New program offers perspective for health care providers serving veterans

Dr. Robert Hierholzer, a psychiatrist and the Associate Chief of Staff for Research and Education at the Department of Veterans Affairs Central California Health Care System in Fresno, often used literary works as teaching aids with his psychiatry residents. He found that some writings, such as those by author William Styron—who suffered from depression—provided useful insight into how mental disorders manifest in people. Such experiences helped the residents better empathize with their patients.

Now with Council support, the Fresno Veterans Administration Hospital, which serves more than 35,000 veterans, will be the first in California to participate in Literature & Medicine: Humanities at the Heart of Health Care®, a scholar-led, humanities-based professional development program for health care professionals developed by the Maine Humanities Council. The California Council for the Humanities is one of 14 state councils participating in an initiative funded by a grant from the National Endowment for the Humanities to expand the nationally recognized program to VA hospitals around the country.

The award-winning program, which has been employed in hospitals and other health care settings since 1997, deepens medical practitioners’ understanding of their professional roles and relationships through reading plays, short stories, poetry, fiction and personal narratives and sharing their reflections with colleagues. The program has been shown to have a significant effect on the way health care professionals understand their work, and consequently improves their interactions with patients and strengthens their relationships with one another.

“The practice of medicine and health care is very stressful, demanding work,” said Winter 2010

For ex-Marine Michael Baldrige, coming home and recovering from the traumas of war was in some ways as harrowing as the firefight he experienced in Vietnam. It took him nearly 30 years to come to terms with his emotional scars.

Baldrige was one of 11 veterans from World War II, the Korean War, the Vietnam War and current conflicts in Afghanistan and Iraq whose stories were dramatized in “On the Front Line: Three Generations of Soldiers’ Voices,” an original dramatic production supported by a California Story Fund grant from the California Council for the Humanities given to Loyola Marymount University.
WHEN I WAS AN UNDERGRADUATE AT UC SANTA BARBARA, the school’s most popular course was “The Impact of the Vietnam War on American Religion and Culture” taught by Religious Studies Professor Walter H. Capps, later a Democratic congressman from California. The nationally renowned course was covered three times on “60 Minutes” and filled the campus’s 900-seat Campbell Hall every semester.

Why was this religious studies course so popular? Martin Luther King Jr. cautioned us, “Our lives begin to end the day we become silent about things that matter.” The other students and I were curious about the silence that enveloped our nation, a silence that shattered many of our loved ones, tore into families and communities, and fundamentally shaped the country we knew. We were drawn to the courage of someone who spoke about the unspeakable and broke the silence.

Professor Capps’ course taught us about war and its wounds. It taught us how war can dampen the fire of the human spirit and how the humanities—and the conversations they inspire—can lift that spirit again. Two Council-supported projects, described in this issue of Humanities Network, reminded me of those important truths.

Judith Royer, who directed the project “On the Front Line: Three Generations of Soldiers’ Voices,” opens a dialogue about what happened in war and how it impacts both individuals and society—something that is critical to building an understanding of the human experience. Despite the very human impulse to hold back from confronting ideas or actions that are painful, Royer went to the West Los Angeles Veterans Administration Hospital to work with veterans from World War II through the current war in Afghanistan and explore the stories of what it means to be in a war and how it can define the lives of both veterans and the rest of us.

The Council’s new Literature & Medicine: Humanities at the Heart of Health Care® program is taking place at the VA Hospital in Fresno, which serves more than 35,000 veterans. Dr. Richard Hierholzer, a psychiatrist and the hospital’s Associate Chief of Staff for Research and Education who is leading the program, talks about the power of reading literature, such as a piece by William Styron, and how that simple act can improve the quality of a veteran’s treatment.

These are just two examples of the important work that the Council has undertaken. Also in this issue of Humanities Network, Jim Leach, chairman of the National Endowment for the Humanities, talks about how the humanities can help us make wise geopolitical decisions in the future. He told me, “History is needed to provide lessons for the here and now, literature to stretch the imagination, and philosophy and theology to provide a moral and social compass.” As you know, humanities perspectives are critical to who we are and who we are becoming. The work we do together ensures that these perspectives pierce the silence and illuminate the conversations we have about what matters the most.

Thank you for your continued support.
There is a healing that happens through the reading of literature and the storytelling that comes with it. The stories of veterans are often filled with the challenges and obstacles of battle, the burden of guilt and horror of war, and the experience of racial and gender discrimination, as well as the burden of guilt and horror for the civilians that they were fighting for. For so many of us, the stress of war has been so distant. Even though we hear about wars on the news and over the Internet, we don’t really hear the personal experience until one combat veteran starts to tell it. We get to hear what it’s really like, as a human being, to go to war.”

A panel discussion with the audience—featuring the lead writer, workshop director and scholars—followed each performance. Many of the veterans in the audience expressed appreciation for the play and shared how it had enabled them to better reflect on and understand their experiences. One man said that hearing and seeing his story performed had allowed him to think and feel about his experiences in a new way, and to attain new insight. Several others spoke about the importance of having an audience for their experiences. And those are the voices we need to hear because they need to be heard. Veterans rarely tell their loved ones their stories. And those are the voices we need to hear because they need to be understood and to open up a dialogue about what happened.
Thank you for spending some time to talk with us today, Chairman Leach. I would like to start by asking what book has had a lasting influence on you?

As a young person, I was taken with Mark Twain. I was brought up on the Mississippi River. Twain was a riverboat captain who traveled up and down the river by the bluff where my Iowa home was eventually built. Of all the stories in American literature, the one that stays in my mind is a scene where Huckleberry Finn and a slave named Jim are floating down the river on a raft. Slave hunters approach and demand that Huck reveal if anyone else is aboard. Huck knows that he should tell the truth and turn Jim in, but instead he blurts out “only the "pox."” In fear of smallpox, the slave hunters back off and let Huck pass. After the incident, Huck is remorseful. "I knowed I done wrong," he says, but from the reader’s perspective, Huck did right. The story was a wondrous example of a boy doing something instinctively moral against the weight of the law. I know of no passage that is a more meaningful reflection of American history and values.

In college, the “Alexandria Quartet” by Lawrence Durrell influenced me. The four books were set in Alexandria, Egypt, between the two world wars. Each was a first-person narrative of the same event, with the story told from the perspective of different characters. The moral was that to get a sense of reality one has to see things from more than one pair of eyes.

Why did you think it was important to found the Humanities Caucus while you served in the House?

I had come to the conclusion that there was a huge cost to society of shortchanging the humanities. Our government was making decisions about war and peace without understanding what the implications of intervention in the Middle East were. To fail to understand the cultural dimensions of the decisions to go to war and maintain a long-term occupational presence without knowing the ramifications of our actions was a profound and costly error for the United States.

With the greatest economic crisis since the 1930s, global warming and wars abroad, why do the humanities matter and what can they offer during these challenging times?

Back in the ’30s when we were in the direst of economic straits, we devoted a greater percentage of resources to the arts and humanities at the federal level than we do today. We did this based on the premise that it was important for America to understand itself, and it was important for those in the arts and humanities to capture what was happening in America and shine a perspective on it. History is needed to provide lessons for the here and now, literature to stretch the imagination, and philosophy and theology to provide a moral and social compass.

When it comes to war, policy makers have become quite
Riverside County Libraries Make a Difference with New Program

LIBRARY STAFF FOSTERS CIVIC DIALOGUE IN THE COMMUNITY

Libraries are more than just repositories of books. They are increasingly becoming “community living rooms”—places where people gather to learn about and discuss issues affecting the world around them. A new California Council for the Humanities program, supported by funding from the Institute of Museum and Library Services—provided through the California State Library—and the National Endowment for the Humanities, will help libraries foster thoughtful, informed places where people gather to learn about and discuss issues affecting the world around them. A new California Council for the Humanities program, supported by funding from the Institute of Museum and Library Services—provided through the California State Library—and the National Endowment for the Humanities, will help libraries foster thoughtful, informed.

In early October 2009, the Council kicked off the “Making a Difference” pilot programs, which consists of reading and conversation on issues of current concern and opportunities to make a difference in their communities. Ten library staff members attended an intensive two-day workshop organized by the Council to learn about ways to engage patrons in meaningful civic dialogue. Participants received training, a handbook and other resources in the humanities-based method of reflection and dialogue facilitation developed by the Project on Civic Reflection, a nationally recognized leader in its field. The librarians used speeches, fiction and poetry—such as Dr. Martin Luther King Jr.’s historic speech “The Drum Major Instinct,” “The Boy Without a Flag” by Abraham Rodriguez Jr. and “A Litany for Survival” by poet Audre Lorde—as springboards for dialogue.

Over the next few months, web-based meetings will give participating librarians opportunities to share their successes and challenges with each other, seek peer and expert advice, and continue to deepen their practice. Each branch library will be responsible for developing its programs and choosing discussion material, which could be anything from a written text to a film or performance. The “Making a Difference” pilot program will run through June 2010 and plans are to extend it to other California library systems in the future.

“This program gives us the opportunity to push our programming to a new level,” said Riverside County Library Administrator Mark Smith. “As is typical with most library programming, our staff doesn’t really interact that much with program participants. We might invite a performer, do the publicity for the event, introduce them and thank them at the end, but that would be the end of it. [“Making a Difference”] directly involves the library staff in part of the programming, in being able to dialogue with the community. This allows us to stimulate a different kind of interest both with our staff and the public.”

The first programs took place in early November 2009 at Woodcrest and Cathedral City libraries. On Nov. 2, Woodcrest Branch Manager Connie Rynning led a discussion on censorship using a chapter from the new Heyday Press book “Wherever There’s a Fight,” about the history of civil liberties in California. The reading and discussion program was followed, two days later, by a lively public reading conducted by the authors, Elaine Elinson and Stan Yogi. The Cathedral City Library also held an author reading and discussion on freedom of expression and LGBT rights based on excerpts from the book on Nov. 3.

“My job is not to insert my opinions, but to guide people to the text and give them free rein to discuss what they want,” Rynning said. “People really got into it. They were involved and engaged and had a lot to say. They said after the event that they really enjoyed the deep conversation and having the chance to get into something so important.”

The majority of the libraries will begin their programming this month to coincide with the Martin Luther King Jr. Day. Future programs will take place in March and May, in conjunction with Women’s History Month, Cesar Chavez Day and Memorial Day observances.

“The Council is trying to demonstrate that libraries are logical places for community members to come together to talk and interact with one another. That’s consistent with what we think the role of libraries is going to be in the future,” Smith said.

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THE CALIFORNIA COUNCIL FOR THE HUMANITIES WAS RECENTLY AWARDED THE PRESTIGIOUS 2009 HELEN AND MARTIN SCHWARTZ PRIZE FOR ITS WORK ON THE HOW I SEE IT: YOUTH DIGITAL FILMMAKERS PROJECT. THE COUNCIL WAS ONE OF THREE RECIPIENTS TO RECEIVE THE NATIONAL AWARD PRESENTED BY THE FEDERATION OF STATE HUMANITIES COUNCILS FOR OUTSTANDING WORK IN THE PUBLIC HUMANITIES.

Each year, the Federation awards up to three prizes, which were named in honor of former Federation board members Helen and Martin Schwartz, to organizations with programming that had significant impact on citizens, institutions, organizations or communities in their states. The Council previously won the award in 2001 and 2007. The Council’s award-winning How I See It: Youth Digital Filmmakers project began in October 2007 when the Council gave $30,000 awards to each of eight California organizations to enable teens to create films exploring the connections and disconnections in their lives and communities. Former Council Programs Manager Raeshma Razvi spear-headed the project, and the teens worked with experienced filmmakers, community mentors and humanities scholars in making their films. The films covered a wide range of topics, including the effect of redevelopment on a San Francisco neighborhood; Cambodian-American youth growing up in an inner-city Oakland neighborhood; struggles with being LGBT in Long Beach; the experiences of different cultural communities in the rural Central Valley; racism, teenage drug abuse and cliques on campus among Lodi High School teens; homeless teens in Los Angeles; and growing up in isolated Siskiyou County. The films were completed and screened in 2009.

Youth Digital Filmmakers was conducted in partnership with the Digital Storytelling Institute of ZeroDivide and the Bay Area Video Coalition. The project received major support from the James Irvine Foundation and the We The People initiative of the National Endowment for the Humanities. In awarding the Council the Schwartz Prize, the Federation’s four-judge panel was extremely impressed by Youth Digital Filmmakers, noting that the project excelled in meeting all of the prize’s criteria, which includes reaching new audiences, forging unique collaborations, building capacity, using technology innovatively and demonstrating sustainability. The judges noted that the project’s use of technology to reach youth audiences was “innovative and inspiring.” The final products were far-reaching and represented the breadth of the state’s social, economic and ethnic diversity, according to the judges’ statement.

Such accolades were not lost on the Council. “It is an honor to receive this national recognition for excellence,” said Council President and CEO Ralph Lewin. “The Council is particularly grateful to the young people, the scholars and the filmmakers from across California who were our partners in imagining and creating this wonderful project. “We are also grateful to former staff member Raeshma Razvi for her leadership in this program and to the board and staff for believing we could develop a program that would stretch who we are and how we can impact people’s lives,” he said.

Jon Carroll Named Council’s New Director of External Affairs

Carroll’s career spans nearly 25 years in communications and development. He began his career in theatrical production and general management in regional theater and Broadway touring shows before joining Walt Disney Studios’ film marketing division in 1994 to develop national promotions and partnerships for feature film releases from the Walt Disney, Touchstone, Hollywood Pictures and Miramax labels. He later went on to launch Walt Disney Animation Studios’ marketing and communications group. Carroll left Disney to assist in the opening of the new Twentieth Century Fox Film Animation studio. For the last nine years, Carroll was the associate director/director of marketing and communications for the Fresno Metropolitan Museum, where he was directly responsible for marketing, publicity, fundraising, development and legislative advocacy for the museum during a multimillion-dollar, five-year renovation of the museum’s nationally registered historic building. Carroll has also served as chairman of the board of directors and festival director for Fresno Reel Pride, a volunteer non-profit organization that presents an annual film festival of award-winning LGBT feature films, documentaries and short films. Carroll is the winner of several ADDY Awards for Advertising in the Arts, a recipient of special recognition from the California State Assembly and Senate and the U.S. Congress and a 2008 honoree of the Fresno Arts Council’s Horizon Awards. Among his many community activities, he has served as a volunteer for All About Care/ Camp Care, Valley Public Radio and Valley Public Television. “Jon brings a wonderful mix of experience, energy and knowledge of California to help the Council grow and better serve all Californians,” said Council President and CEO Ralph Lewin.

The California Council for the Humanities welcomes Jon Carroll as its new director of external affairs. In this role, Carroll will be responsible for promoting and communicating the importance of the humanities and the Council’s work, as well as raising funds to support these efforts.

THE COUNCIL WOULD LIKE TO EXPRESS ITS GRATITUDE TO FORMER STAFF MEMBERS ALDEN MUDGE, AMY ROUILLARD, MAURA HURLEY AND RAESHMA RAZVI FOR THEIR EXCELLENT SERVICE AND CONTRIBUTIONS TO BOTH THE ORGANIZATION AND THE PEOPLE OF CALIFORNIA.
Culture Is Bigger Than Politics (continued from page 4)

sophisticated in asking questions about the appropriateness of overwhelming force doctrine, about the sustainability of American public opinion and the need for endgame strategies. But left out of decision making have been cultural factors. Would it, after all, have been helpful to have studied the French experience in Algeria before committing troops to Iraq and Afghanistan? Would it have been helpful to be steeped in the British and Russian experiences in Afghanistan? Culture is bigger than politics and more sustaining than institutions likely to be established by force of arms. Beginning a conflict may principally be about logistics, but regime change and governance building demand attention to cultural considerations.

RL: Recently you’ve been talking about “bridging cultures.” What do you mean by this?

JL: America is a national culture with a mosaic of subcultures. The unresolved domestic question is whether these differences will prove to be unifying or divisive, whether social cohesiveness is more vibrant if it is based on uniformity of lifestyles or diversity of peoples and values. As for our relations with the rest of the world, America is increasingly rubbing up against an enormous variety of cultures, many of which have contributed immigrants to our society. The key to a prosperous and secure future will be whether we come to understand and respect these cultures and value systems.

RL: Thank you, Chairman, for your insights. We look forward to working with you on making the case that the humanities can inform and shape who we are and who we become.

During his visit with Council board members and staff on Sept. 17, 2009, NEH Chairman Jim Leach discussed his goals as new chairman, emphasized the importance of bridging cultures—both within the United States and internationally—and spoke about what it means to be a civil society. Top right: Kenya Davis-Hayes, Council board member; Elizabeth Leach, arts education counselor to the National Endowment for the Arts’ senior deputy chairman; Ralph Lewin, Council president and CEO; Jim Leach; and Nancy Hatamiya, Council chairwoman. Bottom right: Jim Leach in conversation with Council board and staff members. Bottom left: Ralph Lewin; Elizabeth Daley, dean of the University of Southern California’s School of Cinematic Arts; and Jim Leach at the home of Council Board Member Curt Sheppard and attorney Alan Hergott.

Help Make California a Better Place

The California Council for the Humanities reached more than 16 million people in California and across the nation last year, sharing fresh views and new perspectives that help us understand our world.

We could not do this work without support from caring people like you. Join us and help make California a better place.

Here’s how you can help:

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For questions regarding gifts of stock, planned giving or other ways to give, please contact our development officer, Ann Yoshinaga, at 415/391.1474, ext. 313.

Your support can make a difference!
Who We Are

The California Council for the Humanities connects Californians to ideas and one another in order to understand our shared heritage and diverse cultures, inspire civic participation and shape our future. The Council envisions a California where people know that the humanities are essential to leading a meaningful life, understanding the world and enriching the future.

For more information, visit www.calhum.org.

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