Once again EPIC is fortunate to be able to draw on Columbia's great faculty for its Tuesday Talk series. Professor Timothy Frye, Chair of the Department of Political Science and a widely respected Russia expert, will be presenting on February 7. Here is a link to Professor Frye's recent article in Salon, Why is Donald Trump so cozy with the Kremlin? We'll also be serving a sandwich buffet lunch, so please do RSVP here so that we can plan properly. (The Faculty House dining room will not be available for our usual post-talk luncheon.)

And remember, if you are interested in hearing Tim Frye on February 7, but can’t make it to Faculty House, join us in our online classroom at https://columbia.adobeconnect.com/ a949111517/epic. If you haven't joined online before, please CONTACT us so that we can help you learn the system before the 7th. It only requires a few minutes and is easy to learn. Don’t wait until the last minute—it won’t end well.

Our first Spring semester Graduate Student talk was surely successful. Dr. Vedna Kuiken’s presentation on her ecological interpretation of Sarah Orne Jewett’s fiction was stimulating and ended with pretty much everyone in the room arguing with each other. This is surely indicative of an interesting and provocative graduate student talk! Thank you, Dean Emeritus Frank Wolf for arranging this lively intergenerational series.

Finally, it looks like February 9 will see our yoga series getting off the ground (ahem). Geneticist and yoga instructor Prof Ginny Papaioannou is leading the series. Now is the time to contact us about joining and limbering up.

Have a good day!

Jeanne Mager Stellman, President, EPIC
Professor Emerita & Special Lecturer
Mailman School of Public Health

---

**Tuesday, February 7**

"Revolution in U.S.-Russia Relations?"

Timothy Frye, Marshall D. Shulman Professor of Post-Soviet Foreign Policy, and Chair of the Department of Political Science, will discuss current questions about the U.S-Russia relationship. Frye and other experts observe that what we are seeing and hearing in the early days of the Trump administration may portend a fundamental reorientation in U.S.-Russia relations. What is the Trump administration proposing vis-a-vis Russia, and how likely are the administration’s proposals to be realized? Professor Frye has addressed such questions recently in Salon and on NYI. Please join us for expert analysis on this issue of international significance.

11:30 a.m. - 1:30 p.m.
Faculty House, Garden Room 1

(Please click here for map.)
Alternate Tuesday Talks address topics across the academic spectrum as well as issues of particular importance to the retired academic community.

Complimentary Buffet Lunch
Guests Welcome

EPIC Yoga Begins February 10

Start the year calmer, more balanced, more flexible....

Join us Friday mornings, 10 AM
At the Faculty House for

Yoga

Mixed level, beginners especially welcome. If you have never experienced the benefits of Yoga, this may be just what is needed for relaxation and rejuvenation of mind and body to face the coming year with equanimity.

Taught by Ginny Papaioannou, registered teacher with the Yoga Alliance Registry, Professor of Genetics & Development, CUMC

Sponsored by EPIC.

Virginia Papaioannou, Professor of Genetics and Development and a registered yoga instructor, will offer yoga training to EPIC members beginning Friday, February 10, at 10:00 a.m. in Faculty House (see signs in lobby for exact room location). The first class will be complimentary. After the first class, the fee will be $40 for four classes, one per week, through May 26, 2017. Please click here for more information about the classes, what to wear, and what to bring.
February 21: Eric Heyer, M.D., Ph.D., Professor Emeritus of Anesthesiology and Neuroscience, "Can Statins Protect against Cognitive Loss after Surgery?"

March 7: Richard N. Pierson, M.D., Professor Emeritus of Clinical Medicine, and guest panel: "Staying Connected: Opportunities to Participate in the Life of the University in the Retirement Years"

First Thursday Graduate Student Talks
12:15 - 2:00 p.m., 602 Lewisohn Hall

March 2: Natalie Brito, Post-Doctoral Fellow, Sackler Institute Parent-Infant Project (CUMC), "Early Environmental Experience and Neurocognitive Development"

April 6: Maeve Sterbenz, Ph.D. candidate, Department of Music: "The Effect of Music-Movement Interactions on the Perception of Ballet—The Case of the "Rose Adagio" in Tchaikovsky's Sleeping Beauty."