Monday, Feb. 11: “So Much More Than a Headline: The Iranian Revolution at Forty”
Dr. Persis Karim, Professor of Comparative and World Literature, SF State

On February 11, Iran marks the 40th Anniversary of the Iranian Revolution that toppled the former monarch, Shah Mohammad Reza Pahlavi, and ushered in a new political regime that not only dramatically changed Iran but shifted the geopolitics of the Middle East and the U.S. role there. Dr. Karim highlights some of the ways that the revolution and its political fallout have had much larger consequences in the region and in the U.S. She will also discuss the Iranian diaspora community and some of the troubling ways that Iranian citizens both inside Iran and in the United States have been affected by forty years of troubling relations between the two countries.

Dr. Karim holds a Master’s degree in Middle Eastern Studies and a Ph.D. in Comparative Literature. Prior to coming to SF State in 2017, she taught at San Jose State University for 18 years. Her primary scholarship focuses on literature and culture of the Iranian diaspora.

Jassen Todorov, Professor of Music

Experience the excitement of capturing breathtaking views from Above. Jassen Todorov is an award-winning photographer; his images have been published and featured by National Geographic, the Guardian, Telegraph, Times and many, many more publications. His photography has also been exhibited at galleries around the world.

An active pilot and flight instructor, he specializes in aerial photography, featuring popular and remote parts of the world. Recent awards include top prizes in the Moscow International Foto Awards and others throughout Europe, Asia and the U.S. Most recently a stunning aerial desert picture won National Geographic’s 2018 Photo Contest.

The meeting will be held in The Rosa Parks Room, Cesar Chavez Student Center at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters Kee – Lan are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.
**New Members, 2017 - 2018**

A warm welcome to all of our new members from all of us continuing members! Please feel free to approach any of us at any meeting, and we’ll be delighted to make your acquaintance. We hope your membership is productive of new friendships, fun, and adventures.

We’ll be looking out for you and hope to welcome you personally.

**Hank Niebolt  
Jack Hoffman**

**Nancy Leavens  
Valerie O’Brien  
Fern Schneiderman**

Mary Clare Bennett, Membership chair: marycbennett@gmail.com

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**President’s Message – February, 2018**

Welcome to February! January went by soooo fast for me. Lots of rain and stormy conditions kept most of us in the house. As I write this, the sky is blue and the sun is shining. It’s a great day for Martin Luther King’s Birthday! The weather was also favorable for the Women’s March on Saturday. It was my fourth march in two years, after no marches for many years. My marching buddies have shrunk to two, but we do persist. Thanks to all who showed up and walked. It was a good day.

January also brought another surprise for me. My beloved ‘94 Volvo 740 received a terminal diagnosis from my longtime Volvo mechanic. Too many expensive repairs, he said. The final straw was the complete break of the door handle on the driver’s side. It worked to get out, but not to get in. I was going to buy another Volvo but got discouraged by all the choices I needed to research. I went to the Hyundai dealership to look at a used Volvo and came away with a Hyundai Tucson. Do not ask me why. I guess the sales people are experts. At any rate, I like the car and didn’t want to confuse myself with more choices. So now I am scooting around SF in a bright red, small SUV. Everyone behind me can stop complaining about not being able to see around me!

I am happy to report that the membership of SixtyPlus is actually rising. We added ten members in late December and early January, 2019, bringing us up to 130 members. Many of our new members are cross-over OLLI members. This is very good news because our membership was shrinking, rather that growing at the end of 2018. Building our membership assures continuation of the tradition that began at San Francisco State University more than 40 years ago. It will be three years since we merged the two groups and both memberships have benefited. The University is very happy to have these groups on campus as well as at the downtown campus and the University is supportive of our efforts to remain a viable organization.

Chris Malfatti, President, Sixty Plus — OLLI at SFSU: 415-585-4811; cmalfatti@sbcglobal.net
Arts and Entertainment

Winter/Spring Musical Events

Sunday, March 3, 2019, 2:00 p.m.
San Francisco Symphony Youth Orchestra. Davies Symphony Hall, Grove St at Van Ness Avenue.

Erwin Kelly, Arts & Entertainment Chair: 4006 – 18th Street, SF, CA 94114; 415-552-9435

Education Committee

Shopping, Security and Password Management
Computer Workshop with Dave Casuto
Monday, March 11 – 2:45 to 3:45 p.m. No Fee

This special workshop immediately follows the program in the Rosa Parks Room, with shuttle back to the Lake Merced Parking Lot at 4:00 p.m.

This workshop discusses computer safety, security, and overall good practices to ensure that you remain safe online and on your desktop and mobile devices. Among other topics, we cover on-line shopping, security practices, software recommendations, password management and more. Come with questions and real experiences to share with the class.

Dave Casuto has over 15 years of technology training and technical support experience and holds a Master’s Degree in Instructional Technology. The Founder and Director of Senior Surf Computer Education he teaches tech classes for UC Berkeley, Stanford, SFSU and other Bay Area institutions.

Register for this workshop at the Sixty Plus office at 415-405-0489 or send an email to sixty@sfsu.edu. A minimum of 10 participants is necessary for this class. Please register no later than March 4th.

Communications Committee

Want to see your name in print? The Communications Committee is re-forming for 2019. We need volunteers in these areas:

Newsletter Correspondents: Highlights needs people to contribute articles on areas of interest to Sixty Plus members. These might include technology, health, or financial items with special twist toward the senior population. They can come from any source – magazines, special interest publications, other organizations’ newsletters, or newspapers, for example. You can either forward them to me, Jeanne Glennon, at jfglennon@comcast.net, or alert me to their locations.

Authors: Any writing you do – fiction or non-fiction – is very definitely of interest to your fellow members. So forward that article, story, opinion piece, etc. – with illustrations if you have them – to me.

Jeanne Glennon, communications Chair, jfglennon@comcast.net.
Brown Bag Lecture: Paths to Stress Reduction, Hope Levy, M.A.

February 6, 1:00 p.m. to 2:30 p.m.

We often find ourselves in stressful situations. While stress is usually temporary, it can badly affect our health if it continues for a long time. It is important to recognize the signs of stress and learn some ways to manage it. If untreated over time, stress can lead to other health problems. **Hope Levy** promotes a strengths-based approach to health education as facilitator of Kaiser Permanente health education classes, including *Healthy Weight, Pre-diabetes and You, Healthier Living with Chronic Conditions* and *First Steps Advanced Directives*. Hope is on the faculty of City College of San Francisco’s Encore Learning Program and is the founder of There’s Always Hope Consulting, specializing in helping create and deliver customized programs to promote positive aging for communities, organizations, and individuals. Hope holds an MA in Gerontology and an MA in Special Education from San Francisco State University.

SF State Downtown Campus, 835 Market St., Room 677

Bring your own lunch. **RSVP suggested** by 5pm Tuesday: olli@sfsu.edu

### Not-quite-gourmet Dining….

**Novy**

4000 24th St. @ Noe Street  
Tuesday, February 26, 11:30 a.m.

This warm, cozy spot nestled in the heart of Noe Valley (hence its name) features updated Greek fare with multicultural inflexions. In addition to familiar Greek dishes like moussaka, lamb kofta, and chicken and lamb wraps, you will encounter here more unique creations like pesto bucatini with chicken and bacon in a gorgonzola cream sauce; shrimp penne with bacon, bell pepper, chili flakes and mizithra cream sauce; and a lamb burger with feta, tzatziki, tomato, onion, and olive tapenade. For dessert there is the traditional baklava or you might try the not-so-Greekish, but delicious, sabayon with berries and whipped cream.

No credit cards

MUNI lines 24 and 48

RSVP Required: Cecilia Lim, cec639sf@att.net, or 415-957-1602
Calendar of Coming Events

February 6  Wednesday  1:00 p.m.  Brown Bag Lecture: Paths to Stress Reduction
SF State Downtown Campus, 835 Market St., Room 677

February 9  Friday  8:00 p.m.  Morrison Series: Zephyros Winds
SF State University, 1600 Holloway, McKenna Theater in
Creative Arts

February 11  Monday  10:30 a.m.  Executive Board & Committee Chairs, Rosa Parks Room D
1:00 p.m.  General Program Meeting, Humanities Building, Room 587

February 25  Monday  11:00 a.m.  Tour Committee meeting, Rosa Parks Room D
11:00 a.m.  Program Committee meeting, Rosa Parks Room D
1:00 p.m.  General Program Meeting, Rosa Parks Room
Cesar Chavez Student Center, SFSU

February 26  Tuesday  11:30 a.m.  Not-quite-gourmet Dining: Novy
4000 24th Street @ Noe Street

March 3  Sunday  2:00 p.m.  San Francisco Symphony Youth Orchestra
Davies Symphony Hall, Grove St. at Van Ness Avenue

March 11  Monday  2:45 p.m.  Computer Workshop with Dave Casuto:
Shopping, Security and Password Management

SIXTY PLUS 2018 — 2019

Committee Chairs

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Vice President  Ann Mullen  Communications  Jeanne Glennon
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Past President  John Johns  Mailing  John Johns
Membership  Mary Claire Bennett  Programs  Eileen Ward – pro tem
Publicity  Richard Lewis  Special Events

Committee Chairs

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Sixty Plus – OLLI at San Francisco State University

Sixty Plus – OLLI, CA 251, 1600 Holloway Avenue, San Francisco, CA 94132
Website: www.sixtyplussf.org  Telephone: 415-405-0489  email: sixty@sfsu.edu

Sixty Plus Highlights

Editor: Jeanne Glennon;  Assistant Editor: Patty Shanahan
Contributors: Erwin Kelly, Cecilia Lim, Chris Malfatti, Eileen Ward

Distribution Manager: John Johns  Managing Editor: Eileen Ward

Items for the March Highlights should be submitted by February 19 to: Jeanne Glennon:jfglennon@comcast.net

Since 1975

SIXTY-PLUS at SAN FRANCISCO STATE UNIVERSITY
Creative Arts 251
1600 Holloway Avenue
San Francisco, CA 94132
Web: www.sixtyplussf.org