



newton community education

Mondays, October 2-November 13, 2017
At Temple Shalom, West Newton

CLASSICAL MUSIC PERFORMANCE SERIES
10am - 11am

10/2: PORTRAIT OF AN ARTIST AS AN OLD MAN: BRAHMS AT LAKE THUN
Virtuosi New England Conservatory faculty Jin-Kyung Joen, violin; Eugene Kim, cello; and Tae Kim, piano, return to Lifetime Learning to perform Brahms' C minor piano trio and two Brahms Intermezzi.

10/16: CELEBRATING A LIFE IN THE BLUES
Boston's premiere living Blues legend, Ms. Toni Lynn Washington, celebrates a lifetime of music, accompanied by talented Blues professionals Paul Speidel, piano, and Sven Larson, bass.

10/23: VANGUARD TRIO
Kristian Baverstam, clarinet; Sebastian Baverstam, cello; Constantine Finehouse, piano. This All-Newton group of rising stars will perform Beethoven's Op. 11 trio and other chamber music for clarinet, cello, and piano.

10/30: SEASONScape
Thea Lobo, soprano; Eunmi Ko, piano. Exciting new duo "Songeaters" will trace the path of the year through art songs by Milhaud, Chaminade, Mendelssohn, Ives, and more, including four new pieces by four young composers.

11/6: KUROFUNe ENSEMBLE
Kurofunne Ensemble presents a unique program of classical and traditional Japanese music, creating a bridge between Japanese and American culture through performance art, with Sachiko Murata, oboe & piano, and Daniel Kurganov, violin.

11/13: BACH AND BEYOND

Two-time Grammy nominee and Avery Fischer career grant recipient Jennifer Frautschi performs solo Bach and chamber music for violin, with piano accompaniment.

DISTINGUISHED SPEAKER SERIES

11:30am-12:30pm

10/2: THE POWER OF SELF-ORGANIZING DISRUPTIVE SYSTEMS

It's clearer than ever that we cannot depend solely on politics to address society's most pressing problems. Civic synergy is the collective power of people in organized networks to transform the systems that affect their lives. **Greg Watson**, former commissioner of the Massachusetts Department of Agricultural Resources, is currently Director of Policy and Systems Design at the Schumacher Center for a New Economics.

10/16: IMAGINE MONGOLIA

Registered nurse, educator, and filmmaker **Sas Carey**, founder of Nomadicare, reports on her journey from Vermont to Mongolia to support nomadic life with health care. While there, she learned that the Mongolian way of life is at risk, which compelled her to make a documentary to increase awareness.

10/23: DAILY PRACTICE

For forty-eight years, Newton's **Alan Shapiro** has maintained a self-generated daily practice comprised of tai chi, meditation, and prayer. Why? The retired director of the Community Therapeutic Day School in Lexington, MA, and student of the Torah and Buddhism explains his motivation and offers humorous insights into the meaning of existence gained from his disciplined routine.

10/30: SERIOUS PLAY: GAMES TO UNDERSTAND AND TALK ABOUT CLIMATE CHANGE

Climate change is no joke but this fun and interactive presentation will help us imagine how to think creatively and constructively about tackling this global challenge. **Linda Booth Sweeney**, systems theorist, award-winning author, and co-author of *The Climate Change Playbook: 22 Systems Thinking Games for More Effective Communication about Climate Change* leads this lively session.

11/6: PASS IT ON

Composer, musician, author, storyteller, actor, and educator, **Kemp Harris** regales us with stories, including from his 38 years as a kindergarten/1st grade teacher in the Newton Public Schools. Kemp has performed as a storyteller/musician at festivals, schools, and libraries across the country, including a recent live broadcast/podcast at WGBH/Massmouth "Stories from The Stage" series. A composer for PBS Television, Alvin Ailey Dance Theater, and Ralph Nader Radio Hour, he also performs locally with The Kemp Harris Group at, among others, Passim and Ryles Jazz Club and at Joe's Pub in NYC.

11/13: HOW TO IMPROVE HEALTH CARE-REALLY!

Understandable concerns about whether we can at last make health care a human right in America - along with the Affordable Care Act dramas - have dominated headlines in recent years. The deeper, more complex story is that though our health care system has many defects, vast improvement remains possible. **Dr. Donald Berwick**, pediatrician, President Emeritus and Senior Fellow at the Institute for Healthcare Improvement (IHI), and former Administrator of the Centers for Medicare and Medicaid Services, explores IHI's "Triple Aim" - better care for individuals, better health for populations, and lower per capita costs - and how to achieve all three.

Session 1 * Courses 10-11am

TRAVELS BELOW THE EQUATOR – THE SOUTH PACIFIC, CHILE, AND ANTARCTICA

During the 2016-17 school year, photojournalist Barry Pell lived and taught English in Santiago, Chile and traveled throughout South America, the islands of the South Pacific, and the Antarctic continent. In this course, he will discuss the history and culture of these exotic places and, through his photography, show the beauty of the landscape and people.

CHANGE HOW YOU FEEL...BREATHE!

Our state of mind is profoundly influenced by the way in which we breathe. Over centuries the breath has been used in every culture as a method of altering states of consciousness. Each of our 100's of trillions of cells requires a plentiful oxygen supply. Do you want to lose weight, calm anxiety, relieve pain, think more clearly, transform emotions? A specific breathing technique exists for each of these purposes. Come and be inspired. With Judith Poole, M.A. Holistic Health

FIVE WESTERN GUNSLINGERS: GOOD GUYS

Wild Bill Hickok, Wyatt Earp, Bat Masterson, Buffalo Bill Cody and Annie Oakley were well known western gunslingers of the late 19th century. The American West has been portrayed extensively in movies and other media, but the intent of this course is to present the unvarnished truth, as far as it can be ascertained from historical records. With Dan Seligman, BSc, MPhil, & PhD degrees in Physics from Yale.

MOBY DICK

Do you love words? Are you interested in any of the following: The Bible as Literature, Cetology, Ecology, Economics, Evolution, Gender Identity, The Industrial Revolution, Mysticism, Philosophy, Shakespeare, The Spiritual Life, Sociology, Race and Class Issues, Theology or World History? If so, this book is for you. Together, let's read the greatest, most intimidating and entertaining novel ever written! Please read as much of the book as possible before the first class. With Matthew Sisson, author, poet and editor.

MINDFULNESS

Mindfulness is an awareness that arises by paying attention to the present moment – with a balance of effort, curiosity, and kindness. Scientific research confirms its benefits to our physical and mental health. These classes will include mindfulness exercises and extended practice. Open to beginners and experienced meditators. With Mary Starr Green, Certified Reiki II practitioner, and Certified Kripalu Yoga instructor.

Session 2 * Courses 11:30am-12:30pm

CHAIR YOGA

Learn traditional yoga postures while seated in a chair. Safe and gentle, chair yoga is suitable for beginners, the inflexible, and those with physical challenges. Anticipate renewed vitality, enhanced strength and balance, and increased range of motion. With Diann Siegel, Certified Yoga Teacher.

GET ORGANIZED NOW!

Find out how to get and stay organized - this class is for the overwhelmed who think they need a little encouragement to get going. From daily mail to reorganizing your closet or office, Rae will help you find a place for everything. With Rae Mintz, Professional Organizer.

MASTERPIECES OF FRENCH LITERATURE

Reading and lively discussions of the following French Masterpieces translated to English: *Madame Bovary*, by Gustave Flaubert, translated by Eleanor Marx Aveling; *The Plague*, by Albert Camus, translated by Stuart Gilbert; and *The Last Brother*, by Nathacha Appanah, translated by Geoffrey Strachan (2010). With Ingrid Kisliuk, PhD, author and scholar.

INTRODUCTION TO TAKING AND MANAGING PHOTOS ON AN IPHONE

Learn the basics of using the iPhone camera, and what to do with the photos you take. We'll see the different storage options, discuss the advantages of online photo storage and look at platforms for sharing photos (Instagram, Flickr). You'll discover how to save photos from texts and emails into your photo library, and how to share your photos via text and email. Bring your iPhone! With Howard Loewinger, IT Professional.

CHARACTERS IN HOMER'S *ILIAD* AND *ODYSSEY*

We will explore some of Homer's most memorable characters, highlighting the crucial moments of experience that inevitably bring them to the fore. We will then compare these Homeric figures with their post-Homeric treatments. Texts required: *The Iliad of Homer*, and *Homer's Odyssey*, translation by Richmond Lattimore. With Linda Levitan, PhD.

ABSTRACT ART, THE ARTISTS, THE CRITICS, AND THE INTELLECTUALS

Abstract art was heavily influenced by Jewish artists of the New York School, whose work was impacted by suppression of creativity as Fascism engulfed Europe. Artists like Mark Rothko, Franz Kline and Lee Krasner, along with major Jewish critics and intellectuals of the time whose philosophies were also affected by the WWII, were together responsible for channeling a broad range of expressive styles into the common identity of Abstract Expressionism. With Robert Solomon, artist, and art historian.