—you’re human, you did it, you’re sorry—DONE!

Trust me, this is good advice. It takes practice, but do it, early and often, forgive yourself quickly.