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A Program of Santa Monica College

THE EMERITUS VOICE

From the Corner Office

by Dr. Scott Silverman,
Associate Dean



You may have noticed by now that we've installed TV screens all over Emeritus. This is our new Digital Signage system. We are still working on the software side, but soon we will have the ability to use these for all of our updates and event flyers. Thanks for your patience as we get this up and running.

On March 1, 2019, I sat with the Emeritus faculty for a day of professional development. One of the goals for the day was to have faculty meet in discipline specific groups to discuss opportunities to add to the Emeritus curriculum. I've also asked the Emeritus Student Advisory Council to form a committee to bounce ideas. Faculty get the final call on what classes we teach, so even something that I think is a

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Profile of a Class: Lyric Chorus

by Edna Erspamer

If you have a singing voice and are available on Mondays 9 a.m. – 11:50 a.m., the Lyric Chorus is for you. The instructor is Linda Jackson, whose main job is Artistic Director of Los Angeles Opera Company. In the Lyric Chorus class, she teaches vocal technique and helps the various segments of the chorus learn their parts. She is also responsible for all the bookkeeping, attendance. Tom Gerhold handles the musical arrangements as the accompanist. Linda determines how the singing will be performed, the coaching, and the instructing. Together they make a marvelous team.



The arrangements are for three-part harmony. Tom Gerhold is a man with excellent credentials. Not only is he an exceptional teacher, he is also entertaining, enthusiastic and patient with his students. Tom is a native Santa Monican who received degrees from UC Berkeley, UCLA (where he majored in both piano and music education), and a Master of Arts degree in conducting at Azusa Pacific University. Tom started playing piano for Emeritus in 1985 when the Lyric Chorus was held at the Unitarian Church on Arizona Avenue under the direction of Bill Elliott who had been associated with Perry Como Television. Lyric Chorus met next at Unity by the Sea Church, and even a synagogue, until an assistant put up a Christmas tree in its lobby!

I was invited to join the group as I interviewed. We practiced *Taking a Chance on Love* and a *Doo Wop Medley*. I thoroughly enjoyed the experience. Although the chorus is for treble harmony and the music is written for female voices, recently several men have opted to join the chorus. They sing the alto part in a lower octave. The group's repertoire includes songs from *South Pacific*, *Fiddler on the Roof* and *Carousel*.

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Who We Are: Beverly Lau

Profile of an Emeritus Student

by Dorothy Curtis

“Beverly brought something to share today,” Pat Akers announced as our T’ai Chi class stood in our good-bye circle. What would it be? With Beverly, we never know. It might be one of her almond cookies, a miniature cupcake, or a crocheted ball for cautious scrubbing. Were we a special class or was this Beverly just being herself? It was time to find out.

I visited Beverly and her husband, Ron, at their home overlooking Douglas Park in Santa Monica where they have lived since 1991. They have two grown children, a daughter who is an Emergency Room nurse and a married son who is working to become an artisan in woodworking.

“Thank God we are alive and live in paradise,” she said. “I feel privileged to live in the United States and, of course, we have the best weather in Santa Monica.”

Beverly’s family exemplifies the history of Chinese immigration in America. Her grandfather, who immigrated to California during the Gold Rush, opened a very successful herbal shop on Grant Avenue in San Francisco. His Chinese wife did not want to accompany him so she gave him permission to marry a second wife in America. At that time, boatloads of young women were brought to California to become brides for lonely men. Wealthy men got first choice, and her grandfather was near the head of the line. He chose the woman who became Beverly’s grandmother.

From the time of the passage of the Exclusion Act of 1882 until the end of World War II, the Chinese residents in San Francisco were

sequestered within the confines of Chinatown and not allowed to live outside the designated area. Beverly grew up in the Fisherman’s Wharf area and graduated from Galileo High School in 1966. She graduated from Pasadena University in 1971 and married Ron that same year.

Beverly worked for thirty-five years at UCLA, twenty-five of them at the Medical Center where she focused on finance, budgeting, graduate registration, and ER budgeting. She ended her career in the financial analysis department at Royce Hall. She retired twelve years ago at the age of fifty-seven.

Retirement for Beverly does not mean slowing down. She is an active member of the Church of Christ’s Associated Women of Pepperdine University, although she says that she is cutting down a bit. She loves to cook, particularly to bake for family, for friends, for the Church and, luckily for us, occasionally for our T’ai Chi class. She is willing to share her recipes and I have her almond cookie recipe that is not only delicious but makes three dozen cookies. Lately she has been switching to very small cupcakes.

“From scratch?” I asked.

“No,” she replied. “I usually modify a cake mix, adding fresh cranberries, chopped pecans and cream cheese.” To me, that is creative baking.

Beverly also crochets, knits and sometimes makes beaded bracelets. She is currently crocheting literary characters from “Little Red Riding Hood” and “The Wizard of Oz.” She recently sold the cowardly lion, but her large, extended family and



friends are her biggest fans. I, who never got beyond the crochet chain stitch, was thoroughly impressed.

Both Beverly and her husband love to travel. They have been around the world many times as well as on cruises that limit the number of passengers to between sixteen and thirty people. However, their next adventure will be a thirty-eight day cruise from Singapore to New Zealand on the Holland America Line.

I met Beverly at our T’ai Chi class that meets on Mondays and Fridays. On Tuesdays and Thursdays, she has classes in Chi Gong and Joint Mobility. On Wednesdays it is Knitting and occasionally she tries Calligraphy and Jewelry Making. I was tired just thinking about that schedule.

It was time for me to leave—but not empty handed. Beverly gave me a knitted neck warmer, a beaded bracelet and a cookbook of Greek recipes that she had picked up on a trip to the Mediterranean. She also left me with the feeling that friendship, generosity and adventure are keys to a happy, productive retirement.

Kudos!

by Michael Higgins

Tai Chi, Yoga, Autobiography, The Short Story, Novels ... long-time Emeritus student Sara Bragin has just published a memoir, *The Living In Her Dying*.

W. H. Auden called the first act of writing “noticing.” He believed that witnessing or participating in an event far out-strips what can be conceived through the imagination alone. One can also say that writers write about their obsessions, the things that haunt them; the stories they carry in their hearts. The memoir, in its purest form, is a collection of memories or events recorded that adds some sense of understanding and clarity.

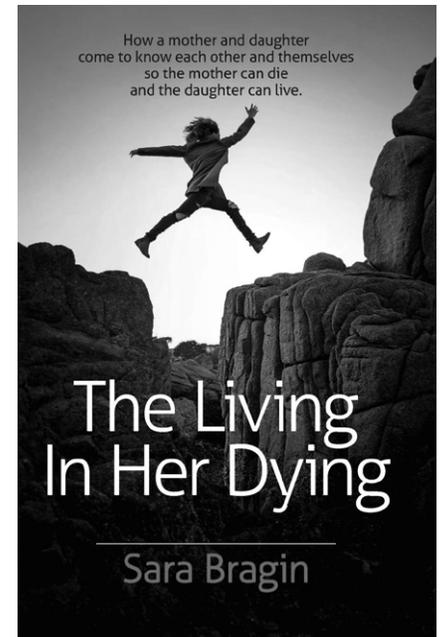
This is the aim of Sara Bragin’s *The Living In Her Dying*, as she delves deeply into the undercurrent of a mother-daughter relationship during the last six months of her mother’s life. “After each day with my mother, I was moved to record, in detail, the events of the day. It became my

way of honoring the process. Even professionals who care for elders have their issues around old age—I realized I could be my mother’s best advocate for her ongoing well being and dignity. Not least, it gave me the chance to make sense of my own life at the time and discover I would be able to go on without my mother.”

As a writer, Sara’s aim is to allow the reader a chance to experience, right along with her, events as they unfolded, the extraordinary nature of the most ordinary happenings. The chance, too, as she puts it, “to realize that what may, at first, seem to be a burden can turn out, upon reflection, to be a gift of discovery. That it may be worthwhile to commit the time and energy it takes to work out the kinks in important relationship when love has been complicated by various circumstances and situations.”

She is interested now in providing opportunities for readers to share their own experiences of having seen—or not having seen—loved ones through their dying. Perhaps, too, experiences of feeling free to move on.

The Living In Her Dying is available on Amazon and barnesandnoble.com. Books can also be bought directly from Sara. Email her at sarabragin@gmail.com.



Profile of a Class: Lyric Chorus

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Students Pauline Yano and Ileene Morris have been in the chorus for over twenty years. Ileene, a petite blond soprano, remembers how the class used to go to the Farmers’ Market for lunch when they met at the Presbyterian Church on Second Street.

As a community service, the Lyric Chorus entertains at various assisted living groups in the area: Sunrise, Mary Crest, and the Carondelet Center. They also perform at the Santa Monica Public Library.

“I love that I get to work with all age groups on a given day: kindergarten through eighth grade, high school, college, and Emeritus. I get to hear different perspectives,” Tom said. You can tell from the glow on his face that he truly enjoys his work and that he loves to choose music that is meaningful to people. “Life is too short to drink bad wine,” is his philosophy.

“A Heart For Venice”

by Ditta Olliker

I started my interview with Donald Sutherland (not the actor of the same name) by sharing that I had just enrolled in a writing class at SMC Emeritus. My assignment was to explore the myriad of changes that Venice, CA has gone through and how they have affected his thoughts and feelings about the community.

In a booming voice Don responded, “I love both of them, Emeritus and Venice. I’ve been taking classes at Emeritus for the last six years, ever since I retired. And Venice, I have loved Venice even longer.”

“Why Venice?” I asked.

He shared that he had come to Los Angeles in 1966 as a graduate student at UCLA. Venice was affordable and had a direct bus line to the university. “It was a rough place, full of drunks and hobos, lots of young people crazy with their new freedom. A world of drugs and mayhem. One could even hear gunshots coming out of the Oakwood ghetto at night. In those years, Venice was not a place for families and stability. But being young and adventurous, I quickly felt at home there.”

He met his future wife at UCLA and married her several years later. When they began looking for a house, Venice was not at the top of their list, but a friend’s house was for sale, and the price was affordable. Memories of his earlier years there reinforced his interest. They moved in 1981. Of particular value to Don was all that the beach territory had to offer: strolling along the shoreline, listening to the whispering of the waves, air that was breathable, the quiet and

stillness as day turned into night. Don was enthusiastic as he leaned back in his chair and said, “I found the vastness of the sky and ocean exhilarating. I knew then that I had a heart for Venice.”

I asked Don when and how Venice began to change. “Slowly,” he answered, “sometime in the late eighties or early nineties. It was hard to notice as it was happening.” He noted that Washington Boulevard became more commercial and brought more traffic and parking issues. Home prices began to rise, reaching a level that made it almost essential for some old timers to rent their homes for a considerable amount of money thus allowing for a better retirement in a less expensive neighborhood. The money issue expanded as more successful companies moved into the area. Small bungalows began to morph into three-story homes built to use every available inch of land. Young couples couldn’t afford to buy these houses and the number of children

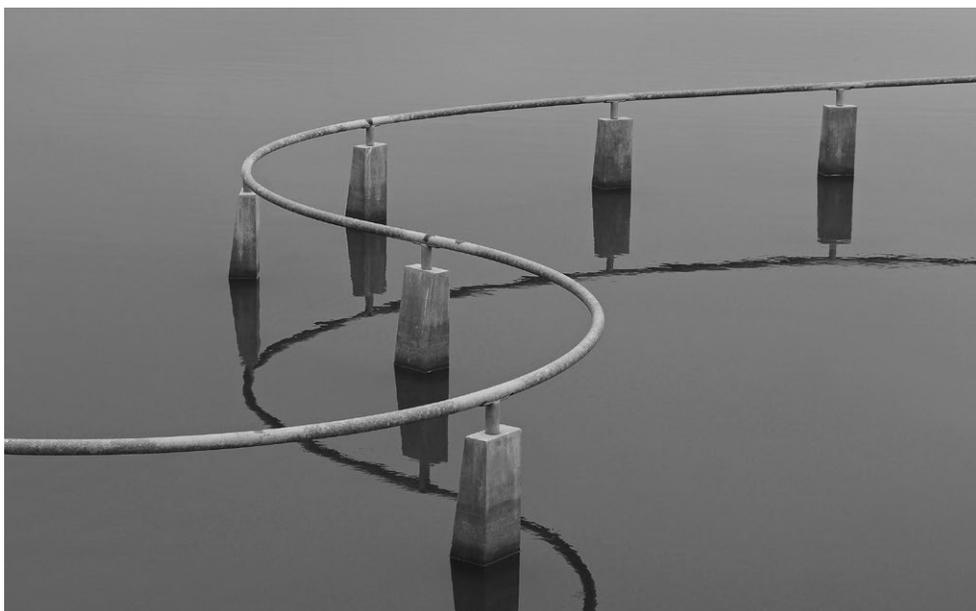
began to get smaller and smaller. According to Don there hasn’t been a block party for kids in years.

“But,” he said, “I still love living here. It’s my home and the only way I’ll leave it is when they carry me out on a slab.”

I reminded him that his first comment had been “I love them both—Emeritus and Venice.”

“I used to draw a lot when I was a kid and had promised myself that I’d take it up again. I’ve always been interested in the world of art and the art of the written word. And there’s an arty flavor to both of these places—meaning both Venice and Emeritus. I’m so excited about the new class I’m taking on Shakespeare, and artists have always been a part of the Venice scene and a part of my inner life.”

Don was quiet for a time and then said as if speaking to himself, “I guess I have had a heart for both places—Venice and Emeritus.”



Dorli Burge, *Malibu Lagoon*, 8"x10", 2018. SMC Emeritus Student Photography Exhibition.

Get a Lyft with MODE

by Rick Lesser



The City of Santa Monica provides a wonderfully helpful service for seniors called MODE, which stands for Mobility On Demand Every Day. MODE is a transportation program that lets Santa Monica residents 60 and over request a ride from wherever they are inside Santa Monica, to any destination within the city.

Well, you might think, you can already do that now using a taxi, or a ride service. True, but can you take up to 60 such rides each month for only \$0.50 per ride? With MODE through Lyft you can.

To request a ride, use the Lyft app on an Apple or Android smartphone, or access your Lyft account online. You may also telephone Lyft to place your request.

Keep in mind a few limits in MODE's operating hours: 8 a.m. to 6 p.m. Monday thru Friday, 8:30 a.m. to 3:30 p.m. on Saturday, and 8 a.m. to 1:30 p.m. on Sunday.

Here's how to get started:

- Call 310-394-9871 ext. 455, and request an application be mailed to you. Or pick one up at the WISE & Healthy Aging office at 1527 4th St (between Broadway & Colorado) in downtown Santa Monica.

- Complete the application, attach a copy of your California ID or driver's license showing you live in Santa Monica, and return the application to the same location.
- Be patient. Processing may take a few weeks. They will contact you when it's done.
- If you don't already use the Lyft app for arranging a ride, download the app and register with Lyft.
- When your membership is approved and your MODE card is ready to pick up, they will call, and may ask you to attend an optional orientation to learn how to use it.
- After another day or two, your Lyft app shows, at the top of the ride request screen, that you get "\$0.50 fixed fare Shared rides." Be sure to select the displayed Share option.
- You can also call the number on your MODE card, 310-458-6633, and arrange a pickup and drop off date and time. Using Lyft's app should generally be quicker and more efficient, but if you need special service, such as a driver trained to assist you getting from the vehicle into the doctor's office, call that number.

For details, go to bigbluebus.com, tap Menu, then in the Search box, enter Lyft. Enjoy the ride!

2018 Fundraising Report

Thanks to the SMC Emeritus fundraising committee and many student volunteers there were 1,261 donors who gave a total of \$176,956 in 2018 to SMC Emeritus. Donors to SMC Emeritus include not only current students, but also past students, college trustees, SMC administrative employees, and SMC Emeritus teachers.

Did you know that you can donate your car or RV to the SMC Foundation and designate your gift to SMC Emeritus? Contact the SMC Foundation to donate your car or RV. It is a tax deductible donation.

In 2019, a small percentage of the funds we raise during the California Pizza Kitchen fundraising event as well as the donations to SMC Emeritus will be given to support students in need at the SMC Main Campus. There are undergraduate students who don't have enough food to eat, or run into other financial difficulties.

WHAT'S HAPPENING: *Spring Emeritus Events*

Boost Your Energy! Five Stress-Busting Strategies with Dr. Arlene Barro Emeritus

Dr. Barro will present Five Stress-Busting Strategies to boost your energy and reduce your stress. Laughter is a stress-buster. Let's laugh and learn! Dr. Barro is a UCLA-trained Behavioral Educational Psychologist, author of WIN Without Competing!, and a stress expert specializing in unique strategies to achieve unparalleled business, career, & personal success.

**Thu, April 25 | 3 p.m. – 5 p.m.
Free | Room 409**

Emeritus Concert Band

Yosuke Miyoshi, Conductor. The June concert is a collection of music with "Magic" as a through line, featuring arrangements of orchestral classics, movie themes, and original compositions for band.

**Sun, June 2 | 2 p.m. | Free
The Broad Stage
at SMC Performing Arts Center**

Emeritus Players Acting Showcase

Mark your calendar for our performance showcase featuring silly, serious, and quirky scenes that inspire, entertain, and—hopefully!—give you something to think about.

**Sat, July 20 | 1 p.m. | Free
The Edye
at SMC Performing Arts Center**

EMERITUS ART GALLERY

The Emeritus Art Gallery is located on the first floor of the Emeritus Campus, 1227 2nd St., Santa Monica. Gallery hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. For further information, visit the Emeritus website (smc.edu/emeritus). Exhibits and opening receptions are FREE.

Annual SMC Emeritus Student Photography Exhibition

Thu, March 21 – Wed, May 1,
Take a look at the photographic visions of SMC's talented Emeritus students. Opening reception on Thursday, March 21, from 5 p.m. to 6:30 p.m.

Annual SMC Emeritus Student Art Exhibition **Thu May 9 – Wed, July 10**

Don't miss our popular annual group exhibition of creative works by students in SMC's Emeritus program. Opening reception on Thursday, May 9, from 5 p.m. to 6:30 p.m.

John Alcantara, Anne Axelrad, and Mercedes Garcia **Thu, July 25 – Wed, September 18**

Come see the works of three outstanding Emeritus student painters brought together through a common interest in Surrealist painting and expressive mark-making. Opening reception on Thursday, July 25, from 5 p.m. to 6:30 p.m.

Events subject to change. For details, please call 310-434-4306. The Edye and The Broad Stage are located at the SMC Performing Arts Center at Santa Monica Blvd. & 11th St., Santa Monica.



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BY JOINING OUR COMMUNITY OF SUPPORTERS

Ways To Give:

1. Join the Emeritus 250 CLUB by donating \$250 or more annually, which includes an invitation to our annual appreciation event.
2. Make a direct distribution from your IRA.
3. Make a bequest to Santa Monica College Foundation to create an enduring legacy.

Donate securely at:

SantaMonicaCollegeFoundation.org/Emeritus



SANTA MONICA COLLEGE
FOUNDATION



SMC Emeritus Program student Hope Copeland (1926 - 2018)

Questions? Contact Cheryl Ward at the SMC Foundation 310-434-4215 or ward_cheryl@smc.edu



SMC students can ride Big Blue Bus for **free** using a valid student ID card with the current semester sticker. Read more about this program at smc.edu/transportation.

Use the Trip Planner on bigbluebus.com to plan your trip. You can also use third-party apps like **Google Maps** and **Transit** for updates on when your bus will arrive.

Or, you can call us at **310.451.5444** and a Customer Service Assistant will help you.

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Big Blue Bus and WISE & Healthy Aging have partnered with Lyft to provide **MODE**, a curb-to-curb, on-demand transportation program for older adults (at least 60 years old) and persons with disabilities (at least 18 years old) who live in the City of Santa Monica.

To participate, you must first register with MODE by calling WISE & Healthy Aging at **310.394.9871**. Registered members may travel anywhere within the Santa Monica city limits. A one-way fare is only \$0.50 for members!

For more information, visit bigbluebus.com/mode.

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MOBILITY ON DEMAND EVERY DAY

Academy Award Trivia Quiz

- 1) Who has won more Oscars than anyone else?
- 2) Who are the only sisters to win Oscars for acting roles?
- 3) Who is the only person named Oscar to win an Oscar in a major category?
- 4) Which is the first film to win all five of the top awards (picture, director, actor, actress and screenplay)?

Answers: 1) Walt Disney 2) Joan Fontaine and Olivia de Havilland 3) Oscar Hammerstein (and he won two) 4) It Happened One Night

From the Corner Office

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brilliant idea will only make the cut if Emeritus faculty concur. That being said, there is an Emeritus course that some of you may find familiar. It has not been taught in a few years, but has been officially approved: MUSIC E02, Guitar for Older Adults. Look for it in the Fall schedule.

Emeritus has several publications that you should check out. The *Emeritus Chronicles* comes out each Spring. Contributions come from students in the autobiography classes taught by Professors Monona Wali, Robert Fox, Ellen Reich and Ana Reyes. *The Ongoing Moment* is a journal of literature and art combining the work of the watercolor studio class taught by Professor Catherine Tirr and the work of the memoir class taught by Professor Monona Wali. There is an accompanying art exhibition in the gallery each Fall. Of course, the *Emeritus Voice* publication you are reading now is put out twice a year by the Writing for Publication class.

If you've gotten a chance to get to know me, you know that I dream big, and have some grand visions...and just need the right partners at the right time to get the job done. Some upcoming projects you will see from Emeritus:

- The Living Histories project, funded by a gift from Mitzi Bland;
- Scheduling NPR's StoryCorps mobile booth to be in Santa Monica sometime in 2020 (this is still very much a work in progress);
- Creating some new classes for you to enroll in at Emeritus;
- We have already increased the number of special speakers or events at Emeritus this year...we will be looking to continue this, as well as bringing in outside resources as guests in the office.

This is all in addition to the day-to-day operations of Emeritus, from maintaining the building to building the schedule. So you can see I've got a fun challenge ahead of me. I'd also like to issue a challenge to you. I'd like to encourage each of you to take a class in an area you don't normally enroll in. For example, if you've never taken an Emeritus Art class, see if you can get into one you like one upcoming semester. The benefits of experiencing a new discipline, new class material and a new instructor may be well worth it. New neural development, and you might just find a hidden talent.

In closing, we are working to utilize our Facebook page more fully. If you happen to use it already, please check out our Facebook page: facebook.com/smcEmeritus While it is not very active yet, I would like to see us post photos from events, share the video from each gallery opening, and possibly even use this page for you to share with your family from out-of-state all of the fun things you're doing at Emeritus!

Be well!

This edition of the *Emeritus Voice* was written and produced by students in the "Writing For Publication" (E34) class taught by Monona Wali.



**1227 2nd Street
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Business Hours:

Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Telephone: 310-434-4306

Email: emeritus@smc.edu

Website: smc.edu/emeritus

SMC Emeritus is committed to life-long learning for older adults. From art and literature to health and safety, personal finance, and digital technologies, Emeritus College students connect, discover, renew, and reinvent. Classes are held at the SMC Emeritus headquarters at 1227 Second Street, Santa Monica, as well as at community sites located throughout the cities of Santa Monica and Malibu.

Got Suggestions?

You can give Emeritus your feedback in several ways: by emailing emeritus@smc.edu; calling 310-434-4306; through the suggestion boxes located on the 1st & 2nd floors of Emeritus; and in-person on the 1st floor Enrollment Services or 4th floor Administrative office.



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