

B.I.L.L. BOARD

Newsletter of the Berkshire Institute For Lifetime Learning
Winter '98 - '99 • Volume 7 • Number 3

Winter Film Club '98 - '99

A wonderful array of films has been selected for this series. Each session will include an introduction of the film followed by a viewing and discussion. The films will be shown at BCC in the Little Theatre (Room K111) from 1:30 to 4 p.m.

December 9	<i>Annie Hall</i> , a Woody Allen classic
January 13	<i>Strangers on a Train</i> , an Alfred Hitchcock thriller
February 10	<i>On the Waterfront</i> , Elia Kazan's Academy Award winner
March 10	<i>Dr. Strangelove</i> , Stanley Kubrick's brilliant satire on war

The fees are \$12 for the series or \$4 for an individual film. For more information call Elliott Vines (413) 637-4036.

Two Exciting Winter Lectures

On Friday, December 11, 1998, at 8:45 a.m. *sharp* at the Crowne Plaza in Pittsfield, Professor Alan Chartock will moderate the WAMC Media Project, a roundtable discussion with guests from the press, radio, and TV before a live audience of B.I.L.L. members. At the conclusion of the broadcast, which is currently heard each week on WAMC, the audience will be invited to ask questions. Brunch will follow the discussion. The fee is \$12.50 for B.I.L.L. members and \$15 for guests

Among his many varied activities, Professor Chartock is Chairman and Executive Director of WAMC public radio in Albany, New York, and a SUNY professor of political science and communi-



Alan Chartock

cations. He writes the column, *I, Publius* for *The Berkshire Eagle* and lives in Great Barrington.

On Saturday, February 6, 1999, Ella Baff, Executive Director of Jacob's Pillow, will be our guest speaker at a luncheon also held at the Crowne Plaza in Pittsfield. Watch your mail for details.

Ms. Baff is from New York City where she studied classical music, dance and theater. She serves on the Board of Mass MoCA, a recently opened "21st century museum" located in North Adams. Ms. Baff has served on numerous panels, task forces and boards, and has been a consultant and advisor for many arts organizations as well as being a guest lecturer and teacher.



Ella Baff

New Year's Day Brunch

January 1, 1999 at 11:30 a.m.
Berkshire Crowne Plaza Hotel

Entertaining you
**Misbehavin':
Messin' Around**

\$22 B.I.L.L. Member
\$25 Guest



Winter Semester 1999 Hold these dates & times

All classes will meet at the Quality Inn on Route 7 in Lenox. There is plenty of parking! Lunch is available for \$6. Watch your mail for our winter catalog.

- ◆ Tuesday, January 12, 19, 26 and February 2, 9, 16
The Berkshires — 10:30 a.m. to noon
Interpretation of Fairy Tales — 1 to 2:30 p.m.
- ◆ Wednesday, January 13, 20, 27 and February 3, 10, 17
Mathematics: The Ubiquitous Analog — 10:30 a.m. to noon
The Poetry of Emily Dickinson — 1 to 3 p.m.
- ◆ Friday, January 15, 22, 29 and February 5, 12, 19
The Pacific Rim — 10:30 a.m. to noon
Headlines — 1 to 2:30 p.m.

A Comparison of Presidents

What did Presidents John Adams, John Quincy Adams and John Fitzgerald Kennedy have in common? How were they different? Paul Flaum dealt with these questions in an excellent presentation as a preamble to the scheduled B.I.L.L. trip to the Adams National Historic Site and the JFK Library. Those who regularly attend Paul's classes have come to expect quality information presented in a very professional manner and supported by a wealth of understanding of the subject — they were not disappointed.



Paul Flaum

Both the Adams and the Kennedy families raised their sons to become president. Both were elected by razor-thin margins. Their presidencies had elements of royalty in the way they were perceived by the public. Both appointed close family members to senior positions.

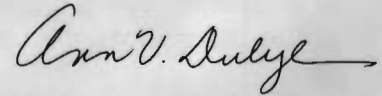
The differences, however, were substantive. John Adams and his son, John Quincy Adams, were older men with dour personalities, but made enormous contributions to the future direction of the country prior to becoming president. JFK, however, accomplished little of substance prior to being elected. A young JFK had charm, discerning intelligence, and a sharp wit. He achieved a mythical status enhanced by his untimely death.
— Art Sherman

President's Letter

Fall '98 goes down in B.I.L.L.'s record book as our most successful fall program. Our astounding results can directly be attributed to all 675 B.I.L.L. members. B.I.L.L. has been a magnet to newcomers from points north, south, east, and west; from Bennington, Vermont, to Hillsdale, New York, and countless towns in Berkshire County.

Thank you, everyone, for keeping the momentum of learning robust. A heartfelt thanks goes to our lecturers, board, chairpersons, committee members, and office staff for their efforts. Also to be commended are our sponsors, BCC and Williams College, for their continued support and enthusiasm for B.I.L.L.

The winter months will be far from the doldrums with our commanding course offerings.



A Special Message

Dear Members of B.I.L.L.:

I am delighted by the extraordinary success of B.I.L.L. in promoting life-long learning. Much credit goes to that energetic group of "pioneers" who visited Barbara Viniar and me just a few years ago, to many others of you who have participated in the curricular and activities planning for B.I.L.L., and to the many eager participants in the Institute's courses.

I am pleased to let you know that for two years the stipend that you have contributed to Williams has been allocated to our "AmericaReads" program, which places over thirty Williams students in the Williamstown Elementary School, working with pupils and their teachers to improve reading skills. I am most pleased with the way multiple generations are connected through learning!

Williams wishes you continued success and happy learning.

Hank Payne

President, Williams College

Public Relations Committee at Work

At its first meeting, the newly constituted Public Relations Committee examined the purpose of public relations for the ever-growing B.I.L.L. constituency. While we will continue to place articles in the local press, we felt we should reach out in other ways to inform the communities we serve of our activities. To that end, a public relations team will visit local business and professional groups as well as senior residences and organizations.

We hope to reach out beyond the press by expanding the work of B.I.L.L.'s talented filming team and to appear on local TV and radio. In these diverse ways, we can describe the breadth and depth of our classes, the teaching professionals from our sponsoring colleges, and our peer teachers. Please call me at 637-3470 if you know of groups who would like to hear from us or if you wish to share in the pleasure of telling our story.

Sue Phillips, Chair

Letters to the Editor

To B.I.L.L.BOARD Editor:

I don't know about you, but since early childhood I've wanted to be with it—to be "au courant." Imagine my surprise to find that all my wishes were immediately fulfilled when I joined B.I.L.L.

With B.I.L.L.'s varied course selections and superior lecturers, my intellectual curiosities are being satisfied. Driving up to a beautiful campus and entering the classroom is the beginning of an extraordinary experience. This gift – the pleasure of learning in a warm, comfortable atmosphere is very special. Thank you B.I.L.L., and see you all in class.

— Julie Weiss

Dear Members of B.I.L.L.:

I want to thank you for your tremendous support of our work. Large groups from B.I.L.L. attended all of our 1998 productions and for this all of us at Berkshire Opera are most grateful. B.I.L.L.'s enthusiasm for the BOC is an important factor in our ability to continue to bring the best in professional opera to the Berkshires. We look forward to welcoming you to our fifteenth anniversary season.

— Sanford H. Fisher
General Director

Di\$count\$ for B.I.L.L. Members

Visit one of the following bookstores in our area that offer discounts to B.I.L.L. members. Present your membership card to identify yourself. Each bookstore has a different discount offer, so be sure to ask.

- **The Bookstore**, Lenox
 - **Water Street Books**, Williamstown
 - **Waldenbooks**, Berkshire Mall
 - **The Bookloft**, Great Barrington
- Berkshire West Athletic Club**, Pittsfield, offers a corporate rate membership to B.I.L.L. members. Check with them for the rates.

Getting to Know You

ANNA POLLACK

Community service has been a driving force in Anna Pollock's life for the more than fifty years she has lived in the Berkshires. So it was no surprise that she immediately volunteered to serve on B.I.L.L.'s Curriculum Committee at the organizational meeting held at Berkshire Community College in 1994.

Anna and her family came to the Berkshires in 1947. She began her community involvement as a child welfare worker with the predecessor agency of the Berkshire Center for Families and Children. She was responsible for the placement of children in foster or adoptive homes. Later in her career, Anna was the Director of Outpatient Services at the Berkshire Mental Health Agency



where she remained for 20 years.

The list of Anna's current volunteer activities is a long one. She is a member of the Lanesboro Board of Health; a board member of Berkshire Mental Health and Prevention Abuse Agency; a board mem-

ber and master gardener of the Berkshire Botanical Gardens; founding member, past president, and current member of the Memorial Garden Committee of the Unitarian Universalist Church of Pittsfield. Anna still finds time to serve as an at-large-member of the board of B.I.L.L.

Anna and her husband Bob celebrated their fifty-fifth wedding anniversary on October 16. They have four children and four grandchildren living in Toronto, Vermont, Maine and Berkshire County.

A Trip to the "Roof of the World"

On a stage beautifully decorated with treasures Ann Dulye brought back from her recent Elderhostel trip to Tibet and paintings by artist Patricia Young (a fellow traveler) depicting Tibetan life, a group of B.I.L.L. members went on a cultural as well as entertaining journey.

Using projected illustrations, Dr. Forrest Young, Professor of Psychometrics at the University of North Carolina told a rapt audience about the highlights of this trip. Dr. Li Hongmei, born in China, faculty member at the University of International Business and Economics in Beijing and here on sabbatical at New Jersey's Seton Hall University, presented an overview of the economic history of China from feudalism to the present. Dr. Hongmei's lecture was delightfully punctuated by personal comments about her family and her own experiences.

A lively question and answer period followed. B.I.L.L.'s special lecture scored another hit.

— Reported by Alice Siegel

Happy Holidays! Happy New Year!

Psychosocial Rehabilitation in the Berkshires: Gould Farm

Traveling a few miles east of Great Barrington on Route 23 there is a nondescript sign, "Gould Farm one mile south." Unknown to most people in the Berkshire area, Gould Farm is one of the most creative and effective mental health programs in the nation.

Rather than emphasizing psychotherapy and drug therapy, the more traditional methods of treating mentally ill people, Gould Farm employs the psychosocial method which is an environmental approach with an emphasis upon the creation and enhancement of supportive elements within the living situation of the patients being treated.

In fact, the forty people being helped at Gould Farm are not called "patients" – they are "guests." Instead of pointing out behavioral problems and psychological defects, the staff at Gould Farm emphasizes the strengths of each individual "guest." In the process, through healthier living experiences, self-esteem is promoted and illness ameliorated.

Gould Farm is a total support system, twenty-four hours a day, seven days a week. "Guests" receive training and education in socializa-

tion through rich interactions with each other and with the staff. Work and recreational programs combat the tendency towards possible narcissistic preoccupation.

The fundamental orientation is towards the treatment or rehabilitation of the person rather than the illness. Problem solving, facilitation of new and more effective coping mechanisms, and working towards changing life patterns which have been previously unsuccessful are the crucial issues.

It is important to differentiate between treatment and psychosocial rehabilitation. Treatment is a direct attack on a patient's disability such as a surgical operation, psychotherapy, or prescribing an antipsychotic drug. Psychosocial rehabilitation refers to activities that attempt to discover and develop a person's assets and strengths. Through the promotion and cultivation of positive everyday experience



Guests at Gould Farm

– by teaching corrective living experiences – Gould Farm helps its "guests" to overcome their mental health problems.

For more information about Gould Farm, contact me.

— Karl Easton, M.D.

B.I.L.L.

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