Do it! Be engaged and involved!
Ours is a great, stimulating group, where members share their time, ideas, energy and know-how. One thing for sure – without this inner group, there would be no larger group for you to join. . . and enjoy.

And what is this group? It is the group of volunteers that keep BULLI alive. BULLI is a volunteer run organization. There are just two paid employees. There would be no BULLI without this select group – from president, other officers and committee chairs to the class assistants and registration and mailing crew. Their time, energy, ideas and input have kept us alive for 21 years.

When asked what motivated these dedicated members to volunteer, their answers were varied. They cited their love of education, they realized the need, they enjoy helping, they found it interesting, they saw it as a way to meet interesting people and get to know their fellow members better. They also discovered that it was a way to learn more about BULLI. They wanted to contribute; they wanted to get involved; they felt an obligation to help ensure the continued existence of BULLI.

What is our future? We will certainly continue to be a member-driven organization, which means our success depends on volunteers. It’s up to all of us who love BULLI and benefit from what it offers to see that it continues as a strong, volunteer-run learning and leisure opportunity for the residents of northeast Georgia.

Think about it. Haven’t you enjoyed being a member? Don’t you want BULLI to continue to be a part of your life? Join those members who keep it going. Call the office at 770.538.4705 and volunteer. We really could use your special talent.

Just do it. You’ll be glad you did!

SUMMER REGISTRATION
Gainesville & Braselton, May 5-13
Doctors You Know. Care You Trust.

Demonstrating Excellence & Best Practices

The Longstreet Clinic, P.C., is committed to innovation and driving improvement.

Our physicians consistently receive recognition from national organizations acknowledging best practices for patient-centric, outcome-based care.

Opening our new facility at Highpoint Medical Center Braselton in Summer 2016!

Proud Sponsor of Brenau University Learning & Leisure Institute

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A proud sponsor of the Center for Lifetime Study and BULLI

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OFFICE: 770-973-5220 • tgelinas@sfp.us.com • www.sfp.us.com
WELCOME

Over twenty years ago, a group of Hall County residents gathered in the Wilson Room of the John W. Jacobs Jr. Business & Mass Communication Building to talk about the idea of a lifelong learning program at Brenau. The group included local visionaries and business leaders, lifelong Gainesville residents and individuals who were new to the area.

Some of the attendees had visited lifelong learning programs in other places. Others had attended Elderhostel programs throughout the country and had experienced firsthand the benefits of lifelong learning. All of them, however, were dedicated to the idea of creating a unique opportunity for learning on the Brenau University campus. From their dedication, BULLI was born.

WE INVITE YOU TO BECOME A PART OF THE BULLI FAMILY.

Special Interest Groups
BULLI also has Special Interest Groups, which make the lifelong learning experience richer. BULLI members can choose from:

BULLI Hiking Club
Members hike throughout Northeast Georgia. Each hike is graded for its difficulty. Most outings end up with the hikers, enjoying lunch together. To join the group, call Polly Elliott at 770.867.5997.

BULLI Bards
The Bards is a poetry group that meets regularly to read poetry submitted by group members so they can hone their poetry skills. If you are interested, call Bill Early at 678.450.2867.

Dinner Together
Would you like to enjoy dinner, Dutch treat, in the company of other members? This dining-out group meets on the third Thursday of each month at various restaurants in the area. Members sign up to serve as host/hostess for the month of their choice.

BULLI Reads
Our book club members gather to discuss favorite fiction and non-fiction books on the second Tuesday of every month, except December and July BULLI Reads meets in the Brenau Trustee’s Library, room 115 at 4:30 PM. Our members volunteer to be discussion group leaders. BULLI members are invited to share in the conversations about books and to enjoy the fellowship of other reading enthusiasts. For details, please contact Virginia Hale haley@earthlink.net.

So what are you waiting for? Join BULLI Today!

BULLI – Where Intellectual Curiosity Meets Friendship and Fun!
THINGS YOU SHOULD KNOW

HOW DO I BECOME A MEMBER?

BULLI is open to anyone who is interested in becoming a BULLI member. Members become part of a vibrant learning community. BULLI is supported through its membership fees. The membership fee for the remaining summer quarter of the academic year is $60. Your membership gets you exclusive access to BULLI courses and includes the following benefits:

- Curriculum catalog each term
- Opportunity to enroll in classes
- EBits email newsletter
- Discounted membership at the Brenau Fitness Center
- Library privileges (including computer use) at the Brenau Trustee Library
- Social events at minimal or no cost
- Field trips – International trips

BULLI COURSES | SUMMER TERM
MAY 30 – JULY 8, 2016

BULLI courses are non-credit, have no exams and no prerequisites. You may take as many courses as you wish for $40 per course. Shorter courses are priced based on course length. Instructors are a mixture of university professors, community experts and qualified BULLI members who enjoy sharing their knowledge and skills with others. Courses are held at various locations on the Brenau campus and Braselton town facilities.

For more information call 770.538.4705 or visit www.brenau.edu/lifetimestudy

HOW DO I REGISTER FOR CLASSES?

You may register in person at the BULLI House in Gainesville, Braselton Town Hall, by mail or fax. You may also mail or FAX prior to the registration period.

GAINESVILLE BULLI HOUSE
MAY 5 through MAY 13
9 A.M. – 4:00 P.M.
406 Academy Street
Call the BULLI office at 770.538.4705 fax us at 770.531.2054 or drop by today.

BRASELTON | MAY 3
5 P.M. SOCIAL GATHERING
6 P.M. REGISTRATION
Mayfield Dairy Visitor’s Center,
1160 Broadway Avenue,
Braselton, Georgia.
If you are unable to attend the Braselton registration meeting, you may drop by the Braselton Town Hall through Friday, May 13 or contact Braselton Town Manager Jennifer Dees at 706.654.5720.

Registration on a space-available basis will be accepted after the official registration dates, but those registering after will not receive priority consideration when assigning classes. Registrants who do not get in a desired course will receive a refund in the form of a voucher that can be used another term of the school year or for any class in the current term that is not already filled.
TUESDAY
Ordinary and Extraordinary: Turning Point Contributions Made by British Citizens

10:45 a.m. – 12:15 p.m.
By looking at the stories of ordinary citizens who made extraordinary contributions during their lives, we will see that determination, sacrifice, innovation, diligence, creativity, scholarship, and vision are qualities that create special kinds of national heroes. Mary Anning, Gabriel Rossetti, the Bronte sisters, Joseph Banks, Florence Nightingale, Arthur Conan Doyle, Robert Burns, and John Wilberforce will be featured. Come along for some stories you’ve never heard before.

Susan Pillans whose area of expertise is in all things British, specialized in both History and English at University of Kentucky. In Atlanta, she taught in Dekalb county as well as at Marist School. Upon retirement, she taught in England and has personally studied at both Oxford and Cambridge. She has taught previously for BULLI.

Petticoat Patriots
1 – 2:30 p.m.
“Behind every great man there’s a great woman” is especially true during the American Revolution. This class will look at women who fought alongside their men, those who encouraged their fight for freedom as well as the women who invented their own ways of rebellion.

LaMerle Loveland has taught various courses for BULLI. She volunteers at the Northeast Georgia History Center and talks to school groups on women’s roles in the Civil War.

WEDNESDAY
Rollicking, Riveting Reads
1 – 2:30 p.m.
Join us for some great discussions about some wonderful new books. In the New York Times bestseller and 2014 Edgar Award winner Ordinary Grace, mystery writer William Kent Kruger gives us a glimpse of what grace and forgiveness really mean. Homer Hickam, best-selling author of Rocket Boys spins a tale of a man, his wife and her alligator in Carrying Albert Home. Finally, we’ll revel in a tale of the nature of love, lost and found in the very special, international bestseller, The Little Paris Bookshop by Nina George.

Kathy Amos is the executive director of BULLI. She teaches classes on literature, computer and Appalachian history.

Summer Foreign Film Fest
2:45 – 4:15 p.m.
The Artist, Cinema Paradiso, Camille Claudel, Life is Beautiful, Like Water for Chocolate are just some of the films to be discussed and shown for our viewing enjoyment and education. Some are long films, so keep in mind that most of the classes will extend beyond the normal class period. The format will be an introduction, the film, and a discussion.

Dr. Jim Southerland retired from Brenau University in June 2013, where he was Professor of History and an administrator for 44 years. During his tenure, he organized a foreign film program for community members. He misses it, and so do we! He’s back this summer to facilitate this class.

THURSDAY
Southern Folk Art and Artists
1 – 2:30 p.m.
What is the difference between crafts and folk art; between traditional pottery and folk pottery?
What are memory paintings? How does religion influence folk art?
What role does music play? These are just a few of the questions to be explored and answered in this class. Beginning with an overview of the subject by Steve Slotin of Slotin Folk Art, various artists, including artist Linda Anderson, musician and storyteller Pat Shields, and the Brasstown Carvers from John C. Campbell Folk School will present their unique talents and outlooks.
This class will visit the Folk Art Museum of North Georgia and hear from Chris Brooks and will close with a “Folk Art Roadshow” with Steve Slotin. Bring your art and find out what it’s worth!

BULLI Member Betsy Hopkins will facilitate this course, which will include experts in various fields as presenters.
## Gainesville Bulli Class Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>9:00 a.m. – 10:30 a.m.</td>
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<tr>
<td>10:45 a.m. – 12:15 p.m.</td>
<td><strong>Alchemy of Resilience: Bringing the Gold Home</strong>&lt;br&gt;<strong>(June 6, 13, 20, 27)</strong></td>
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### Gainesville Short Courses

(by starting date)

Short courses are priced based on the length of the course. Courses with 3 or less meeting dates are $30 for BULLI members. Courses with 4 or more meeting dates are $40 for BULLI members. Non-member fees are priced accordingly.

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### License to Thrill: A Cultural History of James Bond

Four Sessions / Fee: $40 members<br>$65 non-members

**Wednesdays, June 1, 8, 22, 29**

10:45 a.m. – 12:15 p.m.

Aston Martins, martini cocktails (shaken, not stirred), globetrotting, love and death. Over the last 60 years, James Bond has become one of the world’s most iconic cultural figures. This course will examine the Bond phenomena, the people behind the adventures and the formula – always evolving, yet staying the same – that are behind the success of the British spy. We will shake things up by adding philosophy, politics, and feminism to create an explosive mix of gratuitous fun and lavish theorizing.

*Sylwester Ratowt is doing it again! He is sharing with us one of the many facets of his background – and in this case, a passionate interest.*

### The Alchemy of Resilience: Bringing the Gold Home

Four Sessions / Fee: $40 members<br>$65 non-members

**Mondays, June 6 – June 27**

10:45 a.m. – 12:15 p.m.

This course is intended to be an experiential opportunity for participants to learn about resilience building and stress management using emotional self-regulation and heart-rhythm variability (HRV) feedback. There is ample scholarly research that supports the benefits of
training in positive emotions relative to an increase in heart-rhythm variability, a measure of resilience. This course will expose participants to the science of HRV and resilience as well as provide hands-on opportunities to practice using the positive emotion regulation and HRV biofeedback system at the Brenau Stress Lab, where biofeedback equipment is housed. 

Dr. Maria Zayas is a licensed Psychologist and Associate Professor of Psychology at Brenau University and is certified by the Heart Math Institute as a trainer, mentor and clinical practitioner. She has done training, research, and clinical work with emotional self-regulation and heart rhythm variability biofeedback with various populations, including a geriatric population for several years. A co-author of several articles on the subject, Dr. Zayas also has presented her work here at Brenau at an international conference and received the best paper award. The Brenau Stress Lab was inaugurated in Spring 2015.

Switzerland – Small But Special
Two Sessions / Fee: $30 members $40 non-members

Thursdays, June 9 & 16
10:45 a.m. – 12:15 p.m.
The small and beautiful European nation of Switzerland is among the wealthiest in the world. It has a history of independence – it is not a member of the European Union or Nation and joined the UN only recently. It also has a very conservative streak – women got the right to vote in federal elections only in 1971 and to vote in one canton’s local elections as late as 1991. We’ll look at Switzerland’s geographical situation, history, culture and politics to understand why it has prospered. What are the country’s unique characteristics and how do these help or hinder. What do they do well? Do they have a dark side? We’ll also talk about Switzerland as tourist destinations and what to see when you get there.

BULLI member Robin Terrell lived and worked in the UK, France, Switzerland, Sweden, Singapore, Japan and various parts of the US before settling down in Gainesville. He has taught a number of classes for BULLI, and facilitated the Great Decisions class in the Spring.
TUESDAY
Contemporary Watercolor for Newbies
6 – 8 p.m.
New painters, or experienced folk who want to revisit the loose and unexpected side of watercolor, can explore the lighter side of the medium with Sara Oakley, a recent import to Gainesville from Colorado. Splash, splatter, let the color run and play across the paper, while learning the properties of the paint and foibles of the brush. Oakley draws very little under these contemporary pieces, but often scribbles over the top, stamping and stenciling, hand printing and altering in a mixed media approach that builds layers of interest.

For this very free approach, no drawing skills are required - just a willingness to experiment.

Sara Oakley is a confident, sometimes funny, always irreverent coach, who teaches in 6 media. She has worked with skill levels from total virgins to professional artists, for more than 4 decades, in styles ranging from realism to abstract. The images created in this class will fall somewhere in between.

WEDNESDAY
“Stayin’ Alive”
1 – 2:30 p.m.
This is a course on basic firearms training. It will include classroom training and three days of practical, hands on sessions at the Braselton Firing Range. Topics for discussion will include gun safety, weapons laws, selection of firearms and accessories and proper firing techniques. A handgun will be supplied at the firing range if you do not own one.

Braselton Assistant Police Chief Lou (“Hotshot”) Solis the Braselton Assistant Police
Chief and is a certified firearms instructor. He is a retired Army Ranger with an extensive background in personal protection security. He has taught this course previously for BULLI.

**BRASELTON SHORT COURSE**
(by starting date)
Short courses are priced based on the length of the course. Courses with 3 or less meeting dates are $30. Courses with 4 or more meeting dates are $40.

**Tea Time In The Mud**
Three Sessions / $30.00 BULLI members, $40 non-members
Tuesday, May 31, June 7 & 14 1 – 2:30 p.m.
Before there were wheels, potters would form clay with their hands and simple tools. Handbuilding is a very basic ceramic technique, yet it can be used to create very sophisticated forms. In this short class, Sue Compton of House of Clay will teach you how to take a slab of clay and use only your hands and simple tools to create your very own teapot and cup(s). No previous experience is necessary. You will create your pieces in the first two classes and glaze them in the last class. Wear comfortable clothes that can get dirty. A $25 supply fee, due at the first class, includes clay, glazing and firing.

Please note: The class will be held at the House of Clay at 65 Frances Street in Historic Downtown Braselton

_Sue Compton is a former elementary school teacher and an accomplished potter whose works are on display from Braselton to Texas._

**Social Media 101**
Three Sessions / $30.00 BULLI members, $40 non-members
Thursday, June 9, 16, and 23 10:45 a.m. – 12:15 p.m.
This short course will focus on two very popular social media websites – Facebook and Pinterest – for both Apple and Android users. We will cover the basics and then some of how to use Facebook to connect with your family and friends online. We will also explore Pinterest and learn how to pin images of things you are interested in saving to your online bulletin boards. Bring your cell phone, tablet or laptop to class.

_BULLI Braselton members Jennifer Dees and Peg Sheffield will provide an overview and hands-on instructions for navigating both websites._
Wake up, my friends! This process we call aging is being viewed these days in a whole new way. By 2030, one in five Americans will be over the age of 65. Recognizing the impact of the “coming of age” of the Baby Boomer generation, many companies are working on new products and ideas to help us age gracefully and in a way that is attractive to us.

You may have seen news articles touting the advent of “Granny Pods” as a housing alternative to assisted living facilities. These housing units, more accurately known as MedCottages can be delivered to a family member’s backyard, and provide state-of-the-art technology to help an aging adult live semi-independently with their families.

Senior playgrounds are becoming hot new items in many communities. In Japan and China, both with larger older adult populations than in the U.S., wellness playgrounds for elders abound. These outdoor playgrounds differ from workout rooms or gyms, in that they provide equipment specially designed for seniors to help with issues such as balance, range of motion, fine motor skill coordination, improved cardiovascular health and muscular strength. The playgrounds also provide better opportunity for socialization and intergenerational interaction.

Aging in Place communities are volunteer and membership organizations dedicated to enabling older adults to continue to live in their own homes safely and comfortably. Aging in Place membership communities are defined by a geographic area and provide volunteer support activities, such as transportation and meals, as well as fee-for-service screened vendors for personal service and home maintenance to community members. Social activities also are a part of these programs.

Does any of this sound interesting? Do you want to know more? Contact Kathy at the BULLI office at 770.538.4705 and let’s bring some of these advantages to the northeast Georgia community!

Embrace Aging

How did I get to be so old?  
This question permeates my mind  
As today hastens to its end,  
Leaving vital work to be done.

Seasons race by after the last  
While I struggle to change my clothes.  
My ’to do’ list lingers longer…  
So much to do, so little time.

Each day sets forth new encounters  
With dilemmas to drag me down  
Or opportunities to soar…  
The ultimate choice always mine.

Perhaps it’s time to lighten up  
My burdens and my intention,  
Free heavy fear of tomorrow,  
Quiet my mind to welcome peace.

Doors close so others can open.  
Step through to make something happen.  
Face each challenge whole-heartedly,  
Fill with gratitude each new day.

Embrace it all while there’s still time,  
Stay ready for whatever comes,  
Respond to the world with wonder,  
Love, laugh, and dream along the way.

Diane Rooks – March 2016
“We help our clients protect their financial future through a fiduciary standard of care that puts their interests first”

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