Vital Aging: Putting your Passion into Action

A Presentation by Mark Skeie

As baby boomers reach their 60’s, the nation is experiencing dramatic shifts in attitudes about aging. Healthy, active, young-old adults are increasing in number and influence. These years can be life’s best when the opportunities for rich experiences outweigh the challenges of growing old.

Join Mark Skeie as he shares how older adults can be a significant force in shaping a new societal vision of healthy, fulfilling lives connected in engaged communities. Learn about opportunities for self-actualization, seeking and finding meaning and balance, and finding how you can enrich your own life through lifelong learning, leadership and service to others.

Mark is a retired project manager with the 3M Company and author of the book, Mapping Your Retirement. He is also the current chair of the Vital Aging Network, an organization based in St. Paul, Minnesota. The organization is dedicated to building the individual and civic capacity of older adults to create vital communities in which people of all generations work together to find the right balance between meeting the individual needs of its people and achieving the common good. Mark is an outstanding presenter and is passionate about older adults being involved as active citizens.

Presentation is scheduled for Monday, May 4 at the Hefter Conference Center, 3271 N. Lake Dr. Gathering and refreshments at 9:30, presentation 10-11:30am.
To Osher members….Memo...at random…..

Have you noticed that the advertisements for one of the local, prominent residence homes for the elderly have begun including the phrase, “for those 65 or better”? I really like the “or better” part. It gives me a boost just to think in those terms about growing older. Much of our perception of an idea is framed by the words or language used to describe it. “Senior citizen” has never been a favorite descriptive of mine.

Our organization has just gone through a rather successful couple of months. The Spring courses have been well attended and engaging. There was a coffee at the Hefter Center which generated great conversation, and a couple of new members. The trip to London and Paris was rewarding on many levels. To begin with, we had 10 days in March, in Europe, with absolutely no rain. Since we did a lot of walking and looking, rain could have put a real damper on things. Pun intended. Bob Greenstreet was a fountain (nay, a geyser) of ideas and information. Kim Beck’s planning and careful attendance enveloped us with comfort and security. Karen Greenstreet’s tour through the Inns of London was a distinctively “value added” feature.

In fact, I’ve begun to think of Osher as a “value added” organization. Just think of the wealth of experiences, opportunities and friendships that have been offered through membership in the group. And, it’s not over yet. In early May there’ll be an exploratory and planning meeting for a major gathering in the fall. Our intent is to identify ways, methods and places to develop and utilize the skills and talents of our members in ways which will contribute to our organization, and to the larger social and civic community. Both in May and in the fall, there’ll be speakers and small group participation so that everyone can be informed and involved. Be at the May 4th meeting. Think of it as Spring Training.

Perry Rozza
Save the Dates:
*Upcoming Events of Interest*

As you start to fill in the dates for your summer activities don’t forget to plan on attending the upcoming Osher events:

**Monday, May 4th:** Vital Aging: Putting Your Passion into Action morning workshop

**Tuesday, May 5th:** Since we will be sponsoring the Vital Aging workshop on Monday the monthly Board of Directors meeting will be held at 1pm today.

**Friday, May 8th** is the Go Explore program to Forest Home Cemetery. Yes, you can still sign up for this walking tour.

**Friday, May 29th** join other Osher members at Terry and Phil Rozga’s for a wine and cheese party. Information and details will be mailed to you.

**Friday, June 5th** join other Osher members at the Milwaukee Symphony and enjoy lunch after the performance. We still have a few tickets left, so if you are interested please call Cathie at 414-227-3366 to reserve your tickets.

**Monday-Friday, June 8-12** is the weeklong “Understanding World Religions” course. Yes, you can still register for this course.

Watch your mail for your invitation to the Annual Spring luncheon on **Tuesday, June 16th**. This year’s luncheon will be held at the Italian Community Center. Invited guest speaker is Provost and Vice Chancellor Rita Cheng.
The University of Wisconsin-Milwaukee (UWM) offers area residents a variety of unique educational experiences. Unless otherwise indicated, events are free. For a full schedule of UWM events, you can go to www.uwm.edu. Click on the “Quicklinks” button at the top of the page and go to Event Calendar. In the meantime, here’s a sampling of events to whet your appetite.

Music

Spring Choral Concert 2
Friday, May 1, 2009; 7:30pm
Helene Zelazo Center for the Performing Arts
2419 E. Kenwood Blvd.
A concert featuring the UWM Gospel Choir, directed by David Nunley.
Tickets: $10 general/$7 students, seniors & UWM alumni, faculty & staff.
Call 414-229-4308

Spring Choral Concert 3
Saturday, May 2, 2009; 7:30pm
Helene Zelazo Center for the Performing Arts
2419 E. Kenwood Blvd.
A concert featuring the Men’s Glee Club, directed by José Rivera, and the Women’s Chorus, directed by Gloria Hansen.
Tickets: $10 general/$7 students, seniors & UWM alumni, faculty & staff
Call 414-229-4308

UWM Friends of the MSO & Milwaukee Symphony Orchestra
Wednesday, May 6, 2009; 5pm
Helene Zelazo Center for the Performing Arts
2419 E. Kenwood Blvd.
A talk by Stephen Colburn, Principal Oboe, on Mozart and Brahms, background to the June 5, 6, and 7, 2009 concert: Mozart, Symphony No. 41 “Jupiter,” K.551, and Brahms, Symphony No.1. Talk followed by questions, coffee and dessert. Those who attend will receive a discount on concert tickets.
Call 414-291-6010, ext. 404

Summer Evenings of Music Festival
Wednesday, June 17, 2009; 7:30pm
Helene Zelazo Center for the Performing Arts
2419 E. Kenwood Blvd.
The Fine Arts Quartet celebrates the bicentennial of two of the world’s greatest composers: Haydn (who died in 1809) and Mendelssohn, born the same year. They begin their annual summer festival with Haydn’s String Quartet in G Major, Op. 77, No.1, Hob.III:81; Berg’s Sonata, Op.1 (1907-08); and Mendelssohn’s Trio No.2 in C Minor, Op. 66 (1845). Guest pianist Karen Davis.
Tickets: $20 general/$12 students, seniors & UWM alumni, faculty & staff. Subscriptions available.
Call 414-229-4308

Visual Arts

Inova: THERE THERE
May 1- June 14, 2009; Noon-5pm
Institute of Visual Arts
Inova/Kenilworth
2155 N. Prospect Ave.
In these tough times, simplicity is a valuable commodity. A back-to-basics approach is necessary. Yet, simplicity is not always so simple. And simpleness is not always so straightforward. “There There” brings together six artists, Joe Bradley (New York), Sarah Braman (New York), Steven Burnham (Milwaukee), Nancy Ford (Chicago), Eunice Kim (San Francisco), and Scott Reeder (Milwaukee), whose work appears simple, castoff, or even dumb, while remaining replete with all the qualities of a good joke: charm, wit, and elusive truth. Gertrude Stein commented on her native city of Oakland that “when you get there, there isn’t any there there.” The exhibition’s title phrase is also a common expression of sympathy. Together, the work in “There There” suggests that sometimes, only one “there” is all that’s needed.
Call 414-229-5070
BFA Exhibition II
May 5-16, 2009; 11am-4pm
Inova/Arts Center
2400 E. Kenwood Blvd., 2nd floor
An exhibition of work by students receiving their BFA degrees in spring and summer.
Call 414-229-5070

Drawing Criticism:
Political Cartoons from Reagan to Obama
May 21, 2009; 6pm
UWM Golda Meir Library (3rd floor, American Geographical Society)
2311 E. Hartford Ave.
Stuart Carlson, the editorial cartoonist of the Milwaukee Sentinel from 1983 to 1995 and the Milwaukee Journal Sentinel from 1995 to 2008, will give a talk on his career at 6pm on May 21 at the UWM Golda Meir Library. His presentation is co-sponsored by the Friends of the Golda Meir Library and the UWM Libraries’ Archives Department. Carlson grew up in West Bend, Wisconsin, and began his journalism career as editor and cartoonist for the West Allis Post/Star and as a reporter for the West Bend News. His cartoons have been distributed nationwide by the Universal Press Syndicate. His work has been published in the New York Times, Newsweek, The Washington Post, and Playboy Magazine. In 1991, the National Press Foundation selected Carlson as the “nation’s best cartoonist.” In 1995, he was awarded the John Fischetti Editorial Cartoon Award. Carlson donated a collection of his work to the UWM Archives in September, 2008. The collection consists of an estimated 5,000 drawings covering local, state, and national topics, including race relations, military conflicts, popular culture and political scandals.
Call 414-229-4786

Dance

Ko-Thi Dance Company 40th Anniversary Concert
May 15 & 16, 2009; 7:30pm
Mainstage Theatre, 2400 E. Kenwood Blvd.
Ko-Thi Dance Company will be celebrating its 40-year legacy of creative work. In this production the company will revise some of its classic works with a premiere work by founder Ferne Yangyeitie Caulker and Ensemble choreographers Valencia Turner (Associate Artistic Director) and D’Angelo Boston (Artistic Director, Ton Ko-Thi Children’s Ensemble).
The ever exciting and vibrant Ton Ko-Thi will be featured in this production.
Tickets: $50 VIP/$25 general/$15 students & seniors with ID/ $7 children under 12.
Call 414-229-4308

Summerdances: Mavericks & Pioneers
June 12 -14, 2009; 7:30pm, Sunday matinee 2pm
Mainstage Theatre, 2400 E. Kenwood Blvd.
The UWM Dance Department has devoted entire concerts to cutting-edge multimedia collaborations—most recently Triptych (2008), directed by Luc Vanier. In Summerdances we step backward to revisit the work of a pioneer of multimedia, Alwin Nikolais. The concert marks the culmination of the year-long reconstruction of two classic Nikolais works: “Tensile Involvement” (1953) and “Water Studies” (1964). The new works on the program by Vanier, Simone Ferro, and Dani Kuepper promise to keep us stepping forward. The reconstruction of “Tensile Involvement” and “Water Studies,” supervised by Alberto del Saz, artistic director of the Murray Louis and Nikolais Dance Company and co-director of the Nikolais/Louis Foundation, is made possible by American Masterpieces: Dance, a program of the National Endowment for the Arts with Dance/USA.
Tickets: $15 general/$9 students, seniors & UWM alumni, faculty & staff
Call: 414-229-4308
# May 2009

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9:30-11:30 Vital Aging: Putting Your Passion into Action (E)</td>
<td>10:30 Sex, Lies and Heroines (C)</td>
<td>10:00 Films of 1939 (C)</td>
<td>9:30 Spanish (I)</td>
<td>9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>10:30 French (I)</td>
<td>10:30 Writing Your Memoirs (C)</td>
<td>10:30 Poetry (I)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>1:00 Executive Board Meeting (M)</td>
<td>1:30 Gold Star Mysteries (I)</td>
<td>10:30 Play Reading (I)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>10:30 The Louvre (C)</td>
<td>9:00 History (I)</td>
<td>9:30 Spanish (I)</td>
<td>9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>10:30 French (I)</td>
<td>10:30 Mind Aerobics (C)</td>
<td>10:30 Poetry (I)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>1:00 Writing Your Memoirs (C)</td>
<td>1:00 Special Collections (C)</td>
<td>10:30 Forest Home Cemetery Tour (C)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:00 Books (I)</td>
<td>10:00 Films of 1939 (C)</td>
<td>9:30 Spanish (I)</td>
<td>9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 The Louvre (C)</td>
<td>10:30 French (I)</td>
<td>10:30 Mind Aerobics (C)</td>
<td>10:30 Play Reading (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>1:00 Special Collections (C)</td>
<td>1:00 Writing Your Memoirs (C)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 Short Course Committee Meeting (M)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEMORIAL DAY</td>
<td>10:30 The Louvre (C)</td>
<td>9:00 History (I)</td>
<td>9:30 Spanish (I)</td>
<td>9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>10:00 Films of 1939 (C)</td>
<td>10:30 Mind Aerobics (C)</td>
<td>3-5pm Wine and Cheese Party (E)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>10:30 French (I)</td>
<td>1:00 Special Collections (C)</td>
<td></td>
</tr>
</tbody>
</table>

Legend:
- **(C)** - Course
- **(E)** - Event
- **(M)** - Meeting
- **(I)** - Interest Group
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1:00 Executive Board Meeting (M)</td>
<td>2 10:30 Spanish Conversation (I)</td>
<td>3 10:30 French (I)</td>
<td>4 9:30 Spanish (I)</td>
<td>5 9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>1:00 Special Collections (C)</td>
<td>11:30 Gold Star Mysteries (I)</td>
<td>11:15 Symphony and Lunch (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 8am-4pm Understanding Religions (C)</td>
<td>9 8am-4pm Understanding Religions (C)</td>
<td>10 8am-4pm Understanding Religions (C)</td>
<td>11 8am-4pm Understanding Religions (C)</td>
<td>12 8am-4pm Understanding Religions (C)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>10:30 French (I)</td>
<td>9:30 Spanish (I)</td>
<td>9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>10:30 Special Collections (C)</td>
<td></td>
<td>10:30 Play Reading (I)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 10:00 Books (I)</td>
<td>16 10:00 Books (I)</td>
<td>17 10:00 Walking Tour of Lake Park (C )</td>
<td>18 9:30 Spanish (I)</td>
<td>19 9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>10:30 Spanish Conversation (I)</td>
<td>10:30 French (I)</td>
<td>10:00 Jewish Museum Tour (C)</td>
<td>10:30 Poetry (I)</td>
</tr>
<tr>
<td></td>
<td>11:30 - 2:30 Luncheon ICC (E)</td>
<td>10:30 French (I)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22 9:00 Leadership and Development Committee Meeting (M)</td>
<td>23 10:30 Spanish Conversation (I)</td>
<td>24 10:00 Walking Tour of Lake Park (C )</td>
<td>25 9:30 Spanish (I)</td>
<td>26 9:00 Computers (I)</td>
</tr>
<tr>
<td></td>
<td>12:00 Italian (I)</td>
<td>10:00 Walking Tour of Lake Park (C )</td>
<td>10:30 French (I)</td>
<td>10:30 Play Reading (I)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 10:30 Spanish Conversation (I)</td>
<td>30 10:30 Spanish Conversation (I)</td>
<td>12:00 Italian (I)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Special Interest Group Notes
May - June, 2009

For complete information about Special Interest groups, call the Osher Office at 414-227-3222. Unless stated otherwise, all meetings will be held at the Hefter Center – First Floor Library at the corner of East Hartford Avenue and North Lake Drive.

**LANGUAGE:**

**FRENCH:** Prof. Martine Meyer 414-964-3717
Every Wednesday, 10:30 a.m. – Noon

**ITALIAN:** Silvana Kukuljan 414-332-4427
Every Tuesday, 12:00 Noon – 1:15 p.m.

**SPANISH:** Tony LoBue 414-962-2395
Every Thursday, 9:30 – 11:30 a.m.

**SPANISH CONVERSATION:**
Coordinators:
Bob Diggelman 414-964-3569
Inga Bauer 414-332-1648
Every Tuesday, 10:30 a.m. – Noon

**BOOKS:**

Cathy Morris-Nelson 414-352-2839
Third Tuesdays, 10:00 a.m. – Noon
Meet at Shorewood Library-Lower Level

May 19: “Loving Frank” by Nancy Horan
June 16: Will be announced at May meeting.

**COMPUTER USERS’ GROUP:**

Peter Lee 414-202-6312
Every Friday, 9:00 – 10:00 a.m.
Meet at Shorewood Library – Lower Level

**GOLD STAR MYSTERIES:**

Beverly DeWeese 414-332-7306
First Thursdays, 1:30 – 3:00 p.m.
Meet at Shorewood Library – Lower Level

May 7: “Medicus” by Ruth Downie
“Dante Club” by Mathew Pearl
June 4: “Cloud of Unknowing” by Thomas Cook
“Grave Talent” by Laurie King
or
“Lying Tongue” by Andrew Taylor

**HISTORY:**

Marilyn Walker 414-332-8255
Second & Fourth Wednesdays, 9:00 – 10:15 a.m.

“No meeting in June

**PLAY READING:**

Ruth Allschwang 414-223-4986
Second and Fourth Fridays, 10:30 – Noon

**POETRY:**

Ruth Allschwang 414-223-4986
First and Third Fridays, 10:30 a.m. – Noon
Out and About...

Notes from the Executive Director:

-I don’t know about you, but I am so happy to see Spring has finally arrived. Winter seemed especially cold and long this year. Welcome back to all of our snowbirds!

-Members should have received a flyer with information on the Vital Aging: Putting Your Passion into Action event to be held Monday, May 4th, 9:30-11:30am at the Heftcr Conference Center, 3271 N. Lake Drive. If you have not received your mailing or need more information please call the office at 414-227-3222.

- Watch your mail for a flyer listing summer program offerings. Beginning June 17 and for 3 Wednesdays, join Gil Walter on a “Walking Tour of Lake Park”. July 9th we have scheduled a guided tour of Wehr Natre Center and the Boerner Botanical Gardens. August 17-19th we will meet at the UWM Great Lakes Water Institute to learn about the Ecology of Lake Michigan. This course will include a cruise on the Great Lakes Research Vessel.

Also, if anyone is interested in free online lectures, go to Academic Earth - http://academicearth.org/ - it is an incredibly rich resource, namely thousands of video lectures from the world’s top scholars entirely free of charge. I found it to be a great site.

Cheers,

Cathie
Voices of Africa Concert

The Voices of Africa concert, sponsored by Osher Lifelong Learning Institute at UWM, was held Monday, February 23, at Milwaukee Central Library’s Centennial Hall. All those in attendance experienced a powerful blend of West African harmony and culture.

![Concert Photos]

Osher members Chris O’Brien, Ruth Kurensky and Darlene Roberts admire West African items.

Short Course Committee
(Why not become a member?)

The short course committee has already been working diligently on courses for the fall semester. Thanks to all members that have given us ideas and more importantly speakers for courses. If you are interested in joining this committee we would welcome your input and ideas. We are looking for people that are willing to suggest topics, do a little research and schedule presenters. If you would like to be part of the short course committee please join us. Meetings are held the third Tuesday of the month at 1pm in Hefter Conference Center Library, 3271 N. Lake Drive. For more information call Darlene Roberts, 414-962-7039 or Ruth Kurensky, 414-961-0427.
Welcome

NEW MEMBERS

Cecilia and John Balog
Kathy and Tacitus Bond
Robert Byrne
Gail Cheesman
Nancy Clark
Diana Collins
Estelle Felber
Kathleen Ford
Barbara Foulks

Julie Ann Hochwitz
Dolores McCrimmon
Irene McNamara
Robert McSweeney
Jay Meili
Karole Reading
Clementean Stewart
Susan Stickels
Angela Ventura

The Osher Outlook is a bi-monthly publication of the Osher Lifelong Learning Institute at UWM. Please contact Cathie Sanders at sceosher@uwm.edu with ideas and/or articles. Deadline for the July/August issue is June 8.

Newsletter Staff
Calendar:
  Inga Bauer 414-332-1648
Special Interest Groups:
  Inga Bauer 414-332-1648
  Robert Porath 262-965-7379
Layout:
  Kathy Czerniakowski 414-227-3222

Officers 2008-2009

President
Terry Rozga ................. 414-332-4052
President Elect ............ Open Position
Secretary ...................... Mary E. Kelly
Treasurer ..................... Betty White ................. 414-962-0810
Past President
Alice Kuramoto ............. 262-241-0266
Leadership & Dev. Chair
Dave Georgenson ........... 414-540-5926
Membership Co-Chairs
Phil Rozga .................... 414-332-4052
  Lynn Sager ................ 414-964-5940
Social Activities Chair
Chris O’Brien ............... 414-228-8199
Short Courses Co-Chairs
Darlene Roberts ............ 414-962-7039
  Ruth Kurensky .............. 414-961-0427
Special Interest Group Representatives
  Open Position
UWM SCHOOL OF CONTINUING EDUCATION STAFF
Executive Director
Cathie Sanders .............. 414-227-3366
csanders@uwm.edu
Program Support
Kathy Czerniakowski ....... 414-227-3222
  kathycz@uwm.edu
FAX ........................................ 414-227-3168