

**2023-24**

**Brandeis National Committee  
Tucson Chapter**  
Founded 1952

# **Study Group Guide**

*Learn / Socialize / Contribute*



**Brandeis  
University**

# SAVE THE DATE

## 2023

July 24: Postmark for study group form/payment

August 29: Prospective & New Member Event

October (third or fourth week): New Year Kick-off

October 31: Prospective & New Member Happy Hour

December 3: Souper Supper

## 2024

January (TBD): University on Wheels

January 30: Prospective & New Member Luncheon

February 14: Food Festival

March 6: Book and Author Dinner

March 7: Book and Author Luncheon

March (TBD): Prospective & New Member Luncheon

April (second week): Spring Event and Installation

**Watch your email and mail for our newsletter and event details.  
Looking forward to seeing you throughout the year!**

*Chapter events take precedence over Study Group meeting times.*

*Volunteers are always welcome and appreciated.*

*Helping out is an easy way to get involved and get to know others.*

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# COURSE UPDATES

## Postmark Date: July 24, 2023

For the best chance to get your choice of study groups, mail your “Registration Form” and “Course Checklist” (page 26-27) with your check payable to BNC on (**no earlier than**) July 24, 2023, to:

Terrie Sherman ♦ 7580 E. Rio Verde Drive ♦ Tucson, AZ 85715

## Communications with Group Leaders

- Please email “yes” or “no” promptly to study group leaders when they ask for RSVPs. If you will miss a class, let your leader know by email or text. This is easy to do and helpful.
- We’ve found that some participants do not show up and also do not let their study group leaders know that they will be absent.
- **NEW:** When a participant has missed TWO meetings without notifying the leader in advance, he or she will be removed from that class roster without refund.

## Thank You!

Our Study Group leaders and facilitators come to us with varied backgrounds in the worlds of art, business, education, literature, law, psychology, science, theatre and more, with expertise and talent to share. They are the backbone of our BNC Study Group program. Some leaders have been remarkably generous with their time for years, returning each season to organize and conduct courses. Many thanks to each and every leader for all your energy, creativity and hours of commitment.

Lainie Cohen: *Study Group Committee Chair*

Terrie Sherman: *Study Group/Membership Registrar*

Susan Berger and Cindy Graff Cohen: *Study Group Guide*

*Committee Members:* Ellen Adelstein, Lois Bodin,

Davya Cohen, Ruth Friedman, Maxine Goldstein,

Karen Loeb, Judith Meyer and Steve Seltzer

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First-Time New Members receive one free course

# SUNDAYS

S1

## Forever Fit

\$20 or \$50/year

This exercise class on ZOOM includes aerobics, strength with weights, balance, and upright abdominal and core work, with the use of a chair, if needed, at the end.

Leader: Rachel Barker 520-742-3163 [sleerachel@comcast.net](mailto:sleerachel@comcast.net)

Time: 9:00-10:00 am

Dates: Every Sunday September through December \$20  
Every Sunday January through April \$20  
Every Sunday May through August \$20  
All three sessions \$50

Place: In your own home on ZOOM

Limit: Minimum 5 members

Note: You will need stretch bands, weights, and a chair

Rachel has taught exercise classes at the Tucson Jewish Community Center for many years, including yoga, aerobics and core strength.

S2

## Cook the Continents

\$20

Join our intrepid culinary adventurers in an around-the-world tasting tour. Each month our group will meet, greet and eat dishes that each member has cooked at home. Meetings will be at different members' homes each month. Each month we will do a different continent.

Leaders:

Sybil Lampert 718-440-4886 [beachchairsybil@aol.com](mailto:beachchairsybil@aol.com)

Rob Vaiciulis 917-769-4314 [robvmail@aol.com](mailto:robvmail@aol.com)

Time: 5:00-7:30 pm

Dates: Second Sundays - December through April

Place: Members' homes

Limit: Minimum 8, maximum 12 members

Note: You will need ingredients for the dishes to be cooked

Sybil and Rob have always been "food explorers" and love to share their love of international food with others who love to cook and share experiences around the dinner table.

# SUNDAYS

S3 **NEW**

## The Art of Bonsai

\$10

Bonsai is an ancient Japanese art form that uses horticultural methods to produce small trees that take the shape and scale of full-size trees. We are glad to have an expert, Rod McKenna-Johnson, with us to discuss the history and philosophy of bonsai while demonstrating how to prune and care for these works of art.

Leader: Arlene Watkins 541-390-1220 arlenewatkins@me.com

Time: 10:00-11:30 am

Date: Sunday, October 22, 2023 – One-time class

Place: At a Japanese garden designed and installed by  
Rod McKenna-Johnson

Limit: Minimum 5; maximum 12 members

Rod McKenna-Johnson has been part of the Tucson Bonsai Society for over 40 years and is now a mentor to the group. Rod is also a Japanese landscaper and has installed most of the Japanese gardens in the Tucson area.

S4

## Delicious Holiday Desserts

\$20

Learn how to create extraordinary Hanukkah (December) and Passover (April) themed desserts to finish your holiday meals with flair!

Leader: Andra Karnofsky 847-965-1711 Andra0131@yahoo.com

Time: 1:00 pm

Dates: For Hanukkah: Sunday, November 19, 2023

For Passover: Sunday, April 14, 2024

Place: 4951 E. Winged Foot Dr. (in Skyline Country Club)

Limit: Minimum 4, maximum 15 members

Andra is a lifetime baker and owner of “Heavenly Hallah,” a small bread baker devoted to distributing hallahs around the country at Rosh Hashanah. Andra was featured in Joan Nathan’s *The Jewish Holiday Baker Cookbook*. Andra loves sharing baking ideas.

# MONDAYS

## M1 Hiking Group for Men and Women \$20

**NEW** Now there will be **three** levels of hikes each month – and you can take more than one hike if you'd like! Our hikes will take us around various trails in interesting scenic parks throughout Tucson. "A" hikes will be easiest at 2.5-3 miles, with little elevation for 2.5 hours. Ideal for beginning hikers. Second Mondays. "B" hikes will be moderate at 3-4 miles, with elevation, for around 3-plus hours. Third Mondays. "C" hikes will be hardest at 4-5 miles, with elevation and possible water crossings, for 3.5-plus hours. Fourth Mondays.

Leader: Sandra Lachter 602-628-9811 slachter@earthlink.net  
Time: 8:00 am - noon  
Dates: November through April  
Mondays: Second ("A"), Third ("B"), and Fourth ("C")  
Place: Various hiking trails  
Limit: Minimum 12, maximum 18 members  
Recommended: Hiking boots, hiking sticks and two liters of water

Sandra has enjoyed hiking for many years. Most recently, she hiked in New Zealand and Ethiopia.

## M2 Art Talks \$20

Tucson Museum of Art (TMA) docents will present a variety of art topics. These docents make presentations to almost 5,000 people a year. Learn about art from docents who have been trained by experts.

Leader: Ellie Eigen 520-299-3701 eeigen1@gmail.com  
Time: 2:00 – 3:00 pm  
Dates: Second Mondays - January through April  
Place: Handmaker, 2221 N. Rosemont Blvd.

Ellie has been a docent at the TMA for 20 years and presents art talks in the community.



# MONDAYS

M3

## Legal Puzzlers

\$20

The course is based on a syllabus from Brandeis University. We will discuss legal issues and recent major court decisions or trials.

Leader: Ira Leavitt 520-529-3008 iraleavitt@gmail.com

Time: 6:30 – 7:45 pm

Dates: Second Mondays - December through April

Place: In your home on Zoom

Limit: Minimum 5, maximum 15 members

Ira was a business and corporate attorney for 40 years, handling a diverse range of legal situations.

M4

## Sit 'n' Stitch

\$20

Calling all “stitchers” to Sit ‘n’ Stitch! If you have ever used a needle of any type, we have room for you. Bring your UFOs (Unfinished Objects) or WIPs (Works in Progress) and a bag lunch. We’ll meet in each other’s homes to sit, stitch, schmooze and help each other complete our treasures. We look forward to your company.

Leader: Lois Bodin 702-219-6704 loisbodin@gmail.com

Time: 12:30 – 3:00 pm

Dates: Third Mondays - October through September

Place: First meeting at Lois’ home

Limit: Maximum 12 members

Lois’ Girl Scout “mother” taught her, and she caught the bug.

Whether it’s knitting, needlepoint, cross-stitch or whatever, she’s hooked. When watching TV or at a meeting, her hands are always busy. She shares patterns!

# MONDAYS

M5 **NEW** Challah Baking \$10

We will work on a basic challah recipe with various options for flavors, toppings and fillings. An alternative vegan challah recipe will be shared. We will learn to shape challah into traditional braids and will also work on crown shapes for Rosh Hashanah. There will NOT be a gluten-free option.

Leader: Andra Karnofsky 847-975-1711 Andra0131@yahoo.com  
Time: 1:00 pm  
Dates: ~~Monday, October 9~~ Sunday, October 8  
Place: 4951 E. Winged Foot Dr. (in Skyline Country Club)  
Limit: Minimum 4, maximum 15 members

Andra is a lifetime baker and owner of “Heavenly Hallah,” a small bread bakery devoted to distributing challahs around the country at Rosh Hashanah. Andra loves sharing baking ideas.

# TUESDAYS

Tu1 Couples Dining Out \$20

Join us for an exciting experience going to new restaurants. This course is for couples wanting to meet new friends, enjoy seeing “old” friends and socialize while dining “around town” in the Tucson area. Couples self-pay for dinner.

Leader: Donna and Alex Infald 520-818-1596 dinfald@wbhsi.net  
Time: 6:00 – 8:00 pm  
Dates: First Tuesdays - October through April  
Place: Restaurants to be announced at the previous meeting  
Limit: Minimum 6 couples, maximum 12 couples

Donna and Alex love to discover new restaurants. The best of the best that we know and love, we’ll pass on to the group. We look forward to seeing our returning friends and future ones.

# TUESDAYS

Tu2

## Beginning Mah Jongg

\$20

You will learn the basics of play for American Mah Jongg according to the NMJL Rules and Guidelines. It's a small class with individual attention and hands-on activity. After attending a few consecutive sessions, you will be ready to play. Mah Jongg requires skill, strategy, calculation and a little luck. Members must purchase a 2023 Mah Jongg card.

Leader: Sue Shack 480-528-4777 [sues5211@yahoo.com](mailto:sues5211@yahoo.com)

Time: 10:00 am – noon

Dates: Every Tuesday - October through December

Place: 9659 E. Belasco Loop

Limit: Minimum 4, maximum 8 members

Tu3

**NEW**

## Let's Play Mah Jongg

\$20

The continuation of Beginner Mah Jongg takes players to the next level. We will explore strategies and techniques designed to improve your game and sharpen your skills. There will be ample time to play the game and test your new skills. Most importantly, we will have fun! It is an opportunity to make new friends. Recent beginners and those looking to refresh their skills are welcome to join. Members must purchase a 2023 Mah Jongg card.

Leader: Sue Shack 480-528-4777 [sues5211@yahoo.com](mailto:sues5211@yahoo.com)

Time: 10:00 am – noon

Dates: Every Tuesday - January through April

Place: 9659 E. Belasco Loop

Limit: Minimum 4, maximum 8 members

Sue Shack loves the game of Mah Jongg and has been playing for more than 30 years. As a former teacher, she knows how to make her lessons easy to grasp and looks forward to teaching others the strategies to play and win.

# TUESDAYS

Tu4      **Wine Tasting Happy Hour**      \$20

We will taste wine (red, white, bubbly and rose), sample appetizers and socialize. A week prior, attendees will be given directions and an assignment to bring wine (no more than \$12 a bottle) or appetizers. We will meet in various members' homes.

Leaders:

Amy and Paul Schwartz 516-413-0132 amy60@gmail.com

Time: 4:30 – 6:30 pm

Dates: Third Tuesdays - November through April

Place: Announced before each event

Limit: Minimum 10, maximum 20 members

Amy and Paul enjoy their wine.

Tu5      **NEW**      **Ladies Who Lunch**      \$20

Come schmooze over food. Each month we will try a different Tucson restaurant that can seat us safely outdoors, with heaters for comfort.

Leader:

Judith D Meyer 520-275-7147 judithdmeyer3785@gmail.com

Time: 12:30 – 2:00 pm

Dates: Fourth Tuesdays - November and January through April

Place: To be announced each month

Limit: Minimum 6, maximum 16

Judith loves to talk with the fascinating women of BNC. Her background is in music first, then law. Now she is happily retired and finding new interests. Come join her!

# TUESDAYS`

Tu6

**NEW**

## Men Who Lunch

\$20

Join this group of men to meet and socialize over lunch. This is also an opportunity to get to know new people.

Leader: Bob Fridrich 520-488-5443 bob.lisa96@gmail.com

Time: 12:30 – 2:00 pm

Dates: Fourth Tuesdays - November through March

Place: To be announced each month

Limit: Minimum 7

Bob is a retired podiatrist who enjoys playing bridge, swimming and getting together with friends.

Tu7

**NEW**

## You Bought It – Now Read It!

\$20

We will read and discuss the books presented at the 2024 Book & Author Event. The books will be available for purchase at the luncheon.

Leader: Sorkey Fortman 520-390-7358 sorkey7@aol.com

Time: 1:30 – 3:00 pm

Dates: Fourth Tuesdays - May, June, July

Place: In your own home on Zoom

Limit: Minimum 6, maximum 15 members

Sorale “Sorkey” Fortman, a retired high school reading specialist and English teacher, has served as president of the Tucson-Area Reading Council and is an avid reader.

# WEDNESDAYS

W1                      **Forever Fit Too**                      \$20 or \$50/year

This exercise class on Zoom includes aerobics, strength with weights, balance and upright abdominal and core work with the use of a chair if needed at the end.

Leader: Rachel Barker 520-742-3163 sleerachel@comcast.net

Time: 9:00 – 10:00 am

Dates: Every Wednesday September through December \$20

Every Wednesday January through April \$20

Every Wednesday May through August \$20

All three sessions \$50

Place: In your own home on Zoom

Limit: Minimum 5

Rachel has taught exercise classes at the Tucson Jewish Community Center for many years, including yoga, aerobics, core strength and weights.

W2                      **Contemporary Fiction Book Club**                      \$20

If you are looking for great award-winning reading and dynamic discussions, this is the group for you. Everyone can attend either on Zoom or in person where we enjoy a delicious self-pay lunch during our discussions in a private room. The first book in September will be *Lessons in Chemistry* by Bonnie Garmus.

Leader: Ruth Friedman 520-749-1840 rafriedman@aol.com

Time: 10:00 am – noon on Zoom

Noon – 2:00 pm in person

Dates: First Wednesdays - September through August

Place: Classes on Zoom or Risky Business, 6866 E. Sunrise Dr.

Limit: Maximum 35 members

Ruth loves to read and discuss books. She has participated in book clubs in Cleveland (in English and French) and Tucson. She has been enjoying this study group for the past 16 years, the last 11 years as the leader.

# WEDNESDAYS

## W3 Inquiring Minds Want to Know \$20

Join our lively conversation as we explore current events that shape the future of the world in which we live. Topics will be chosen by the members. Active participation is the key to great discussions

Leader: Nooshie Motaref 818-625-9360 nooshiem@msn.com  
Contact: Terrie Sherman 520-290-1490 loves2walk@aol.com  
Time: 2:30 – 4:00pm  
Dates: First Wednesdays - October through April  
Place: Handmaker, 2221 N Rosemont Blvd.  
Limit: Minimum 10, maximum 20 members

Dr. Nooshie has led current events groups in California and is looking forward to stimulating conversations on relevant topics.

## W4 Page Turners Book Club \$20

We will discuss extremely readable, engaging books of many genres—the kind that captures the imagination and offers opportunities for lively discussion. Each member is expected to lead a discussion. Our first book is *Lessons in Chemistry* by Bonnie Garmus.

Leader: Deanna Mendelow 520- 232-0852 dmendelow@gmail.com  
Time: 10:00 am – noon on Zoom  
Dates: Second Wednesdays - October through August  
Place: In your home on Zoom. When feasible, we will rotate through each other's homes.  
Limit: Maximum 20 members

Deanna has always been an avid reader. She enjoys reading an eclectic mix of good books, especially when this is followed by lively discussion and diverse views about the ideas presented in the book.

# WEDNESDAYS

W5      **Brandeis Men's Book Club**      \$20

We will select, read and discuss a combination of fiction, nonfiction and "classic" books during the year. The first book will be announced in advance.

Leaders:

Barry Entin      520-612-7727      b\_entin@yahoo.com

Marty Kass      520-818-2265      mbk13965@outlook.com

Time: Noon – 2:00 pm

Dates: Second Wednesdays, October through May

Place: Hacienda del Sol, with self-pay lunch, if Covid-19 is under control

Limit: Minimum 10, maximum 15 members

Barry is a retired periodontist and professor at Marquette U. Dental School. He has been a member of the book club for several years. Marty is a retired physician who also has been in the book club for several years. Barry and Marty hope to continue the tradition started by Ron Sivitz.

W6      **NEW**      **How Films Reveal Our Inner Lives**      \$20

Richard Meyer will provide each month's film in advance, and it will be available on one or more of the common streaming services. Group members will be expected to view the film before the discussion. After Richard presents his view of the film, we will discuss the ideas presented and what we can learn from them.

Leader: Richard B. Meyer, MD      520-275-7147  
drmeyeraz@hotmail.com

Time: 6:30 – 8:00 pm

Dates: Second Wednesdays - November and January - April

Place: On Zoom in your own home

Limit: Minimum 6, maximum 12 members

Dr. Meyer has practiced adult general psychiatry for more than 45 years, and he is an avid film buff.



# WEDNESDAYS

W7

## Mystery Book Club

\$20

Are you a reader who chooses a “whodunit” for relaxation? If so, join this group of dedicated mystery aficionados for a stimulating discussion. Most books are available at the library or in paperback. The October book is *Overboard* by Sara Paretsky.

Leaders: Sorale Fortman 520-390-7358 sorkey7@aol.com  
Patrice Brown 612-251-4162 pjbrown4110@me.com

Time: 10:00 am – noon on Zoom

Dates: Third Wednesdays - October through September

Place: In your home on Zoom

Limit: Minimum 6, maximum 20 members

Sorale “Sorkey” Fortman, a retired high school reading specialist and English teacher, has served as president of the Tucson-Area Reading Council and is an avid reader. Patrice Brown taught Spanish and French for 35 years. She loves mystery books by American and international authors and is delighted to inspire readers in three languages.

W8 Talk it Over Tucson: Entertaining, \$20

## Thought-Provoking TV Interviews of the 70s & 80s

Rose Silver, role-breaking Pima County jurist; Madeline Murray O'Hare, controversial founder of the Atheist Society; and Jehan Sadat, First Lady of Egypt, are just a few of the many fascinating people Ellen Adelstein interviewed during her career. We will watch one of these episodes each month and have a lively discussion following the viewing. Anyone interested in politics, current events, religion or entertainment is sure to enjoy the course and the memories.

Leader: Ellen Adelstein 520-795-5349 tucsonan@aol.com

Contact: Terrie Sherman 520-290-1490 loves2walk@aol.com

Time: 2:00 – 3:30 pm

Dates: Third Wednesdays – September through April

Place: Handmaker, 2221 N Rosemont Blvd.

Ellen had a prime-time talk show on KZAZ-TV (Channel 11) from 1976 to 1984.

# WEDNESDAYS

W9      **Meet Our Winged Friends**      \$20

Tucson and Southern Arizona provide a rich and varied habitat for many of nature's wonders. This class will offer a series of presentations on the beautiful birds that share our corner of the world. We will meet our backyard birds, snow birds, duck and waterfowl, raptors and owls.

Leader: Dan Weisz      520-409-4182      dan@weisz.org  
Time: 2:00 – 3:00 pm  
Dates: Fourth Wednesdays - October through April  
Place: In your own home on Zoom  
Limit: Minimum 8, maximum 30 members

Dan is a native Tucsonan who always had an interest in nature and our desert. When he retired, he took up photography and birding more regularly. Dan volunteers with the Raptor Free Flight program at the Arizona-Sonora Desert Museum. His photographs have been on exhibit around Tucson and featured in publications.

W10      **NEW**      **Gem Show Basics**      \$10

Maximize your experience of the Tucson Gem Show. Jane will explain the types of shows, how to decide what show is right for you and how to prepare for the show. She will cover major products and recommend the best ways to get around the shows. She will help you find what you want and not get ripped off.

Leader: Jane H. Morris      727-743-0883      jmg55@msn.com  
Time: 2:00 – 4:00 pm or 5:00 depending on questions  
Dates: Wednesday, January 10, 2024  
Place: To be determined  
Limit: Minimum 5, maximum 20

Jane H. Morris has been a jeweler for over 30 years. She has sold her work at art shows and owned a retail jewelry shop in St Petersburg, FL. She currently works in her studio in Tucson and at the Old Pueblo Lapidary Club.

# THURSDAYS

Th1      **Hand Knee Foot Canasta**      \$20

Some of you are already familiar with Canasta; this is a new form of the game. Come learn to play this fun version. After learning it, I hope you'll form your own HKF games.

Leader: Rhoda Demovic    520-241-1591    rdemovic@comcast.net

Contact: Terrie Sherman    520-291-1490    loves2walk@aol.com

Time: 1:00 – 3:00 pm

Dates: Every Thursday - October 5 to November 9

Place: 7453 E Camino de Querabi

Limit: Limited to 4 people only. (If one person doesn't come, we can't have class!)

Rhoda enjoys teaching card games to others. She has several years of experience playing and teaching this game.

Th2      **NEW Behind the Scenes**      \$20

Who wouldn't enjoy the sights and smells of the chocolate-making process or seeing a demonstration of how neon signs are made? We have planned a series of private tours of some of Tucson's impressive factories and noteworthy locations. For those who want to stay after and enjoy Tucson's famous cuisine, suggestions will be provided.

Leader: Lisa Ungar      520-304-2443      bob.lisa96@gmail.com

Kim Schweitzer    516-428-8927      kimlise2@gmail.com

Time: 9:30 -11:30 am (some weeks may vary slightly)

Dates: Wednesday, September 27

First Thursdays - November through May

Places: Various locations around Tucson and one in Oracle  
(A few places charge admission fees)

Limit: Maximum 20 members

Lisa is a long-time resident who enjoys exploring Tucson and sharing with newcomers and long-timers alike. Kim is a relatively new resident who enjoys learning about her new hometown, as well as making new friends.

# THURSDAYS

Th3      **Walk, Talk and Coffee**      \$20

Our weather is perfect to enjoy morning walks on easy paved paths. We alternate between discovering neighborhoods to walking on The Loop to revisiting favorite walks from previous years. These 90 minutes will be a breeze as we “walk and talk.” Those wanting to continue the conversation may linger over self-pay beverage and treat at a nearby spot.

Leader: Lisa Ungar      520-304-2443      bob.lisa96@gmail.com  
Time: 9:30 – 11:00 am followed by optional coffee/beverage  
Dates: Second and fourth Thursdays - October 26 through April 11  
Places: Announced before each event  
Limit: Minimum 8, maximum 20 members  
Recommended: Hat, sunscreen and water bottle

Lisa enjoys exploring Tucson through walking in a variety of areas of our town. This is so much more fun when shared with friends.

Th4      **So You Think You Can't Write**      \$20

Rediscover the joy of writing. Through prompts and exercises, you'll learn to keep your pen moving and to ignore your inner critic. When sharing with others, you may be surprised to discover that you have a unique voice and really can write.

Leader: Lainie Cohen      647-229-7900      lainecohen88@gmail.com  
Time: 2:00 – 3:30 pm  
Dates: Every Thursday - January through February  
Place: In your own home on Zoom.  
Limit: Minimum 4, maximum 10 members

Lainie brings her teaching and psychology skills to create a supportive environment for would-be writers. She is the author of the memoir “Crooked Smile.”

# THURSDAYS

Th5

## Ladies' Night Out

\$20

We will have an evening of dining and schmoozing. Each month we will eat at a different restaurant with a self-pay dinner. Enjoy dining with other Brandeis ladies and savor the cuisine of Tucson

Leaders: Tammy Strobel 516-429-0222 [Tammystrobel95@gmail.com](mailto:Tammystrobel95@gmail.com)

Phyllis Schwartz 520-354-2366 [sphyllis10@gmail.com](mailto:sphyllis10@gmail.com)

Time: 5:00 – 6:30 pm

Dates: Fourth Thursdays - September through April

Places: Various restaurants announced in advance

As much as we both love to cook, we love to eat out and try different Tucson restaurants. Join us as we dine around Tucson each month and enjoy schmoozing it up!

Th6

## Bio-Touch Healing

\$20

Bio-Touch is a unique, holistic health approach to alleviate pain and stress and support good health through all stages of life. It is taught through the International Foundation of Bio-Magnetics. Class one is an in-person two-hour program which focuses on addressing stress using Bio-Touch Healing. You will have the opportunity to practice on others. Class two is a two-hour Zoom workshop on pain, where you will practice Bio-Touch on yourself following videos and guided instruction from the leader.

Leader: Eileen Webster [eileen@bio-touchdovemountain.com](mailto:eileen@bio-touchdovemountain.com)

Contact: Terrie Sherman 520-290-1490 [loves2walk@aol.com](mailto:loves2walk@aol.com)

Time: 11:30 am – 1:30 pm

Dates: Thursdays - November 9 and November 30

Place: Bio-Touch Center, 5634 E. Pima St., and Zoom

Eileen D. Webster, RPh, is an IFBM-certified Bio-Touch Healing instructor and practitioner. Eileen specializes in helping those with chronic pain to regain their quality of life.

# THURSDAYS

Th7 **NEW** Tourist in Your Own Town \$20

This group was popular for years under Ruth Friedman's fine leadership and now there's even more to explore! Named one of Time Magazine's "250 Greatest Places in the World 2023," Tucson is hotter than ever, and not just on the thermometer. Let's check out top-rated attractions, including the Sonora Desert Museum, Tucson Botanical Gardens, and Pima Air and Space Museum. Then we can debrief and chat over an optional lunch nearby.

Leader: Cindy Graff Cohen 520-534-7704  
cindygraffcohen@gmail.com

Time: 10:00 am – Noon, followed by optional lunch

Dates: Third Thursdays - October through April

Places: Announced in advance (some have admission fees)

Limit: Maximum 20

Cindy moved to Tucson from El Paso in November 2020 and still feels like she's a kid in a candy shop in Tucson.

# FRIDAYS

F1 Strength and Balance \$20 / \$50 year

We will do light aerobics with emphasis on stretching, light weights, stretch bands and balance. Use of a chair is encouraged.

Leader: Rachel Barker 520-742-3163 sleerachel@comcast.net

Time: 9:00 – 10:00 am

Dates: Every Friday, September - December \$20

Every Friday, January - April \$20

Every Friday, May - August \$20

Full year \$50

Place: In your own home on Zoom

Limit: Minimum 5 members

Note: You will need stretch bands, light weights and a chair

Rachel has taught exercise classes at the Tucson Jewish Community Center for many years, including yoga, aerobics, and weights.

# FRIDAYS

F2

## Just Desserts

\$20

Enjoy this as a gift to ourselves: to share a relaxed afternoon with friends while enjoying our “just desserts.” What could be better than conversation and a decadent dessert (or two) between friends?

Leader: Lisa Ungar 520-304-2443 bob.lisa96@gmail.com

Time: 1:30 – 3:30 pm

Dates: Second Fridays, November through April

Place: A different restaurant each month

Limit: Maximum 24 members

Lisa enjoys discovering different ways to share time with friends. Who can resist the premise of this deliciously decadent afternoon?!

F3

**NEW**

## Semi-Homemade Meals

\$20

We will be cooking three delicious quick and easy meals, but we’re not above using convenient “shortcut” ingredients! Afterwards, we will sit down and enjoy the meals together.

Leaders:

Tammy Strobel 516-429-0222 tammystrobel95@gmail.com

Sue Shack 480-528-4777 sues5211@yahoo.com

Time: 12:00 – 2:00 pm

Dates: November 17: Breakfast/brunch

January 8: Lunch

March 22: Dinner

Place: 5277 N. Falcon Crest Place

Limit: Maximum 12 members

We love great meals but don’t always want all the fuss of cooking.

# FRIDAYS

F4

## Classical Music: Vive La Musique Francaise

\$20

Harvey Wolfe will discuss and play music of 19<sup>th</sup>- and 20<sup>th</sup>-century French composers highlighting Nationalism and Wagnerism in musical art. He will entertain us with interesting anecdotes and teach us how to listen and to recognize specific themes and styles. You don't want to miss his unique presentations.

Leader: Harvey Wolfe 520-299-3192 harveyswolfe@aol.com

Contact: Ruth Friedman 520-749-1840 rafriedman@aol.com

Time: 10:00 – 11:30 am

Dates: Every Friday - February 2 through March 1

Place: Handmaker, 2221 N Rosemont Blvd.

Limit: Minimum 15 members, maximum 35 members

Harvey, a cellist retired from the Cleveland Orchestra, has performed professionally for 60 years on five continents with most major conductors and soloists. He has taught music at the College of Wooster and Arizona State University, among other schools. Harvey is a popular, knowledgeable and entertaining speaker who has delighted Brandeis members for years



# MEMBERSHIP FORM

New Member                       Returning Member  
 Single Membership (\$60)       Couple Membership (\$100)

Name \_\_\_\_\_

Couples: Spouse/partner \_\_\_\_\_

Tucson address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

Summer address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Estimated return to Tucson \_\_\_\_\_

Phone if different in summer \_\_\_\_\_

Please make checks payable to **BNC** and mail to  
Terrie Sherman  
7580 E. Rio Verde Dr.  
Tucson, AZ 85715-3539

Please write a **separate** check for your membership dues.  
Dues cannot be combined with fees for courses or other events.  
Your dues cover from July 1, 2023, to June 30, 2024.

Questions? Please contact our Membership chairs:  
Amy Schwartz      amys60@gmail.com      516-413-0132  
Lisa Unger              bob.lisa96@gmail.com      520-304-2443

*Thank you and welcome to another great year of learning!*

**First-time New Members Receive One Course Free**

# REGISTRATION FORM

*Courses are open to current 2023-24 members; if you haven't renewed yet, please include your membership form (p. 28-29) and submit with a **separate** check for \$60 or \$100 (couple).*

## **Full / Cancelled Courses**

- Mailing in your registration **does not guarantee admittance** into a selected class. If a class is full, we will try our best to accommodate you. If we cannot, you will be notified.
- Study Group Leaders reserve the right to add sections or cancel courses.
- Refunds are offered if a class is canceled or oversubscribed. To obtain a refund, email details to Terrie Sherman at loves2walk@aol.com.

## **Costs for courses**

- One-time courses are \$10. All other courses are \$20, regardless of number of sessions. Weekly “Fitness” and “Strength and Balance” Zoom classes are \$20 per “term” or \$50 for full year.
- If a couple signs up, each individual pays a separate course fee.
- All meals and admission fees are self-pay.

## **Learn more about courses**

- Current members or guests may visit any one course once if the course has at least three sessions and if space is available. (Dues and course fees must be paid to continue attending.)
- If you are hesitant to register because of any questions you have about a Study Group, please reach out to the listed leader or contact person. They will be more than happy to share information with you.

## **Expect to be absent?**

- Course members are expected to email or text the study group leader in advance if they are unable to attend a session.
- If you miss two sessions without contacting the leader, you will be dropped and no course fee refunded.

## **Health comes first**

If you are sick, have any symptoms of illness, or have been potentially exposed to Covid or other infectious disease, please stay home.

# COURSE CHECKLIST

## Check off your selected courses:

<input type="checkbox"/>	S1 Forever Fit __ \$20 sum. __ \$20 fall __ \$20 spr .....	\$50 year
<input type="checkbox"/>	S2 Cook the Continents.....	\$20
<input type="checkbox"/>	S3 The Art of Bonsai.....	\$10
<input type="checkbox"/>	S4 Delicious Holiday Dinners.....	\$20
<input type="checkbox"/>	M1 Hiking Group for Men and Women.....	\$20
<input type="checkbox"/>	M2 Art Talks.....	\$20
<input type="checkbox"/>	M3 Legal Puzzlers.....	\$20
<input type="checkbox"/>	M4 Sit 'n' Stitch.....	\$20
<input type="checkbox"/>	M5 Challah Baking .....	\$10
<input type="checkbox"/>	Tu1 Couples Dining Out .....	\$20
<input type="checkbox"/>	Tu2 Beginning Mah Jongg.....	\$20
<input type="checkbox"/>	Tu3 Let's Play Mah Jongg.....	\$20
<input type="checkbox"/>	Tu4 Wine Tasting Happy Hour.....	\$20
<input type="checkbox"/>	Tu5 Ladies Who Lunch.....	\$20
<input type="checkbox"/>	Tu6 Men Who Lunch .....	\$20
<input type="checkbox"/>	Tu7 You Bought It – Now Read It! .....	\$20
<input type="checkbox"/>	W1 Forever Fit Too __ \$20 sum. __ \$20 fall __ \$20 spr. __	\$50 year
<input type="checkbox"/>	W2 Contemporary Fiction Book Club.....	\$20
<input type="checkbox"/>	W3 Inquiring Minds Want to Know.....	\$20
<input type="checkbox"/>	W4 Page Turners Book Club.....	\$20
<input type="checkbox"/>	W5 Brandeis Men's Book Club .....	\$20
<input type="checkbox"/>	W6 How Films Reveal Our Inner Lives.....	\$20
<input type="checkbox"/>	W7 Mystery Book Club .....	\$20
<input type="checkbox"/>	W8 Talk It Over Tucson.....	\$20
<input type="checkbox"/>	W9 Meet Our Winged Friends.....	\$20
<input type="checkbox"/>	W10 Gem Show Basics.....	\$10
<input type="checkbox"/>	Th1 Canasta.....	\$20
<input type="checkbox"/>	Th2 Behind the Scenes.....	\$20
<input type="checkbox"/>	Th3 Walk, Talk and Coffee.....	\$20
<input type="checkbox"/>	Th4 So You Think You Can't Write .....	\$20
<input type="checkbox"/>	Th5 Ladies' Night Out.....	\$20
<input type="checkbox"/>	Th6 Bio-Touch Healing.....	\$20
<input type="checkbox"/>	Th7 Tourist in Your Own Town.....	\$20
<input type="checkbox"/>	F1 Strength & Balance __ \$20 sum __ \$20 fall __ \$20 spr	\$50/year
<input type="checkbox"/>	F2 Just Desserts .....	\$20
<input type="checkbox"/>	F3 Semi-Homemade Meals.....	\$20
<input type="checkbox"/>	F4 Classical Music.....	\$20

# REGISTRATION FORM

To register, mail one Registration Form and one Course Checklist for each member with one check payable to “BNC” for the total cost of all courses.

Mail **no earlier than July 24** from anywhere in the country. Envelopes received with a **July 24 postmark** are processed first. Envelopes postmarked before or after July 24 are processed last.

Mail to: Terrie Sherman  
7580 E. Rio Verde Dr.  
Tucson, AZ 85715

Name \_\_\_\_\_

Email \_\_\_\_\_

Preferred Phone \_\_\_\_\_

Winter Residents –Date of Tucson Arrival \_\_\_\_\_

Out-of-town phone: \_\_\_\_\_

Your canceled check is your confirmation.

Total amount of courses signed up for \$ \_\_\_\_\_

I understand that I may not be able to join a course that I've signed up for if it is over-subscribed.  
Initial here: \_\_\_\_\_

Do you expect to miss more than half of the classes? (Trips, etc.)  
No problem, but please make a note below so that the group leader can choose to accept more people accordingly.  
\_\_\_\_\_  
\_\_\_\_\_

**Please complete both sides and tear out this page to return.**

# COURSE CHECKLIST

## KEEP THIS COPY FOR YOUR RECORDS

___ S1	Forever Fit __ \$20 summer __ \$20 fall __ \$20 spring _\$50 year	
___ S2	Cook the Continents.....	\$20
___ S3	The Art of Bonsai.....	\$10
___ S4	Delicious Holiday Dinners.....	\$20
___ M1	Hiking Group for Men and Women.....	\$20
___ M2	Art Talks.....	\$20
___ M3	Legal Puzzlers.....	\$20
___ M4	Sit 'n' Stitch.....	\$20
___ M5	Challah Baking .....	\$10
___ Tu1	Couples Dining Out .....	\$20
___ Tu2	Beginning Mah Jongg.....	\$20
___ Tu3	Let's Play Mah Jongg.....	\$20
___ Tu4	Wine Tasting Happy Hour.....	\$20
___ Tu5	Ladies Who Lunch.....	\$20
___ Tu6	Men Who Lunch .....	\$20
___ Tu7	You Bought It – Now Read It! .....	\$20
___ W1	Forever Fit Too __ \$20 sum__ \$20 fall __ \$20 spr __ ..\$50 year	
___ W2	Contemporary Fiction Book Club.....	\$20
___ W3	Inquiring Minds Want to Know.....	\$20
___ W4	Page Turners Book Club.....	\$20
___ W5	Brandeis Men's Book Club .....	\$20
___ W6	How Films Reveal Our Inner Lives.....	\$20
___ W7	Mystery Book Club.....	\$20
___ W8	Talk It Over Tucson.....	\$20
___ W9	Meet Our Winged Friends.....	\$20
___ W10	Tucson Gem Show Basics.....	\$10
___ Th1	Canasta.....	\$20
___ Th2	Behind the Scenes.....	\$20
___ Th3	Walk, Talk and Coffee.....	\$20
___ Th4	So You Think You Can't Write .....	\$20
___ Th5	Ladies' Night Out.....	\$20
___ Th6	Bio-Touch Healing.....	\$20
___ Th7	Tourist in Your Own Town.....	\$20
___ F1	Strength & Balance __ \$20 sum __ \$20 fall __\$20 spr _\$50/year	
___ F2	Just Desserts .....	\$20
___ F3	Semi-Homemade Meals.....	\$20
___ F4	Classical Music.....	\$20

# BOARD OF DIRECTORS

## Officers

### Presiding Officers

May to October	Steve Seltzer	520-299-3788	Seltz5001@yahoo.com
October to January	Annette Cremisi	520-297-1099	jacremisi@yahoo.com
January to May	Terrie Sherman	520-290-1490	loves2walk@aol.com

### Vice Presidents

Book & Author Event	Susan Berger	312-636-3128	susanfberger@gmail.com
	Morleen Novitt	516-642-5331	ofnotucson2@gmail.com
Book Fund/Tributes	Rachel Barker	520-742-3163	sleerachel@comcast.com
Communications	Steve Seltzer	520-299-3788	Seltz5001@yahoo.com
Membership	Amy Schwartz	516-413-0132	amys60@gmail.com
	Lisa Unger	520-304-2443	bob.lisa96@gmail.com
Study Groups	Lainie Cohen	647-229-7900	lainiecohen88@gmail.com
Virtual Comms.	Davya Cohen	520-904-2960	scohen7397@aol.com

### Additional Officers

Corresp. Secretaries	Barbara/Barry Entin	520-612-7727	b_entin@yahoo.com
Financial Secretary	Terrie Sherman	520-290-1490	loves2walk@aol.com
Recording Secretary	Maxine Goldstein	203-912-3335	mbgold77@yahoo.com
Treasurer	Sybil Lampert	718-440-4886	beachchairsybil@aol.com
	Linda Bechky	520-825-8761	linron@bechky.us
Advisors	Sorale Fortman	520-390-7358	sorkey7@aol.com
	Donna Richman	520-744-4535	djrichman1@gmail.com

## Board Members

Information Officer	Marianne Taussig	520-299-2322	mstaussig2@comcast.net
Membership Renewal	Tammy Strobel	516-429-0222	Tammystrobel95@gmail.com
Social Justice Chair	Marilyn Lobell	520-615-0877	mmlobell@msn.com
Study Group Registrar	Terrie Sherman	520-290-1490	loves2walk@aol.com
Sunshine	Lois Bodin	702-219-6704	loisbodin@gmail.com

### Members at Large

Ellen Adelstein	520-795-5349	tucsonan@aol.com
Cindy Graff Cohen	520-534-7704	cindygraffcohen@gmail.com
Donna Leavitt	520-529-3008	donrae7@comcast.net
Bob Fridrich	520-448-5443	bob.lisa96@gmail.com
Fred Scheinfeld	516-770-2299	solsfirst@optonline.net
Barbara Wilder	847-274-4219	barbaral630@gmail.com

### Nominating Committee:

Donna Leavitt, Erica Friedman, Karen Loeb, Gail Isaacs, Fred Scheinfeld, Rica Spivack, and Tammy Strobel

### Honorary Members:

All past Presidents and incumbent members of Regional and National Boards

# BRANDEIS NATIONAL COMMITTEE

Brandeis University is a private university founded in 1948 and named after Louis Brandeis (1856-1941), who became the first Jewish Supreme Court Justice in the United States in 1916. The 235-acre campus is located in Waltham, Massachusetts, on the site of the former Middlesex University, the only medical school at that time in Massachusetts that did not impose an enrollment quota on Jews.

Today more than 3,600 undergraduates and 2,000 graduate students from all over the world attend Brandeis, which is classified as a “Most Selective” school with a 39 percent acceptance rate.

## **Mission Statement**

Brandeis National Committee is dedicated to providing philanthropic support to the Brandeis University, a distinguished liberal arts and research university founded by the American Jewish community. Its membership is connected to the university through fund-raising and through activities that reflect the values on which the university was founded: academic excellence, social justice, non-sectarianism and service to the community.

More than 21,000 people belong to Brandeis National Committee across the United States. Since its founding, also in 1948, BNC has contributed more than \$215 million to the University.

One of only 33 chapters, the Tucson BNC chapter was launched in 1952 and is open to members of all faiths. We offer opportunities for intellectual pursuit, community service, social interaction, personal enrichment, and leadership development. We give a scholarship to a Tucson-area Brandeis student and our major fundraiser, the annual Book and Author Event, supports the University’s Sustaining the Mind program to research causes and cures for neurodegenerative diseases including ALS, Alzheimer’s and Parkinson’s.

*“At its core, Brandeis is animated by a set of values that are rooted in Jewish history and experience. The first of these is a reverence for learning.”* -- from the University’s website

# RELIGIOUS HOLIDAYS

## 2023

Rosh Hashanah, 5783	September 15 - 17
Kol Nidre	September 24
Yom Kippur	September 25
Sukkot	Sept. 29 - Oct. 6
Simchat Torah	October 7 - 8
Hanukkah	December 7 - 15
Christmas	December 25

## 2024

Purim	March 23 - 24
Good Friday	March 29
Easter	March 31
Passover	April 23 - 30
Shavuot	June 11 - 13
Tisha B'Av	August 12 - 13
Rosh Hashanah, 5784	October 2 - 4
Kol Nidre	October 11
Yom Kippur	October 12
Sukkot	October 16 - 23
Simchat Torah	October 24 - 25
Hanukkah	Dec. 25 - Jan. 2
Christmas	December 25