

**2024-25**

**Brandeis National Committee  
Tucson Chapter**  
Founded 1952

# **Study Group Guide**

*Learn / Socialize / Contribute*



**Brandeis  
University**



# SAVE THE DATE

## 2024

July 22: Postmark for study group form/payment

August 22: Receive study group leader's welcome  
Letter

September 3: Study Groups Begin

Week of October 14: Opening Event

November 25: Prospective & New Member Get-  
Together

December 15: Holiday Party

## 2025

January (TBD): University on Wheels

January 30: Prospective & New Member Get-  
Together

February 14: We Love Our Members

March 12: Book and Author Dinner

March 13: Book and Author Luncheon and Program

March 31: Prospective & New Member Get-  
Together

April 7: Closing Event & Installation

**Watch your email for our bulletins 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 22, 2024

Mail your “Registration Form” and “Course Checklist” (pages 34-36) with your check payable to BNC on (**no earlier than**) July 22, 2024, to:

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

**Important:** Envelopes received with a **July 22 postmark** are processed first. Those postmarked before or after July 22 are processed last.

## 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.
- **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.

Yvonne & Stuart Lorch: *Study Group Committee Chairs*

Terrie Sherman: *Study Group/Membership Registrar*

Susan Berger: *Study Group Guide*

*Committee Members:* Ellen Adelstein, Lois Bodin,  
Davaya Cohen, Erica Friedman, Ruth Friedman, Maxine Goldstein,  
Stuart Lorch, Yvonne Lorch, Judith Meyer, Marsha Rosenblum, Terrie  
Sherman and Amy Schwartz

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First-Time New Members receive one free course

# SUNDAY

S1 **Forever Fit** \$20 or \$50/year

Exercise on Zoom: 15-minute warm-up, squats & lunges, hand weights, stretch with a band, balance with a chair, core strengthening, seated cool down & stretching.

Leader: Rachel Barker 520-403-4048 sleerachel@comcast.net

Time: 9:00-9:55 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: Zoom

Limit: Minimum 5 members

Note: You will need a stretch band with no handles, hand weights, and a chair.

Rachel has led exercise classes for many years at the JCC, and now she leads on Zoom for BNC.

S2 **NEW** **Passover Desserts!** \$10

Let's make some special and new desserts for Passover! No need for store-bought mixes—we can make better treats on our own!

Leader: Andra Karnofsky 847-975-1711 andra0131@yahoo.com

Contact: Terrie Sherman 520-471-2474 loves2walk@aol.com

Time: 1:00 – 3:00 pm

Date: April 7, 2025

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

Limit: Minimum 5, 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.

# SUNDAY

S3

## Cook the Continents

\$20

Join our intrepid culinary adventures in an around-the-world tasting tour. Each month our group will meet, greet and eat dishes that each member has cooked at home. We will cook the food from a different continent.

Leaders: Sybil Lampert 718-440-4886 beachchairsybil@aol.com  
Rob Vaiciulis 917-769-4314 robvmail@aol.com

Time: 5:00-7:30 pm

Dates: Second Sunday – November through April

Place: Different member's home each month

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 foods with others who love to cook and share experiences around the table.

S4

**NEW**

## Cook by Country

\$20

Join our intrepid culinary adventures in an around-the-world tasting tour. Each month our group will meet, greet and eat dishes that each member has cooked at home. We will cook the food from a different country.

Leaders: Amy & Paul Schwartz 516-413-0132 amys60@gmail.com  
pschwartz6801@gmail.com

Time: 5:00-7:30 pm

Dates: Second Sunday – November through April

Place: Different member's home each month

Limit: Minimum 8, maximum 12 members

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

As “Serious Foodies,” Amy and Paul have travelled the world, eating well along the way.



# SUNDAY

S5 **NEW** Let's Make Burekas \$10

A favorite in any Sephardic home—and to any guest at a Sephardic table—is the bureka! A flavorful, savory, tasty-filled pastry that can simply melt in your mouth. You'll make and fill the dough with a rice and cheese filling, and learn the art of pinching and crimping the edges (as I learned from my dear friend Kaye Israel). You'll get to taste the burekas and take a few home.

Leader: Yvonne Lorch 818-590-8403 yslorch@gmail.com

Time: 1:00 – 3:00 pm

Date: September 8, 2024

Place: Yvonne's home (mid-town)

Limit: Minimum 6, maximum 13 members

Yvonne met Marcia when their boys were in pre-school. Their friendship expanded to their families where Yvonne learned to make Burekas from Marcia's mother, Kaye Israel. We'll make this favorite that was passed down from their family in Rhodes.

S6 **NEW** DIY Brunch \$10

Make your own bagels, lox and cream cheese for a scrumptious homemade brunch.

Leader: Andra Karnofsky 847-975-1711 andra0131@yahoo.com

Contact: Terrie Sherman 520-471-2474 loves2walk@aol.com

Time: 1:00 – 3:00 pm

Date: November 3, 2024

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

Limit: Minimum 5, 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.

# MONDAY

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

The hikes will be 3-5 miles, moderate difficulty, with moderate elevation gain. Hikes last approximately 3-4 hours. Our hikes will take us around various trails in beautiful scenic parks such as Sabino Canyon, Catalina State Park, Saguaro National Park East and West and Sweetwater Preserve.

Leader: Sandra Lachter 602-628-9811 slachter@earthlink.net  
Time: 8:00 am - noon  
Dates: 2<sup>nd</sup> and 4<sup>th</sup> Mondays – November through March.  
Place: Various hiking trails  
Limit: Minimum 15, maximum 20 members  
Recommended: Hiking boots, hiking sticks and two liters of water

Sandra has enjoyed hiking for many years. This past summer she hiked in Banff and Riding Mountain National Park in Canada and Glacier National Park in USA.

## M2 **NEW** Couples Dining on Monday Evenings \$20

We are a group of BNC members who enjoy experiencing new and familiar restaurants on a monthly basis.

Leaders: Erica Friedman 847-682-8866 ericafriedman@yahoo.com  
Art Friedman 847-909-4669 artfriedman@yahoo.com  
Time: 6:00 pm  
Dates: 4<sup>th</sup> Mondays - October through May  
Place: Area restaurants  
Limit: Maximum 16 members

Erica and Art love meeting new people and sharing meals with other couples. They are always open to suggestions for places to dine.

# MONDAY

M3

## 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 Monday - September through August

Place: Participants’ homes

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!

M4

**NEW**

## Game Night

\$20

A fun, friendly and festive group which requires no previous skills with “easy-to-pick-up” directions. Rummikub, Dominos, Pictionary and Charades are examples of the fun ahead.

Leaders: Denise Frenz 813-486-9991 dfrenz290@gmail.com

Chuck Frenz 813-321-9848

Time: 6:30 – 9:00 pm

Dates: Third Monday – October through March

Place: Rotating homes of participants

Limit: Minimum 6, maximum 12 members

Denise and Chuck have always enjoyed games and get-togethers. They look forward to having fun with their Brandeis friends.

# MONDAY

M5 **NEW** Learn and Play Canasta \$20

Learn and play Modern American Canasta, **not hand, knee foot**. Men and women are welcome. In the beginning, we will take turns playing and watching until we can all play every week. Like most games, Canasta has many levels and nuances and requires skill and strategy—and luck doesn't hurt!

Leader: Leslee Drogowitz 561-504-3123 leslee44@gmail.com

Contact: Stuart Lorch 818-456-8669 slinc07@aol.com

Time: 11:30 – 3:00 pm

Dates: First Monday September 16-October 28, 2024 except October 7. After 6 weeks of learning, the group will decide how often to meet.

Place: Risky Business 6866 E. Sunrise Dr.

Limit: Minimum 6, Maximum 12 members

Leslee loves Canasta. She has not been able to find people who play since she moved here less than a year ago. Ergo, teach it, make friends and find people who can play at her level. Participants who own sets are encouraged to bring them. You will be asked to contribute about \$6 to purchase canasta sets for group use. These sets will be given to the participants at the end of the season.

M6 Legal Puzzlers \$20

Presentation and discussion of current non-political legal issues.

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

Time: 6:30 – 7:30 or 7:45 pm, depending on the topic

Dates: Second Monday - December through April

Place: Zoom

Limit: Minimum 6, maximum 12 members

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

# TUESDAY

Tu1 **NEW** Let's Play Mah Jongg \$20

Enjoy a fun morning playing Mah Jongg, socializing and meeting new friends. This is a chance to get acquainted with the 2024 card. We will meet weekly.

Leader: Sue Shack 520-965-9623 [sues5211@yahoo.com](mailto:sues5211@yahoo.com)

Time: 10:00 am – noon

Dates: Every Tuesday - September through April

Place Millie's Pancake Haus, 6541 E. Tanque Verde Rd.

Limit: Minimum 4, maximum 10 members

Participants must provide their own card

Sue Shack loves the game of Mah Jongg and wants to meet people who also love to play.

Tu2 **NEW** Iris Garden Tour \$10

Kevin Kartchner will give a tour of his personal garden and discuss the history and cultivation of irises in Tucson. The Tucson Iris Society was formed in 1965 and is an affiliate of the American Area Iris Society.

Leader: Arlene Watkins 541-390-1220 [arlenewatkins@me.com](mailto:arlenewatkins@me.com)

Time: 10:00 – 11:30 am

Date: Tuesday, April 15, 2025

Place: Kevin Kartchner's home in Tanque Verde

Limit: Minimum 10, Maximum 15 members

Kevin is president of the Tucson Area Iris Society.

# TUESDAY

Tu3      **Wine Tasting Happy Hour**      \$20

We will taste wines (red, white, bubbly and rose), sample appetizers and socialize. It's a fun & enjoyable way to learn about wines. A week or two prior, attendees will be given directions and an assignment to bring wine (no more than \$25 a bottle) or an appetizer or nothing except yourself. We will meet in varying members' homes as we taste wines from around the world, nibble on treats, and get to know one another.

Leaders: Amy & Paul Schwartz 516-413-0132 amys60@gmail.com  
pschwartz6801@gmail.com

Time: 4:00 – 6:00 pm

Dates: Third Tuesday - November through April

Place: Announced before each event

Limit: Maximum 20 members

Amy and Paul enjoy their wines.

Tu4      **Ladies Who Lunch Outdoors**      \$20

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

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

Time: 12:30 – 2:00 pm

Dates: Second Tuesday - November through April

Place: To be announced each month

Limit: Minimum 6, maximum 18 members

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!

# TUESDAY

Tu5 **NEW** **Model Railroading** \$20

Learn the basics of the hobby: scales, layout design, scenery, buildings, wiring and operations. There will be field trips to places of interest and projects for attendees.

Leader: Richard Feldman 216-469-6542 rfeldman1940@gmail.com

Contact: Stuart Lorch 818-456-8669 slinc07@aol.com

Time: 1:00 – 3:00 + pm

Dates: Third Tuesday November through March

Place: Jay Avenue near Ruthraff and LaCholla (location of field trips will vary)

Limit: Minimum 4, Maximum 10 members

Richard has been a model railroader since elementary school. He's a member of various train clubs and organizations.

Tu6 **Men Who Lunch** \$20

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

Leaders: Bob Fridrich 520-488-5443 bob.lisa96@gmail.com  
Reuben Weisz 505-239-3660 reuben@weisz.org

Time: Noon

Dates: Second Tuesday - October through March

Place: To be announced each month

Limit: Minimum 7, maximum 14 members

Bob is a retired podiatrist who enjoys playing bridge, swimming and getting together with friends. Reuben used to work for the USDA Forest Service, so each month we'll tree-t you to good food and good food for thought.

# TUESDAY

Tu7 **NEW** ART ... WORKS \$20

Joins us on Zoom for a great opportunity to learn about new artists, view and discuss their stunning new works of art displayed here in Tucson.

Leader: Davya Cohen 520-904-2960 scohen7397@aol.com  
Time: 7:30 – 9:00 pm  
Dates: Tuesday, Sept. 17, 2024 and Tuesday Feb. 18, 2025  
Place: Zoom  
Limit: None

Davya is a retired teacher and Art Therapist. She is a self-taught award-winning artist who enjoys learning and teaching others what she's learned about various artists and the art they've created that is on display here in Tucson.

Tu8 **NEW** Gals Who Do Lunch \$20

Join us as we share good food, interesting conversations, and enjoyable time with friends. Each month we will come together over lunch. You'll be glad you joined in. Lunch is self-pay. RSVP is required.

Leaders: Lisa Ungar 520-304-2443 bob.lisa96@gmail.com  
Ray Kaufman 973-650-9101 hrkaufman45@gmail.com  
Time: 12:30 – 2:00pm  
Dates: 2<sup>nd</sup> Tuesday - December through April  
Place: Restaurant will be announced before each lunch  
Limit: Minimum 8, maximum 18 members

Lisa enjoys spending time with friends while continuing to discover and share our city. Ray is a winter visitor from NJ. She is looking forward to meeting and enjoying lunch with like-minded ladies.



# TUESDAY

Tu9

## **NEW** Current Issues in US Economic Policy

\$20

We will focus on several key policy issues, e.g. the Social Security System, the Tax Code, etc. Paul will lead the group in consideration of possible directions of reform. The structure will be presentation followed by questions/comments and discussion.

Leader: Paul Menchik 517-599-4925 menchik@msu.edu

Time: 2:00 – 3:30 pm

Dates: Tuesdays January 7, January 28, February 4, February 25

Place: Hacienda at the Canyon

Limit: Minimum 8, Maximum 20 members

Paul is Professor Emeritus of Economics at Michigan State University where he has been Department Chairperson and Director of Graduate Programs. He has served as Senior Economist of Economic Policy for the White House Office of Management and Budget and served as Visiting Scholar at the Tax Analysis Division of the Congressional Budget Office. He holds a Ph.D. from the Wharton School of Finance and Commerce at the University of Pennsylvania.

# WEDNESDAY

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

Exercise on Zoom: 15-minute warm-up, squats & lunges, hand weights, stretch with a band, balance with a chair, core strengthening, seated cool down & stretching.

Leader: Rachel Barker 520-403-4048 sleerachel@comcast.net

Time: 9:00 – 9:55 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: Zoom

Limit: Minimum 5 members

Note: You will need hand weights, a stretch band without handles and a chair.

Rachel has led exercise classes for many years at the JCC, and now she leads on Zoom for BNC.

W2                      **NEW** **You Gotta Have Art**                      \$20

Join us for an afternoon of art. Experience a visit to an artist's studio or home, or a behind-the-scenes visit to a gallery or museum. Observe and learn more about the fabrication of visual media. Discover what inspires creativity and what's behind the creation of a piece of art.

Leader: Davya Cohen 520-904-2960 scohen7397@aol.com

Time: 1:00 – 3:00 pm

Dates: Third Wednesday – September and November - May

Place: To be announced each month

Limit: Minimum 12, Maximum 30 members

Davya is a self-taught, award-winning colored pencil artist who has taught drawing and colored pencil art spanning the past 45 years.

# WEDNESDAY

## W3 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 *Tom Lake* by Ann Patchett.

Leader: Ruth Friedman home: 520-749-1840 or cell: 520-468-9924  
rafriedman@aol.com

Time: 10:00 am – noon Zoom or Noon – 2:00 pm in person

Dates: First Wednesday - September through August

Place: 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 17 years, the last 12 as leader.

## W4 Page Turners Book Club \$20

A small, intimate group of book lovers explores and discusses a wide variety of books. These books may or may not be on the best seller lists, but they are guaranteed to provoke interesting discussion.

Participants take turns leading the discussion if they're comfortable doing so. This is a fun, relaxed group. The first book we will read is *Queens of London* by Heather Webb.

Leader: Deanna Mendelow 520- 232-0852 dmendelow@gmail.com

Time: 10:30 – 11:30 am

Dates: Second Wednesday – September through May

Place: A home off River and Campbell. Details will be provided.

Limit: Minimum 10, 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.

# WEDNESDAY

## W5 Brandeis Men's Book Group \$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: Martin Kass 520-818-2265 mbk13965@outlook.com

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

Time: Noon – 2:00 pm

Dates: Fourth Wednesday, October through May

Place: Risky Business, 6866 E. Sunrise Dr.

Limit: Minimum 6 members

Marty and Barry have been leading this group for the last several years. They are continuing the tradition started by Ron Sivitz.

## W6 How Films Reveal Our Inner Lives \$20

Richard Meyer will announce 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.

Leaders: Richard B. Meyer, MD 520-834-6449

drmeyeraz@hotmail.com

Judith D. Meyer 520-275-7147

Judithdmeyer3785@gmail.com

Time: 6:30 – 8:00 pm

Dates: Second Wednesday - November - April

Place: Zoom

Limit: Minimum 6, maximum 16 members (Priority will be given to those who registered last year but didn't get in.)

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

# WEDNESDAY

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 *The Family Caho* by Lan Samantha Chang.

Leaders: Sorkey Fortman 520-390-7358 sorkey7@aol.com  
Patrice Brown 612-251-4162 pjbrown4110@me.com  
Time: 10:00 am – noon  
Dates: Third Wednesday - October through September  
Place: 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

## **NEW** Navajo Wearing Blankets: The Gift of Spider Woman

\$10

Participants will learn the teachings of Spider Woman and her impact on early Navajo weaving. Century-old Navajo blankets will be shown and discussed. Audience participation will be encouraged.

Leader: Jerry Freund 520-907-5417 jfreund1941@gmail.com  
Contact: Maxine Goldstein 203-912-3335 mbgold77@yahoo.com  
Time: 10:00 – 11:15 am  
Date: Wednesday, January 29, 2025  
Place: Medicine Man Gallery, 6872 E. Sunrise Dr., Unit 130  
Limit: Minimum 8, maximum 30 members

Jerry began to study and collect Native American artifacts when he was 14. He graduated from universities in Kansas and ASU. While in retirement, he has worked at Medicine Man Gallery for 24 years.

# WEDNESDAY

W9      **Meet Your 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 – 3:15 pm  
Dates: First Wednesday – November through April  
Place: Handmaker 2221 N Rosemont Blvd.  
Limit: Minimum 8, maximum 32 members  
Note: Optional birding walks to various locations will be held on the 2<sup>nd</sup> Tuesday each month from 8:00-9:30 am. An announcement will be made at each Wednesday meeting.

Dan has 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 Self Defense Instruction**      \$20

Basic self defense instruction using real world tactics that all ages can utilize.

Leader: Ken Koepke 520-975-0168      1hand2hand3@gmail.com  
Time: 4:30 – 5:30 pm  
Dates: January 8 and January 15, 2025  
Place: 8049 E. Lakeside #215, Tucson, AZ 85730  
Limit: Maximum 10 members  
Note: A signed liability waiver will be required.

Ken is a USMC veteran and retired law enforcement officer. He has been training in martial arts his entire life. He has been teaching now for 15 years. Since 2000 he has been trained solely in Krav Maga.

# WEDNESDAY

W11 **NEW** Timely Topics \$20

This is a group devoted to discussing life and issues of the day. We will open each session with researched data and information, then open the discussion.

Leaders: Marty & BJ Kass 520-818-2265 [bjkass@comcast.net](mailto:bjkass@comcast.net)

Time: 2:30 – 4:00 pm

Dates: Second Wednesday, October to April

Place: At each other's homes. NOTE: Members may live from Oro Valley to Tanque Verde. Be prepared to drive.

Limit: Maximum 15 members

BJ, a retired librarian and Marty, a retired physician, have been longtime members of BNC. There are many topics and issues, besides, but including, politics, that we can learn about and share opinions.

W12 **NEW** Visual Journaling Class \$20

Each participant will have fun and learn various techniques for creating their own personal visual journal. In class we will use a variety of materials and play and bring alive the artist within all of us. NO EXPERIENCE REQUIRED-come and have FUN.

Leader: Nancy M. Kozlik 520-529-7396 or 520-232-4215

[kozmoan@comcast.net](mailto:kozmoan@comcast.net)

Contact: Stuart Lorch 818-456-8669 [slic07@aol.com](mailto:slic07@aol.com)

Time: 10:00 am – 12:30 pm

Dates: Wednesday December 11, 2024 and January 15, 2025

Place: Stuart's home, midtown

Limit: Minimum 4, maximum 9 members

Nancy has been an educator for 35+ years and now teaches art part-time and is a multi-media collage artist. She is an active member of three non-profit art organizations in Tucson: PaperWorks, SAAG (Southern Arizona Art Guild), and Drawing Studio.

# THURSDAY

Th1                      **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.

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

Joan Penner 732-616-8408 jomarzona@hotmail.com

Time: 5:00 – 6:30 pm

Dates: Fourth Thursday - 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!

Th2                      **NEW**                      **Day Trippers**                      \$20

We will explore lesser-known attractions, all within a 2-hour drive of Tucson. There is a world of interesting places outside of Tucson. Plan on carpooling and spending all day as we will (usually) leave by 8 am and return by 4. Trips are still being planned, but we will visit an olive mill and a museum.

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

Time: 8:00 am – approximately 4 pm (will vary)

Dates: First Thursday November through February

Places: Various locations announced in advance

Limit: Minimum 6, Maximum 12 members

Kim has been living in the Tucson area for almost 7 years and enjoys exploring new and unusual locations, even if they are a little out of the way.



# THURSDAY

Th3                    **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

Time: 1:00 – 3:00 pm

Dates: Every Thursday - October 17 to November 21

Place: Rhoda's home, Eastside near Sabino Canyon

Limit: Limited to 5 members 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.

Th4                    **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 2 is a two-hour in-person session working on areas of concern by participants. We will practice on each other.

Leader: Eileen Webster    eileen@bio-touchdovemountain.com

Contact: Terrie Sherman    520-471-2474 loves2walk@aol.com

Time: 11:30 am – 1:30 pm

Dates: Thursday – January 16 and January 30, 2025

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.

# THURSDAY

Th5

## 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.

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

Shelly Abell 520-409-2346 reabell@aol.com

Time: 9:30 – 11:00 am followed by optional coffee/beverage

Dates: October 31, then second and fourth Thursday – Nov 14 through April 20

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.

Shelly enjoys seeing old and making new friends and visiting tried and true spots or new places while sharing great conversation.

Th6

## Behind the Scenes

\$20

I invite you to join me in some “behind the scenes” tours of unusual and lesser-known venues. Afterwards, there’s an option to enjoy (self-pay) lunch at a nearby restaurant. Let’s discover a different side of Tucson—together!

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

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

Dates: Third Thursday - December through April

Places: Various locations around Tucson

Limit: Minimum 7, Maximum 20 members

No members of this study group from 2023-24 year please

Lisa is a long-time resident who enjoys exploring Tucson and sharing with newcomers and long-timers alike. After all these years, there’s still much to discover in and around our city.

# FRIDAY

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

Exercise on Zoom: 10-minute warm-up, squats & lunges, hand weights, stretch band with handles, plain stretch band stretching, balance with a chair, core strengthening, seated cool down & stretching.

Leader: Rachel Barker 520-403-4048 sleerachel@comcast.net

Time: 9:00 – 9:55 am

Dates:	Every Friday, September - December	\$20
	Every Friday, January - April	\$20
	Every Friday, May - August	\$20
	Full year	\$50

Place: Zoom

Limit: Minimum 5 members

Note: You will need hand weights, stretch bands with and without handles, and a chair.

Rachel has led exercise classes for many years at the JCC, and now she leads on Zoom for BNC.

F2                      **Just Desserts**                      \$20

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

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

Ann Meisner 206-822-7773 hitthedirt@msn.com

Time: 1:30 – 3:30 pm

Dates: Second Friday, December through May

Place: A different restaurant each month (self-pay)

Limit: Maximum 24 members

Who can resist the premise of this deliciously decadent afternoon?! Ann and Lisa are excited to discover delicious dessert places and meet new people. They always look at the dessert choices before ordering their meals.

# FRIDAY

## F3 **NEW** What's Going on Here?

### What Can I Do About It?

\$20

We will delve into current issues in Tucson, Pima County and the State of Arizona, such as what is happening to public education in Arizona. We will learn techniques for making a difference.

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

Time: 4:00 – 5:00pm Tucson time  
Dates: 2nd Friday – November through March  
Place: Zoom  
Limit: Minimum 12, Maximum 20 members

Since retiring from the practice of law, Judith has participated in advocacy before local and state boards, commissions and courts. Along the way, she has developed an understanding of how each of us can make a difference in this community.

## F4 **NEW** Early SW Indian Jewelry:

### Keeping Yourself in Balance

\$10

Participants will learn about early Navajo, Zuni and Hopi jewelry. Pieces will be shown and discussed, and participants will have the opportunity to judge fake and real turquoise.

Leader: Jerry Freund 520-907-5417 jfreund1941@gmail.com  
Contact: Maxine Goldstein 203-912-3335 mbgold77@yahoo.com  
Time: 10:00 – 11:15 am  
Date: Friday, January 31, 2025  
Place: Medicine Man Gallery, 6872 E. Sunrise Dr., Unit 130  
Limit: Minimum 8, Maximum 30 members

Jerry began to study and collect Native American artifacts when he was 14. He graduated from universities in Kansas and ASU. While in retirement, he has worked at Medicine Man Gallery for 24 years.

# FRIDAY

## F5 Classical Music with Harvey Wolfe \$20

Some music has a “program”. Some music has no “program” that is related to a literary, historical or other association. We will listen to the music of Mozart, Strauss, Beethoven and others while Harvey teaches and entertains us with interesting anecdotes about the composers and their music. 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 7 through March 7, 2025

Place: Handmaker, 2221 N Rosemont Blvd.

Limit: Minimum 15, 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. He is a popular, knowledgeable and entertaining speaker who has delighted Brandeis members for years.

# FRIDAY

F6

## **NEW** Ethnic Grocery Stores

\$20

Many of us visit supermarkets in other countries as tourists. We have many ethnic supermarkets worthy of exploration here in Tucson. One of the best ways to learn about people and how they live is to see how they eat, cook and how they shop for food. Join us on guided tours to explore Japanese, Pan Asian and Hispanic grocery stores. We will unpack some of those mysterious fish, vegetables, noodles, seasonings and so much more that is a mystery to us.

Leaders: Tammy Strobel 516-429-0222 [tammystrobel95@gmail.com](mailto:tammystrobel95@gmail.com)  
Nancy Bellew 773-640-1750 [nancy9450@gmail.com](mailto:nancy9450@gmail.com)

Time: 1:00 pm (Meet at the site 15 minutes before start time)

Dates: Fridays, November 15, 2024, January 17 & March 21, 2025

Place: 3 markets in Tucson

Limit: Maximum 15 members

Nancy and Tammy enjoy visiting ethnic markets and exploring various international products.

# SATURDAY

Sa1 **NEW** Dessert and Havdalah \$20

Join us in participants' homes once a month to celebrate the end of Shabbat with Havdalah, dessert and new friends. We will rotate homes and responsibilities for baked desserts, fruit and coffee/tea/whatever we decide.

Leaders: Erica Friedman 847-682-8866 ericafriedman@yahoo.com  
Art Friedman 847-909-4669 artfriedman@yahoo.com

Time: 7:30 – 9:30 pm

Dates: September 14, October 19 then 2<sup>nd</sup> Saturday through May

Place: Rotating homes starting with the Friedman's

Limit: Maximum 18 members

Art and Erica celebrate Shabbat and would love to end with the sweetness of Havdalah and friends, even if you're not familiar with Havdalah.

# VARIOUS DAYS

V1 **NEW**

## Have a Ball ... (Basketball, That Is)

\$20

Let's cheer for the Men's and Women's Wildcats late afternoon and evening away basketball games. Together we can munch and enjoy our winning U of A teams.

Leader: Marsha Rosenblum 805-660-4427 or 520-529-7477  
Marsha29ros@earthlink.net

Time: Depending on Game Times

Dates: Dates of late afternoon and evening away games to be announced

Place: At each others' homes

Limit: Minimum 5, Maximum 10 members

Marsha is an avid basketball fan. In Los Angeles, she had tickets to the Lakers and Clippers. In Tucson she goes to home games. She wants to share enjoying away games together.



# 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, 2024, to June 30, 2025.

Questions? Please contact our Membership chairs:  
Amy Schwartz    amys60@gmail.com                      516-413-0132  
Tammy Strobel    tammystrobel95@gmail.com                      516-429-0222

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

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

Please tear out this page and send with course checklist.

# 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 22** from anywhere in the country. Envelopes received with a **July 22 postmark** are processed first. Envelopes postmarked before or after July 22 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. And I understand that if I miss two sessions without contacting the leader, I may be dropped.  
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

Check off your selected courses:

<input type="checkbox"/>	S1 Forever Fit	__ \$20 sum	__ \$20 fall	__ \$20 spr	....	__ \$50 year	
<input type="checkbox"/>	S2 Passover Desserts!						\$10
<input type="checkbox"/>	S3 Cook the Continents						\$20
<input type="checkbox"/>	S4 Cook by Country						\$20
<input type="checkbox"/>	S5 Let's Make Burekas						\$10
<input type="checkbox"/>	S6 DIY Brunch						\$10
<input type="checkbox"/>	M1 Hiking Group for Men and Women						\$20
<input type="checkbox"/>	M2 Couples Dining on Monday Evenings						\$20
<input type="checkbox"/>	M3 Sit 'n' Stitch						\$20
<input type="checkbox"/>	M4 Game Night						\$20
<input type="checkbox"/>	M5 Learn and Play Canasta						\$20
<input type="checkbox"/>	M6 Legal Puzzlers						\$20
<input type="checkbox"/>	Tu1 Let's Play Mah Jongg						\$20
<input type="checkbox"/>	Tu2 Iris Garden Tour						\$10
<input type="checkbox"/>	Tu3 Wine Tasting Happy Hour						\$20
<input type="checkbox"/>	Tu4 Ladies Who Lunch Outdoors						\$20
<input type="checkbox"/>	Tu5 Model Railroading						\$20
<input type="checkbox"/>	Tu6 Men Who Lunch						\$20
<input type="checkbox"/>	Tu7 Art... Works						\$20
<input type="checkbox"/>	Tu8 Gals Who Do Lunch						\$20
<input type="checkbox"/>	Tu9 Current Issues in US Economic Policy						\$20
<input type="checkbox"/>	W1 Forever Fit Too	_ \$20 sum	_ \$20 fall	_ \$20 spr	__	\$50 year	
<input type="checkbox"/>	W2 You Gotta Have Art						\$20
<input type="checkbox"/>	W3 Contemporary Fiction Book Club						\$20
<input type="checkbox"/>	W4 Page Turners Book Club						\$20
<input type="checkbox"/>	W5 Brandeis Men's Book Group						\$20
<input type="checkbox"/>	W6 How Films Reveal Our Inner Lives						\$20
<input type="checkbox"/>	W7 Mystery Book Club						\$20
<input type="checkbox"/>	W8 Navajo Wearing Blankets: The Gift of Spider Woman						\$10
<input type="checkbox"/>	W9 Meet Your Winged Friends						\$20
<input type="checkbox"/>	W10 Self Defense Instruction						\$20
<input type="checkbox"/>	W11 Timely Topics						\$20
<input type="checkbox"/>	W12 Visual Journaling Class						\$20

# COURSE CHECKLIST cont.

___ Th1 Ladies' Night Out.....	\$20
___ Th2 Day Trippers.....	\$20
___ Th3 Hand Knee Foot Canasta.....	\$20
___ Th4 Bio-Touch Healing.....	\$20
___ Th5 Walk, Talk and Coffee.....	\$20
___ Th6 Behind the Scenes.....	\$20
___ F1 Strength & Balance __ \$20 sum __ \$20 fall __ \$20 spr __ \$50/year	
___ F2 Just Desserts .....	\$20
___ F3 What's Going on Here? What Can I Do About It?.....	\$20
___ F4 Early SW Indian Jewelry: Keeping Yourself in Balance.....	\$10
___ F5 Classical Music with Harvey Wolfe.....	\$20
___ F6 Ethnic Grocery Stores.....	\$20
___ Sa1 Dessert and Havdalah.....	\$20
___ V1 Have a Ball... (Basketball, That Is).....	\$20

Total.....\$\_\_\_\_\_

Name\_\_\_\_\_ Phone\_\_\_\_\_

**Make a copy of your selected courses for your records.**

# REGISTRATION FORM

*Courses are open to current 2024-25 members. If you haven't renewed yet, please fill out your membership form (p. 33) 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 the 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 may have been exposed to Covid or other infectious disease, please stay home.

# BOARD OF DIRECTORS

<b>Co-Presidents</b>	Annette Cremisi 520-297-1099 Terrie Sherman 520-471-2474	jacremisi@yahoo.com loves2walk@aol.com
<b><u>Vice Presidents</u></b>		
Book & Author Event	Susan Berger 312-636-3128 Donna Leavitt 847-807-9890	susanberger@gmail.com donrae7@comcast.net
Book Fund/Tributes	Rachel Barker 520-742-3163	sleerachel@comcast.net
Bulletin	Denise & Chuck Frenz 813-486-9991	dfrenz290@gmail.com
Website	Kim Schweitzer 516-428-8927	kimlise2@gmail.com
Membership	Amy Schwartz 516-413-0132 Tammy Strobel 516-429-0222	amys60@gmail.com tammystrobel95@gmail.com
Study Groups	Stuart Lorch & Yvonne Lorch 818-456-8669	sline07@aol.com yslorch@gmail.com
Virtual Comms.	Davya Cohen 520-904-2960	scohen7397@aol.com
Corresp. Secretary	Krista Stoker 520-771-2293	kristabnctucson@gmail.com
Financial Secretary	Terrie Sherman 520-471-2474	loves2walk@aol.com
Recording Secretary	Maxine Goldstein 203-912-3335	mbgold77@yahoo.com
Treasurer	Sybil Lampert 718-440-4886	beachchairsybil@aol.com
Advisors	Maxine Goldstein 520-760-0355 Marsha Rosenblum 520-529-7477	mbgold77@yahoo.com marsha29ros@earthlink.net

## **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 520-471-2474	loves2walk@aol.com
Sunshine	Lois Bodin 702-219-6704	loisbodin@gmail.com

## **Members at Large**

Ellen Adelstein	520-795-5349	tucsonan@aol.com
Barbara Entin	520-612-7727	b_entin@yahoo.com
Erica Friedman	520-344-7201	ericafriedman@yahoo.com
Donna Leavitt	847-807-9890	donrae7@comcast.net
Paul Schwartz	520-577-1343	pschwartz6801@gmail.com
Barbara Wilder	847-274-4219	barbara1630@gmail.com

## **Nominating Committee:**

Shelly Abell, Rachel Barker, Erica Friedman, Donna Richman, Marcia Sabesin, Marianne Taussig, Barbara Wilder

## **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 research into 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

## 2024

Tisha B'Av	August 12 - 13
Rosh Hashanah, 5784	October 2 - 4
Kol Nidre	October 11
Yom Kippur	October 12
Sukkot	October 16 - 23
Shemini Atzeret/Simchat Torah	October 24 - 25
Hanukkah	Dec. 25 - Jan. 2
Christmas	December 25

## 2025

Purim	March 13 - 14
Good Friday	April 18
Easter	April 20
Passover	April 12 - 20
Shavuot	June 1 - 3
Tisha B'av	August 2 - 3
Rosh Hashanah, 5785	September 22 - 24
Kol Nidre	October 1
Yom Kippur	October 2
Sukkot	October 6 - 13
Shemini Atzeret/Simchat Torah	October 14 - 15
Hanukkah	December 14 - 22
Christmas	December 25