

Osher Lifelong Learning Institute

OLLI *at* SOU

Southern Oregon University



**SPRING
TERM
SPECIAL**
\$75
Member
Fee

Spring 2024 Course Catalog

April 1–June 7, 2024

inside.sou.edu/olli • 541.552.6048 • olli@sou.edu

Come for the Classes, Stay for the Connections

As you can see, Alice is really struggling with her final exam.



Find the joy of lifelong learning at Rogue Valley Manor.

We have so many opportunities for classes and activities right on our campus, and through our connection with OLLI and Southern Oregon University, you may not know quite where to start. One approach? Just follow your passions wherever they may lead. That's what Alice does. And look at that result.



Call today for more information or to schedule your in-person or virtual visit.

541.210.5246 • retirement.org/rvm

Osher Lifelong Learning Institute

OLLI *at* SOU

Southern Oregon University

Contacting OLLI at SOU

Phone: 541-552-6048

Email: olli@sou.edu

Web: sou.edu/olli

Mailing Address

1250 Siskiyou Blvd.
Ashland, OR 97520

Campbell Center
(Office and Classrooms)
655 Frances Lane
Ashland, Oregon

Office Hours

Monday-Friday
9:00 am to 4:00 pm



On the Cover

The image on the catalog cover, "Pink Dogwood," is a digital photograph taken by OLLI member and instructor Jeanne Hoadley. Jeanne is a nature photographer based in Talent, Oregon. See more of her work at <http://jeannehoadley.com>.

Catalog Staff

Editor: Peg Evans

Assistant Editor: Mary Moreaux

Communications and Community Outreach
Committee: Peg Evans, Chair

Curriculum Committee: Ginny Blankinship
& Anne Coleman, Co-chairs

Graphic Design: David Ruppe, Impact Publications

Spring 2024 Course Catalog

CATALOG CONTENTS

OLLI Council President's Letter..... 3

SOU Vice President's Letter 5

Course Schedule 6

Course Descriptions

Arts: Film/TV/Radio 9

Arts: Music 12

Arts: Visual Arts 14

Arts: Writing 16

History 18

Languages and Cultures 22

Life Planning 26

Literature 30

Movement 34

Nature 38

Personal Exploration 41

Recreation 48

Science, Technology, Engineering
and Mathematics 53

Social Sciences 57

Other Important Information

OLLI Member Benefits 2

Scholarships 19

Dates to Remember 21

Membership Application 61

Volunteer at OLLI 62

Course Request Form 63

Registration and Getting the Courses You Want 64

OLLI MEMBERSHIP BENEFITS

▶ OLLI at SOU membership entitles you to:

Take as many OLLI courses as you can schedule.

Attend OLLI at SOU members-only events and one-time programs.

Create or participate in Shared Interest Groups, which are ongoing meetings of enthusiasts with a common interest that provide in-depth learning and activities.

Vote in OLLI at SOU elections, including the annual election of Council members.

Receive Zoom support by contacting the OLLI office.



Receive emails with details about OLLI events and programs. Visit the OLLI website.

▶ SOU benefits to OLLI members:

Participate in the SOU one-credit course program. If you are 65 or older, you have lived in Oregon for the past 12 months, you are registered in at least one OLLI course, and you fill out a one-credit student application, then you become an SOU student as well for the term. This allows you to check books out from the SOU Hannon Library using your driver's license or another form of photo ID.



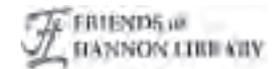
Receive a discount on select music and theater performances at SOU's Oregon Center for the Arts. Call the box office at 541-552-6348 for details.



Get a discount on tickets to SOU sports events. Call the Athletic Dept. at 541-552-6772 for details.



Receive a \$10 discount on a Friends of the Hannon Library at SOU membership. Call the Library at 541-552-6816 for details.



A quick guide to registering for OLLI courses

1

Join OLLI at SOU, if you are not yet a member.

See page 61 or visit the OLLI website: sou.edu/olli

2

Submit your course requests to the course lottery between Feb 26 and March 8.

NOTE: Requesting only one course *might* increase your odds of getting into the course. However, if the course has limited seating, this strategy is not guaranteed. See page 64 for additional details.

3

After the course lottery closes, receive email notification of your course lottery results (on March 18).

4

Register for additional courses that have available seats during the open enrollment period, beginning March 25.

OLLI Leadership 2023–2024

Council Directors

Tracy Palermini, President
Laura Simonds, Vice President
and President-Elect
Paul Christy, Treasurer
Susan Stitham, Secretary
Colet Allen, Director
Joyce Avery, Director
Mary Devlin, Director
Ann Magill, Director
Colleen Patrick-Riley, Director

Standing Committees

Communications and
Community Outreach
Peg Evans, Chair
Curriculum
Ginny Blankinship and
Anne Coleman, Co-chairs
Development
Dwight Wilson, Chair
Finance
Paul Christy, Chair
Leadership Development
and Recruitment
Chair TBA
Member Connections
Chair TBA
Venue and Technology
Planning
Lorraine Vail, Chair

OLLI Administration

Administrative Director, OLLI
Heather Inghram
Office Assistant
Paige Jensen
Volunteer Coordinator
TBD
Office Service Specialist
Megan Rutherford

Greetings from the OLLI Council President

Thirty years ago, an inventive SOU educator named Kevin Talbert came up with a plan to extend the University's outreach to lifelong learners. Talbert and key staffer Jeanne Stallman invited a small group of community members to discuss the idea, and the group went on to form SOLIR — Southern Oregon Learning in Retirement. The first semester opened in Fall 1993 with 107 members and nine courses.



Tracy Palermini

Around 2005, the SOLIR governing council explored a program created by the Bernard Osher Foundation to support a network of lifelong learning organizations at college and university campuses. The Osher application was approved in 2007, two initial \$50,000 grants were received, and after receiving two \$1 million endowment gifts two years later, SOLIR changed its name to the Osher Lifelong Learning Institute at SOU (OLLI at SOU).

OLLI at SOU committed to expand membership, services, and staff support. Thanks to the Osher Foundation's financial and organizational support, OLLI at SOU was able to expand its curriculum offerings and programs. And although the name changed, one thing has remained constant for the past 30 years: **From SOLIR to OLLI at SOU, we have been a member-driven educational community.**

What does it mean to be member-driven?

It means our primary mission is to serve the needs of our members. It also means that our volunteer members take responsibility for governing, making important decisions about the future of the organization, and leading and serving on the committees that oversee and execute most of the primary responsibilities that keep OLLI at SOU running.

How can you help OLLI at SOU continue to be a vital organization in our community?

- **Invite your friends, neighbors, and acquaintances to join OLLI.** The \$75 Spring Membership Special makes OLLI particularly affordable this term, and new members will have many opportunities to engage and try out what OLLI has to offer.
- **Make a financial contribution to further support OLLI at SOU.** Charitable giving from past and present members is a significant source of funding for OLLI at SOU. This support is critical to our capacity to keep the cost of membership affordable while offering hundreds of courses and programs each year. We now offer the option to set up an automatically recurring gift – monthly, quarterly, or annually. Look for the “Recurring donation” button on our online giving form and become an ongoing OLLI sustainer.
- **Find out how you can offer your time and talent to keep OLLI at SOU running.** Volunteers are a key part of **everything** that happens in OLLI. Email me via olli@sou.edu for more information.

Sincerely,

Tracy Palermini
OLLI at SOU Council President

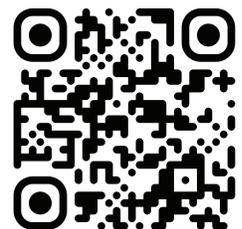
Did you know?

Membership fees only cover about *half* of our operating costs!
Annual giving is an essential part of a thriving OLLI at SOU.

Give to OLLI at SOU



Update: We now offer the option to set up a recurring gift—monthly, quarterly, or annually. Help us plan confidently for the future by becoming a sustaining donor.



Make your donation by check or give online at giving.sou.edu/olli

Gifts to OLLI's Annual Fund support organizational operations as well as other areas of need.

Thank you for your generosity!

Harnessing the Sun's Power

Like many of you, as Spring approaches I find myself renewed and refreshed. I feel joy when the days become warmer, crocus and daffodils emerge, and empty plant pots beckon for fresh flowers. As OLLI courses do for many of you, the sun feeds our souls and our minds. When we harness the sun's power, incredible things can happen.

During SOU President Rick Bailey's tenure at North New Mexico College, the school partnered with Kit Carson Electric Cooperative (KCEC) and Guzman Energy to construct a solar array to transition the college—and the communities west of the Rio Grande served by KCEC—toward achieving 100% daytime solar power. That array, which consists of 6,000 solar panels, delivers 1.5 MWs to the campus and to approximately 850 homes and businesses.



Janet Fratella

Unsurprisingly President Bailey saw the same opportunity at SOU, which offers plenty of summer sunshine and a community that embraces solar energy. SOU has rooftop installations on 10 buildings, three of which are considered net zero. The solar panels on the roof of Stevenson Union and the installation at The Farm at SOU are partially funded by the Green Tag fee that students imposed on themselves to support sustainability projects across campus.

President Bailey has shared publicly the SOU goal of becoming the first public university in the nation to produce 100% of its own daytime electricity on its campus. To do that, we need to generate 7.2 MW of energy; we currently produce less than 1 MW. Our goal is ambitious, for sure, as we must power more than 20 buildings spread throughout our beautiful 175 acres. While much work remains, it's remarkable how far we've come in just two years.

During his first months in office, President Bailey worked with Senators Wyden and Merkley to secure a \$2 million federal appropriation to advance our solar agenda. Two consecutive grants totaling \$2 million from the Oregon Department of Energy followed. This \$4 million investment will be used to add four additional solar arrays—on the rooftops of the Hawk dining facility, Lithia Motors Pavilion, Central Hall, and on a solar-covered parking area near Lithia Motors Pavilion.

When this work is completed in 2024, the university will begin generating 1.23 MW of electricity and move us closer to meeting our goal of generating 7.2 MW. The future of solar at SOU is bright, and we couldn't be prouder.

My best,

A handwritten signature in cursive script that reads "Janet Fratella".

Janet Fratella

Vice President of University Advancement
and Executive Director, SOU Foundation



OLLI COURSES

SPRING 2024

Courses are listed by day of the week, then chronologically by start date.

All times listed in this catalog are Pacific Time.

Course descriptions begin on Page 9.

For additional details and the most up-to-date information, visit the Catalog page on the OLLI website: sou.edu/olli

In-person:  Online:  Hybrid: 

Course request lottery opens Feb. 26 - closes Mar. 8.
Open enrollment begins March 25 - Spring Term: April 1–June 7

Locations of Classes

OLLI at SOU's main location and office are in the **SOU Campbell Center, located at 655 Frances Lane** in Ashland, Oregon.

Other venues include, but are not limited to:

Ashland

- The Grove, 1195 E Main St

Medford

- RCC/SOU Higher Education Center (HEC), 101 S Bartlett St
- Rogue Valley Manor
1200 Mira Mar Ave

Course Number Identification

A letter at the end of a course number denotes the location where an in-person course meets.

A = Ashland **M** = Medford

Online courses or sections will not have a letter after their course number.

Hybrid Classes

 denotes a hybrid course, offering simultaneous in-person and online class participation options. Please register for the one option that meets your attendance preference.

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Monday						
Poetry and Science: An Improbable Alliance	Linda Jaffe	4/1/2024	6	9–11		16
WWII Ashland, Honoring the Fallen, Locating MIAs	Lynne Hasselman	4/1/2024	3	9–11		22
Energy and Economics: A Biophysical Approach	Charles Hall	4/1/2024	8	11–12:30		54
Deep Dive into “US and the Holocaust” by Ken Burns	Phil Meyer	4/1/2024	6	11:30–12:30		19
Introduction to Guitar Playing	Randall Walker	4/1/2024	8	1–3		12
Moving Forward on Your Own in Widowhood	Howard Jay Rubin	4/1/2024	4	1–2:30		28
Ten Classic Musical Films: Part 2	Roy Sutton	4/1/2024	9	1–4		11
The Science and Technology of Electric Vehicles	Tom Anderson	4/1/2024	8	1–2		56
Free the Shoulders, Arms, and Hands	Moondance Forest	4/1/2024	6	2–3		35
Introduction to Tai Chi for Health and Longevity	Moondance Forest	4/1/2024	6	3:30–4:30		36
Grand Lodges of the National Parks	Lane / Jurta	4/8/2024	4	10–11:30		50
Physics for Nonphysicists: Shake, Rattle, and Roll	John Johnson	4/8/2024	6	11–12:30		55
The Rich Life of an Avowed Luddite	Mitzi Loftus	4/8/2024	4	1–2:30		25
Independent Cinema: Movies that Make Us Think	Vail / Roselli	4/22/2024	3	3:30–5:30		10
The Joy of Art Journaling	Nancy Wilkinson	5/6/2024	3	9–10:30		15
Life Happens. Now What? Life Transition Skills	Howard Jay Rubin	5/6/2024	4	1–2:30		28
Absolute Beginners Pickleball	Cori Frank	5/13/2024	5	2:30–4		48
Advanced Beginners Pickleball	Cori Frank	6/3/2024	5	2:30–4		48

Tuesday

Hot News & Cool Views	Rick Vann	4/2/2024	10	9–10:30		57
How to Keep Your Marbles	John Kalb	4/2/2024	7	9–11		43
MS Word for PCs: Tips and Tricks for Beginners	Holly Campbell	4/2/2024	8	9–10:30		54
The Original Odd Couple: Shakespeare and Marlowe	Robert Graybill	4/2/2024	5	9–10:30		34
“East of Eden” and the Problem of Evil	Campbell / Silbaugh	4/2/2024	8	11–12:30		32
Best American Short Stories 2023	Timothy Kelly	4/2/2024	8	11–12:30		30
Consumerism: Why is it So Important to Our Economy?	Jim Earley	4/2/2024	7	11–12:30		57
Japanese Braiding: Kumihimo Bracelet Making	Peggy Foster	4/2/2024	5	11–12:30		51
Mindfulness for Self-Discovery	Fred Perloff	4/2/2024	8	11–12:30		44
Truth is the Path to Freedom	Mark Gibson	4/2/2024	5	11–12:30		47
Aftermath: Trauma of the Second World War in Film	Daniel Guy	4/2/2024	8	1–4		9

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Exploring Ukrainian Culture through Women's Lives	Louise Paré	4/2/2024	8	1:30-3:30		42
Nuclear Energy: The Past is Prologue	William Kastenber	4/2/2024	8	1-2		54
Personality Awareness and the Enneagram	David Widup	4/2/2024	10	1-3:30		45
Relax, Let Go & Sleep Like a Baby	Lisa Hubler	4/2/2024	5	1-2:30		45
The Assassination of JFK: A 60 Year Retrospective	Bob Wetmore	4/2/2024	7	1-3		20
Beginning Blues Harmonica	Irv Lubliner	4/2/2024	7	3:30-5:30		12
Introduction to Creative Writing	William Lawson	4/2/2024	8	3:30-5:00		16
Fall Prevention and the Experience of Balance	G. & S. Burnett	4/2/2024	4	4-5:30		35
Making Sense of the Climate Crisis	A. & B. Dygert-Gearheart	4/9/2024	3	1-3		59
Exploring and Conserving Wild Rogue Valley	Bergkoetter / Coleman	4/16/2024	2	9-noon		38
Breath's Physiological Capacity in Brain Health	Shawn Flot	4/16/2024	7	11-12:30		42
Call me Ishmael; or, a Whale of a Tale	Gregory Rhoades	4/23/2024	2	9-10:30		30
Reading Shakespeare's Sonnets Again	Susan Stitham	4/23/2024	4	1-3		33
Mindful Movement: QiGong and Stretching	Nando Raynolds	4/30/2024	4	9-10:30		36
Cook Along: Galettes Galore!	Barbara Schack	4/30/2024	2	3:30-5:30		49
Move Well to Age Well - Fun with PizzazzEE-25	Barbara Klein	4/30/2024	4	3:30-5:30		37
Planning as a Solo Ager	Waldman / Knorr	5/7/2024	2	11-12:30		29
Rogue Reimagined-Co-Creating Community Resilience	Caryn Wheeler Clay	5/14/2024	3	9-10:30		60

Wednesday

Pet Welfare 101	Kent Bailey	4/3/2024	6	9-10:30		51
Spring Walking on Ashland's Trails	Diane DeMerritt	4/3/2024	6	9-11		37
Transformative Education for Human Flourishing	Richard Lang	4/3/2024	4	9-10:30		46
Enjoy German	Udo Gorsch-Nies	4/3/2024	8	11-12:30		23
Greek Art, Part 2: Classical and Hellenistic	Allison Renwick	4/3/2024	8	11-12:30		14
Peace of Mind When Buying or Selling Your Home	Jim Berns	4/3/2024	4	11-12:30		28
The Constitution in Everyday Life	Betsy Massie	4/3/2024	4	11-noon		60
The Joy of Art Journaling	Nancy Wilkinson	4/3/2024	3	11-12:30		15
Literacy Warriors	Stephanie Bartlett	4/3/2024	3	1-2:30		58
Meet the Faculty: SOU School of Social Sciences	Walcher / Hering	4/3/2024	4	1-3		59
Ten Classic Comedy Films: Part 2	Roy Sutton	4/3/2024	10	1-4		11
Writing Your Novel	Michael Wilkinson	4/3/2024	7	1-3		17
Wines and Wineries of Southern Oregon	Dan Dawson	4/3/2024	7	3-5		53
Understanding Medicare: The ABCs (and D)	Becky Foster	4/3/2024	2	3:30-5		29
Shakespeare Who? An Elizabethan Conundrum	Tom Woosnam	4/10/2024	4	11-12:30		33
Bike and E-bike Skills and Safety	Mike Vergeer	4/10/2024	2	1-3		34
iPhoneography: It's Not Just Luck	Meri Walker	4/10/2024	5	1-3:30		14
Learning Spanish with Songs	Teri Coppedge	4/17/2024	4	9-10:30		25
Introduction to Racial Justice	Dornbos / Obermeyer	4/17/2024	6	9:30-11:30		58
Creative Outdoor Cooking: Beyond the Barbecue	Peggy Foster	4/17/2024	4	11-1		49
Untamed Voices	Barbara Shor	4/24/2024	6	11-12:30		41
Another Side of the Ancients	David Drury	4/24/2024	4	3:30-5		18
Fanning the Female Flame (After Menopause)	Susan Preslar	5/1/2024	3	10:30-12:30		43
Writing a Legacy Letter	Jay Sherwin	5/1/2024	4	11-12:30		17
Award-Winning and Other Intriguing Podcasts	Maureen Wilson-Jarrard	5/1/2024	5	1-3		10
The New Human	Nitsa Marcandonatou	5/1/2024	6	1-2		46
Radiation and Other Misunderstood Physics Concepts	Tom Woosnam	5/8/2024	4	11-12:30		55
Literacy Warriors	Stephanie Bartlett	5/22/2024	3	1-2:30		58

Thursday

A Tribute to Crater Lake National Park	Bonnie Cassel	4/4/2024	5	9-10:30		38
Anyone Can Do Basic Home Repairs, Especially You	Mitch Hrdlicka	4/4/2024	8	11-12:30		48
Battles of the American Revolutionary War, Part 2	Michael Reynolds	4/4/2024	9	11-12:30		18

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Fun with Russian	Levitt / Taylor	4/4/2024	10	11-12:30		23
Humanitarian Work: Challenges and Joys	Linda Tetreault	4/4/2024	6	11-12:30		24
Mary Reed, Unwitting Mystic	Alan Ackroyd	4/4/2024	4	11-12:30		44
The Korean War	Michael Wells	4/4/2024	10	11-1		21
The Music of John Rutter	Peggy Evans	4/4/2024	6	11-12:30		13
"Coriolanus:" Democracy in Crisis	Susan Stitham	4/4/2024	5	1-3		31
Apple Notes: Features and Tips	Neal Strudler	4/4/2024	3	1-2:30		53
Firekeeper's Daughter	Avram Chetron	4/4/2024	4	1-2:30		32
Learn Beginning Poker and Winning Poker	Bon Stewart	4/4/2024	8	1-3		51
The Islamic Golden Age	Ean Roby	4/4/2024	10	1-3		21
Accessing Inner Guidance	Stephanie Lash	4/4/2024	4	3-4		41
Appreciating Our Foremothers: Part One	Miriam Reed	4/4/2024	4	3:30-4:30		18
See like a Geologist: Coastal Landscapes	Karen Grove	4/4/2024	4	3:30-5		56
Gamache's World, Part 3	Alice Yucht	4/11/2024	4	9-10:30		32
Photography: Take Control, Move Beyond Auto	Bob Palermi	4/11/2024	6	9-10:30		14
The CBI Theater in WWII and the Burma Road	Joe Davis	4/11/2024	8	1:30-3		20
Conversaciones	Ginny Blankinship	4/11/2024	5	3:30-5		22
Introduction to Teaching at OLLI at SOU	Blankinship / Coleman	4/18/2024	3	9-10:30		9
Dig Deeper Into World Events and US Foreign Policy	Karl Vischer	4/18/2024	8	1-3		57
Klamath-Siskiyou Bioregion and Adopt a Rare Plant	Dave Garcia	5/2/2024	6	9:30-10:30		40
A Literary Mystery by Nobel Winner Olga Tokarczuk	Dorothy Ormes	5/2/2024	5	11-12:30		30
Fundamentals of Investing	Kenji Bleicker	5/2/2024	4	11-12:30		27
Estate Planning in Oregon: An Overview	Philip Taylor	5/2/2024	2	1-2:30		27
Accessing Inner Guidance - Practice	Stephanie Lash	5/2/2024	4	3-4		42
Harmonious Movement with Another	Nanco Raynolds	5/2/2024	4	3:30-5		36
Constructing Crosswords	Steve Weyer	5/9/2024	4	1-3		49
The Gettysburg Campaign: Critical Moments	James Cannon	5/9/2024	4	9-10:30		20
Slowing Down to the Speed of Serenity	Dan Altman	5/16/2024	4	11-12:30		46
From Fire to Flowers for Pollinators & People	Kristina Lefever	5/23/2024	2	10-noon		39

Friday

Revocable Trusts, Wills, and the Probate Process	Good / Bucy	4/5/2024	4	9-11		29
Introduction to Genealogy	Billeter / Northrop	4/5/2024	5	10-noon		50
Exploring Nature With Paint and Colored Pencils	Leo / Baird	4/5/2024	2	11-noon		39
Investigating Religions Without God	Dave Ferguson	4/5/2024	6	11-noon		44
Your Personal Journey Between Heart and Soul	Ronnie Kaufman	4/5/2024	4	11-12:30		47
Digging Deeper: The Analysis of Poetry	Linda Jaffe	4/5/2024	5	1-3		31
Vegetable Gardening in the Rogue Valley	Susan Koenig	4/5/2024	9	1-2:30		52
Tea Appreciation 101	Travis Peterson	4/12/2024	3	8-10		52
End of Life Preparation - Part 1	Dwight Wilson	4/19/2024	4	1-2		26
Writing Systems: Language Made Visible	Tony Davis	4/19/2024	6	1-2:30		60
Independent Cinema: Movies that Make Us Think	Vail / Ferguson	4/19/2024	3	3-5		10
Have Fun Learning About Birds	Shannon Rio	4/26/2024	4	11-12:30		40
Exploring Nature With Mixed Media	Leo / Baird	5/3/2024	2	11-noon		38
Under Vesuvius: Life in Pompeii and Herculaneum	Alice Taylor	5/3/2024	5	1-2:30		16
JFK and SCORE: Helping Small Business	Bruce Kelling	5/10/2024	5	11-noon		58
End of Life Preparation - Part 2	Dwight Wilson	5/17/2024	4	1-2		26

Saturday

Rogue Valley Spring Wildflower Walks	Liz Landreth	4/27/2024	3	9:30-2		40
--------------------------------------	--------------	-----------	---	--------	---	----

Course Descriptions



One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University. Furthermore, some students may find the material discussed or presented in one or more courses to be offensive or emotionally disturbing. Please read the course description carefully before registering for a course and contact the OLLI office if you have any questions or concerns.

Teaching at OLLI

Introduction to Teaching at OLLI at SOU

Have you ever wondered what it would be like to teach an OLLI course yourself? This three-session course is designed to answer that question and to help you prepare that course. We'll talk about OLLI demographics and the OLLI learner, hear from experienced instructors about teaching online and in the classroom, about lecturing and leading discussions, and about teaching hands-on skills. Seasoned mentors from the Curriculum Committee will also help you with your own course design during the final session. This course will be led by the OLLI Curriculum Committee and will include some distinguished guests. Join us to see how your dedication to lifelong learning can include the creative endeavor of course design and teaching.

The facilitators of this course are the Co-Chairs of the Curriculum Committee, Ginny Blankinship and Anne Coleman. Support for teaching this course also comes from Curriculum Committee members who specialize in technology or a specific curriculum area. Many of these are also OLLI instructors who love sharing their skills, knowledge, and enthusiasm with OLLI members.

TEACH100 · 3 Sessions
online
class size unlimited
Th · 9:00–10:30AM
4/18/2024–5/2/2024

TEACH100A · 3 Sessions
Campbell Center – Room A
class size 32
Th · 9:00–10:30AM
4/18/2024–5/2/2024

Arts: Film/TV/Radio

NEW! Aftermath: Trauma of the Second World War in Film

This course focuses on the finest films of combatant nations from both sides, set in the aftermath of history's most destructive war. They reveal the depths of human trauma experienced by soldiers and civilians alike. They are not considered war films, as most of the killing and dying occurs offscreen. As an example, in the 2019 film, "Beanpole," Russian women, who served as soldiers in combat, struggle to rebuild shattered lives in a shattered nation. The final film, "Mudbound" (2017), is an important corrective to the feel-good 1946 classic "The Best Years of Our Lives" as it shows the racism and violence that all too many United States Black soldiers returned to after serving their country. Following the screenings, the instructor will discuss critical responses to the films, including thoughts on intellectual honesty. The instructor will then moderate class discussions so students can express their personal reactions to these films.

ARTS322A · 8 Sessions
Campbell Center – Room B
class size 18
Tu · 1:00–4:00PM
4/2/2024–5/21/2024

INSTRUCTOR: *Daniel Guy is a lifetime student of history. A former infantry and intelligence officer turned peace activist, he remains fascinated by the darkest of all human obsessions. He continues to read diverse history and historical fiction, with a conviction that we can only see an uncertain, and often distorted, view of the past that preceded our present world. However, history, the stories of fallible human beings, is also the stuff of good cinema.*

Award-Winning and Other Intriguing Podcasts

If you're a podcast listener and are looking for interesting serious topics, here's your chance to listen and discuss some award-winners. We'll review winners of Pulitzer, Peabody, and Edward R. Murrow awards. All of these are journalism awards, so expect some current, and often heavy, subjects. Other intriguing podcasts will be interspersed and recommendations welcomed. Participants are expected to be familiar with what a podcast is and how to listen to it. Everyone will be asked to listen to at least one episode of an award-winning podcast per week and come to the next class ready to discuss it in a breakout room. The instructor will provide the internet location of the podcasts, but may also demonstrate them on a smartphone. PowerPoint slides will be used to provide information about the awards and the winning podcasts. These slides will be emailed to students after every class session. Basic experience using the internet and podcast players on smartphones or tablets is highly recommended.

ARTS293 · 5 Sessions

online

class size 30

W · 1:00–3:00PM

5/1/2024–5/29/2024

INSTRUCTOR: *Maureen Wilson-Jarrard is an avid podcast-listener while working around the house, driving, or walking her pups. Her podcast library is full of investigative journalism, storytelling, and fiction, with some interviews to even it out. She has been fascinated to find that the award-winning podcasts that will be discussed in this class describe, in-depth, the stories behind the headlines. She hopes her students will be equally engrossed.*

Independent Cinema: Movies that Make Us Think

Independent filmmakers are known for their unique and inspiring stories. Their films explore complex themes, provide a more intimate look at human experiences, and offer a deeper and more immersive journey than the more conventional “This happened and then that happened” movie. The six to eight films chosen for this

Light up a mind!

Become an OLLI at SOU Volunteer Instructor

Visit the “Teaching at OLLI” link at inside.sou.edu/olli for more details.

- Share your expertise and enthusiasm with a community of curious adults
- Offer 2 to 10 weekly class sessions of 60 to 120 minutes in length
- Enjoy teaching without the need to grade tests or papers
- Teach in-person or online using Zoom
- Receive support for teaching on Zoom
- Jump in and teach without having previous teaching experience
- Teach classes regardless if you are an OLLI member

Fall 2024 Course Proposals Accepted May 1–31

To be included on a list of prospective fall instructors for reminders of course proposal deadlines and notices of possible instructor trainings, email your contact information to Anne Coleman at apcoleman2019@gmail.com.

course include both international and American filmmakers. Two or three films will be discussed in each class, and class members will view the films at home before each session. All films are available to rent without needing a subscription service. Each week students will be emailed a PDF document with director interviews for the coming discussion. The interviews offer the directors' perspectives on the film, what inspired them, what was challenging, and particulars about the production aspects of the film.

NOTE: There are two sections of this course—one offered online, and one held at the Campbell Center. The total cost for renting all the films should be about \$30 or less.

ARTS121 · 3 Sessions
online
class size unlimited
F, T, Th · 3:00–5:00PM
4/19/2024–4/25/2024

ARTS121A · 3 Sessions
Campbell Center – Room E
class size 75
M, F · 3:30–5:30PM
4/22/2024–4/29/2024

INSTRUCTOR: *Lorraine Vail is an enthusiastic supporter of independent cinema and the Ashland Independent Film Festival (AIFF). She has been leading independent cinema film discussions at OLLI since 2015. In 2022, she curated and produced the 2022 AIFF Documentary Showcase. She can't imagine a finer time than watching and discussing films in Ashland with other OLLI members. OLLI members Dave Ferguson and filmmaker Kathy Roselli will join as co-instructors*

Ten Classic Comedy Films: Part 2

This course will feature 10 classic comedy films, starting with “The Kid” (1921) starring Charlie Chaplin and ending with “Ferris Buehler’s Day Off” (1988) with Matthew Broderick. The other eight are “Trouble in Paradise,” “Mr. Deeds Goes to Town,” “The Shop around the Corner,” “To Be or Not to Be,” “It Should Happen to You,” “The Fortune Cookie,” “What’s Up, Doc,” and “Being There.” A handout for each film will be provided at the preceding session; for the first meeting, a handout will be available that day. Before each film, the instructor will point out anything of particular note and will entertain questions and comments. A guided discussion will follow the end of the film. Students need bring nothing more than a desire to see these special comedy films that are true classics and still enjoyable, however many times one views them.

NOTE: This is the second session in a four-year (12-term) series of classic comedy films first introduced eight years ago and introduced again four years ago.

ARTS203A · 10 Sessions
Campbell Center – Room D
class size 50
W · 1:00–4:00PM
4/3/2024–6/5/2024

INSTRUCTOR: *Roy Sutton is a resident of the Mountain Meadows Community in Ashland, where he shows classic movies for the residents at least six times a month. He also arranges for and hosts around 40 concerts a year for those residents. This will be Sutton’s twenty-sixth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.*

Ten Classic Musical Films: Part 2

This course will present 10 classic musical films starring Fred Astaire and Ginger Rogers. We will begin with “Flying Down to Rio” (1921) and conclude with “The Barkleys of Broadway” (1949). The other eight are “The Gay Divorcee,” “Roberta,” “Top Hat,” “Follow the Fleet,” “Swing Time,” “Shall We Dance,” “Carefree,” and “The Story of Vernon and Irene Castle.” A handout for each film will be provided at the preceding session; for the first meeting, a handout will be available that day. Before each film, the instructor will point out anything of particular note and will entertain questions and comments. A guided discussion will follow at the end of each film. Students need bring nothing more than a desire to see these truly classic films, which are still enjoyable, no matter how many times one views them.

NOTE: This is the second session in a four-year (12-term) series of classic musical films that was first introduced eight years ago and introduced again four years ago. There is no class session on Memorial Day, Monday, May 27.

ARTS269A · 9 Sessions
Campbell Center – Room D
class size 50
M · 1:00–4:00PM
4/1/2024–6/3/2024

INSTRUCTOR: *Roy Sutton is a resident of the Mountain Meadows Community in Ashland, where he shows classic movies for the residents at least six times a month. He also arranges for and hosts around 40 concerts a year for those residents. This will be Sutton’s twenty-sixth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.*

Arts: Music

Beginning Blues Harmonica

Playing the harmonica can bring joy to you, to other musicians with whom you play, and to those who enjoy listening to music. In class, we'll listen to recordings to become familiar with the typical chord progressions one hears when listening to the blues. Then we'll improvise harmonica "riffs" (strings of notes that sound good) that complement them. We will let our ears guide us, playing the notes that our hearts and gut-sense tell us will sound right. We will not be reading music or expecting to ever play a given song in exactly the same way twice. As with any skill, it takes practice to be a good harmonica player, so you will be expected to practice on your own between classes. The instructor will direct you to recordings and online resources that provide background music with which to practice. (Having access to a CD player, the internet, and a computer with speakers will be essential.)

NOTE: A \$15 fee is due at the first class meeting for materials. The instructor will provide each student with two "Blues Band" harmonicas in different keys, printed materials, and audio recordings. Each class session builds on the one before, so it is important that students attend all sessions. Students that know in advance that they will miss a class are asked to take the class during another term.

ARTS150A · 7 Sessions
Campbell Center – Room E
class size 20
Tu · 3:30–5:30PM
4/2/2024–5/14/2024

INSTRUCTOR: *Irv Lubliner is excited to teach math, literature, and harmonica classes at OLLI. An emeritus SOU professor specializing in math education, he also taught math in the Bay Area for 30 years and led seminars for teachers in 39 states. He*

was too busy to play harmonica professionally while teaching but performed for five years at the OSF Green Show and at blues clubs in England, Australia, and Canada, as well as on Bourbon Street in New Orleans.

NEW! Introduction to Guitar Playing

Have you ever wanted to learn to play the guitar well enough to play for your own enjoyment? Did you get a guitar and take a few lessons, but put it away, intending to pick it up again someday? Do you have a guitar somewhere, or can you find one to use for eight weeks? If so, this introductory guitar course may be for you. Unlike other instruments, you can begin to create pleasing music with the guitar within a few weeks. The class will introduce a variety of guitar-playing styles and techniques. Sessions will consist of lectures and demonstrations, followed by group practice. Each student will have the opportunity to practice individually with guidance from the instructor. Students will need to provide their own guitars and be willing to spend some time at home between sessions reviewing the skills introduced. A 40-page course study guide will be emailed to each student for downloading or printing, or students may choose to purchase a bound copy for around \$10.00.

NOTE: No prior musical knowledge is required to enroll in the course. Students must be willing to keep their fingernails cut short on their left hand in order to be able to play the guitar effectively.

ARTS309A · 8 Sessions
Campbell Center – Room E
class size 15
M · 1:00–3:00PM
4/1/2024–5/20/2024

INSTRUCTOR: *Randall Walker is a retired music teacher with the Trinity Alps Unified School District in Weaverville, California. He also taught music courses for adults in Trinity County, California, as an outreach instructor through Shasta College. He is a graduate of Lewis and Clark College, and he received*

**SCHNEIDER
MUSEUM of ART**
ASHLAND, OREGON

sma.sou.edu
sma@sou.edu
541.552.6245
@schneidermoa



Four Seasonal Rotating Exhibitions of Living Contemporary Artists



Tuesday – Saturday
10AM to 4PM



555 Indiana Street
Ashland, OR 97520



FREE Admission
Suggested \$5 donation

his California State Teaching Credential from Humboldt State University. Walker has played the guitar for over 60 years.

NEW! The Music of John Rutter

Probably every choral singer in this country, as well as in many others, knows the choral music of the contemporary English composer, John Rutter. We will examine some of his most popular carols and sacred anthems, as well as listen to his “Gloria,” “Requiem,” and “Magnificat.” We’ll take a peek at his music in other genres as well. This will primarily be a lecture course, using PowerPoint and YouTube. No previous experience is necessary.

ARTS316 · 6 Sessions
online
class size unlimited
Th · 11:00AM–12:30PM
4/4/2024–5/9/2024

INSTRUCTOR: *Peggy Evans, SOU Professor Emerita of Music, has taught music courses for many years including OLLI courses. She holds degrees from Chatham University, the University of Michigan, and the Eastman School of Music (the University of Rochester). For over 50 years she has been an organist, a concert artist, a church musician, and an educator.*



Barry Vitcov

John Ferris

Talk to Us

Join an exploration of accomplished people who make a difference in southern Oregon. Hosted on Zoom by retired attorney John Ferris and retired educator Barry Vitcov, these one-hour interviews go deep into the motivations and methods of change-makers residing in the Rogue Valley.

Recent guests include former chair of the National Endowment for the Arts John Frohnmayer; SOU president Rick Bailey; executive director of the Oregon Historical Society Kerry Tymchuck; and leaders and actors in the Valley theater community.

Programs are offered on the third Monday of each month. See the Newsflash for sign-up information.

March 18, 4:00 pm

Bert Etling, Executive Editor of Ashland.news, and Scott Stoddard, Editor of the Grants Pass Daily Courier

April 15, 4:00 pm

Patsy Smullin, President and Owner of NBC-Channel 5 in Medford

Arts: Visual Arts

Greek Art, Part 2: Classical and Hellenistic

Classical Greek art (5th C. BCE) reflects the idealism of the Athenians after finally defeating the Persians in 480. The rebuilding of Athens and the Acropolis temples and sculpture revealed “man as the measure of all things” (Protagoras), with “correct” mathematical ratios as they strived for perfection. But defeat by the Spartans later in the 5th century shifted the tone to a more naturalistic form, softer and more individualistic. With the rise of Alexander the Great at the end of the 4th century, Greek art became even more realistic and dramatically expressive, as it reflected their now-widening world. We will look at examples from architecture, sculpture, pottery, and painting to trace the culmination and decline of ancient Greek art. This is a lecture course, lavishly illustrated with PowerPoint images. Questions are welcome, but it is not a discussion class. It is not necessary to have taken Part 1 of the course, as there will be an introduction and review of earlier Greek art.

ARTS318A · 8 Sessions
Campbell Center – Room E
class size 75
W · 11:00AM–12:30PM
4/3/2024–5/22/2024

INSTRUCTOR: Allison Renwick holds BA and MA degrees in art history from the University of Oregon. She taught community college art history and drawing in Portland for 30 years before retiring to Ashland in 1998 and joining SOLIR, now OLLI. In addition to Western art history, she has also taught PowerPoint courses at OLLI.

iPhoneography: It's Not Just Luck

Your expensive iPhone is good for a lot more than just snapshots, text, and talking. Do you know you can use it to create high-resolution art, starting with your own iPhone photographs? Explore new image-making possibilities by using simple tools to shoot, edit, and make mobile photos and artwork. The instructor will guide you through the use of two free image editors—Snapseed and Union—and offer hands-on introduction to the features of the powerful app, Camera+ Pro Camera and Editor. These tools will help turn your iPhone into a virtual DSLR camera. Students will have out-of-class shooting and editing assignments that they will debrief each week with a learning partner. Class time will offer

demonstrations, review of student images, and Q and A. Enjoy hands-on instruction; build a local learning community; and make images you're proud to display, publish, or sell. This class assumes students know the basics of using the iPhone camera and how to obtain and download apps from the Apple App Store.

NOTE: The social learning aspects of the rapid-instructional model used for this class require that all participants attend all five sessions. Please bear this in mind when registering.

ARTS286A · 5 Sessions
Campbell Center – Room C
class size 18
W · 1:00–3:30PM
4/10/2024–5/8/2024

INSTRUCTOR: Meri Aaron Walker has taught art photography and photojournalism across the country while exhibiting and publishing for more than five decades. For the last 15 years, she has worked solely with mobile image-making technologies while teaching and coaching other professional photographers and artists. She's been a featured presenter and master workshop instructor for Apple Boston and SOU's summer programs for students, among a dozen others.

Photography: Take Control, Move Beyond Auto

Do you know that you can be more creative with your camera if you move beyond the automatic mode? This course is for anyone who wants to learn about the fundamentals of photography. We'll cover the “rules” of composition and the three sides of the exposure triangle: shutter speed, aperture, and ISO, learning how to apply them to open the door to more creative photography. Each week we'll learn about one concept and get an assignment to create a photograph outside of class that demonstrates use of that concept. Photos will be emailed to the instructor before the next class and then viewed and discussed the following week.

NOTE: Students must have a manually adjustable, digital camera (not a phone camera), be familiar with its basic operations, and be willing to read the manual.

ARTS296M · 6 Sessions
Medford Higher Education Center – Room 118
class size 18
Th · 9:00–10:30AM
4/11/2024–5/16/2024

INSTRUCTOR: Bob Palermini has been a professional photographer since high school. After studying photojournalism, he went on to management roles in newspaper technology and production and returned to serious photography in 2008 as

a freelance photographer. He has worked for Ashland.news, Rogue Valley Times, OSF, SOU Athletics, and other organizations. He finds that in photography there are always things to learn and new techniques to try.

NEW! The Joy of Art Journaling

Art journaling involves creating art in a blank journal, but it can be so much more. It is an exploration and reflection of our outer world and the impact it has on our inner world. Art journaling as meditation is a way to calm the mind as one puts pen and collage to paper. Both Leonardo da Vinci and Van Gogh kept art journals. In this course, you will learn what tools to use, what prompts and themes can be inspirations, and what techniques are useful for covering a page. We will use a number of mediums and techniques: stencil, collage embossment, stamps, pastels, watercolor, acrylics, pencils, pens, markers, and more. The journal you create may be the start of your creative journey or serve as a continuation of it. The instructor will supply many art supplies, or you may bring your own. This course is suitable for the experienced artist as well as the beginner. Please plan to bring a blank book (preferably not a spiral notebook) of any size to the first session.

NOTE: There are two in-person sections of this course offered. The Wednesday course takes place in April; the Monday course is in May. Please register for one of two.

ARTS319A-1 · 3 Sessions
Campbell Center – Room C
class size 25
W · 11:00AM–12:30PM
4/3/2024–4/17/2024

ARTS319A-2 · 3 Sessions
Campbell Center – Room C
class size 25
M · 9:00–10:30AM
5/6/2024–5/20/2024

INSTRUCTOR: Nancy Wilkinson holds an MA degree in arts education from Seattle Pacific University. She has taught art, theater, and English in public school for over 40 years, and has taught art journaling to adults in New Zealand, Costa Rica, the Chautauqua Institution in NY, and Canyon Ranch Resort in Tucson, AZ.



CHECK OUT OUR WINTER/SPRING PLAYGUIDE FOR ALL THE FUN!

CONNECT WITH THESE GREAT OFFERINGS:
ICE SKATING | LACROSSE CLASSES
ADAPTED PROGRAMS | SENIOR PROGRAMS & MORE!

.....
FIGURE & HOCKEY SKATING CLASSES
For info: ashland.or.us/IceRink
.....

FUN, IT'S IN OUR NATURE!



APRC
ASHLAND PARKS & RECREATION COMMISSION

ASHLANDPARKSANDREC.ORG
541.488.5640 | PARKSINFO@ASHLAND.OR.US
  @ASHLANDPARKSANDREC

Under Vesuvius: Life in Pompeii and Herculaneum

The eruption of Vesuvius in 79 AD was a disaster for the region, burying towns including Pompeii and Herculaneum. It was also a gift for those who came later and sought to understand how Roman cities functioned. This course differs from the one taught in 2020 in format and focus, as well as in presenting more recent archaeology and scholarship. In the lectures and discussions, we will explore materials recovered from areas covered by Vesuvius' lava and ash. Our goal will be to understand how architectural remains, ranging from temples to brothels, lavishly frescoed walls to graffiti, can inform our understanding of how people from all social classes lived in the early Roman empire. No previous knowledge of Roman culture is required. The contributions of all students are valued, including those who took this course in 2020.

ARTS323 · 5 Sessions

online

class size unlimited

F · 1:00–2:30PM

5/3/2024–5/31/2024

INSTRUCTOR: *Alice Taylor holds a PhD in art history and has been teaching at the college level since 1990. One of the highlights of her career was attending an NEH Summer Seminar at the American Academy in Rome, which included sessions in Pompeii. Her interest and ability in Russian stems from years of research in the Soviet Union and Russia.*



Arts: Writing

Introduction to Creative Writing

Come develop your writing in this 10-week introduction to creative writing. No previous writing experience is necessary; all you need is a love of writing and a willingness to share your ideas with others. Each class will feature an introduction to a different type of creative writing, including short story, drama, fiction, creative nonfiction, numerous forms of poetry, and haiku. In each class you will have an opportunity to share your work in the genre discussed the previous week. The class will be encouraged to comment constructively on your writing. After each class the instructor will email students copies of class notes, along with the following week's assignment. Students who have taken this class in the past are welcome to take it again.

NOTE: The class will skip two weeks in May, to be announced.

ARTS147M · 8 Sessions

Medford Higher Education Center – Room 118

class size 12

Tu · 3:30–5:00PM

4/2/2024–5/21/2024

INSTRUCTOR: *William Lawson holds a BA in English from Southern Oregon University. He has written and published numerous poems and self-published several books, including three histories, a book on biblical symbolism, and a book of poetry. He has previously taught history and creative writing with OLLI.*

Poetry and Science: An Improbable Alliance

Poetry and science share the same goal: Both disciplines employ the senses to learn about nature and our place in the universe, as well as about ourselves as individuals. Both quest for different forms of fundamental truth, through a combination of language and imagination, intuition and wonder. In this writing course, we will consider such scientific disciplines as biology, astronomy, geography, artificial intelligence, and more. We will read and discuss science-themed poems of published poets. Special attention will be paid to the rich vernacular of each discipline; for example, from geography, we have such evocative terms as flatiron, bayou, and monadnock. Students will write a poem outside of class each week and present it the following session.

Scientific background is not required, and beginning as well as experienced poets are welcome. Students' work will not be critiqued, but instead shared and enjoyed in a safe, supportive setting.

ARTS170A · 6 Sessions
Campbell Center – Room A
class size 14
M · 9:00–11:00AM
4/1/2024–5/6/2024

INSTRUCTOR: *Linda Jaffe holds an MFA in writing and has served as lead poetry editor for a literary journal at UC Berkeley. Her poems have appeared in various literary journals, and she has published a chapbook with two other Ashland poets. Jaffe has taught many poetry and personal essay courses at OLLI over the past six years, as well as literature, history, and dance courses.*

NEW! Writing a Legacy Letter

A legacy letter (also called an “ethical will”) is a written document that allows people to share their life lessons, express their values, and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends, and loved ones. This four-session online course includes discussion and brief writing exercises to help you examine your life history, explore your values, and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter. Students are strongly encouraged to attend all four meetings, as each session builds on the previous ones.

ARTS317 · 4 Sessions
online
class size 20
W · 11:00AM–12:30PM
5/1/2024–5/22/2024

INSTRUCTOR: *Jay Sherwin has practiced law, given away money for five different charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. Sherwin has extensive experience facilitating adult learning programs, and he has taught this course for OLLI programs nationwide.*

NEW! Writing Your Novel

This course is designed for those interested in creating a story that will intrigue and interest readers. If you have considered writing a longer treatment of a story, this course is for you. It will include a general orientation as to the overall process, prompts that stimulate writing, and illustrations of how the groundwork paves the way to the story being told. Novel-writing skills will be developed through discussion, instructor presentations, examples taken from the instructor's own published novel, exercises, and consideration of the steps one might employ in writing an extended story. Small groups, questions, and shared observations related to the material will lead students toward a path for beginning or even developing work on an extended story. Most important is the readiness to work with what the student feels is a story that will intrigue and interest readers. Students will maintain a notebook and work in it at each class, as well as outside of class.

NOTE: The instructor's novel, “Ollie, Ollie, Oxen Free,” is required reading and should be read or heard prior to the start of class. It is available online at Amazon, Audible, Bookbaby Bookstore, as well as Bloomsbury Books in Ashland at a cost of \$16.

ARTS321A · 7 Sessions
Campbell Center – Room A
class size 24
W · 1:00–3:00PM
4/3/2024–5/15/2024

INSTRUCTOR: *Michael Wilkinson received his BA and MA degrees in English from Gonzaga University. He taught literature and various writing courses at the college prep senior high school level. Upon retirement, Wilkinson began to write in earnest: playwriting (and directing two plays), writing a variety of poetry, and publishing “Ollie, Ollie, Oxen Free.”*



History

Includes US and world history.

NEW! Another Side of the Ancients 🖥️

“Ancient science fiction, paleontology, free-thinkers, and eats” sums it up well. The course covers four distinct topics, knitted together by a common background in the Greco-Roman world. Did the Greeks and Romans have memes and stories that echo down into modern science fiction? What did they make of the giant bones that were cropping up all over the Mediterranean? Is it true that philosophical atheism in the West dates back not to the Enlightenment, but to the 5th century BCE? How did the ancients eat, drink, and party? These topics have been chosen not because they are important to the grand sweep of history, but because they are intrinsically interesting and lead us down byways of ancient history that we normally miss. Although they are not taught in “classic” Classics courses, they reveal a great deal about the depth and sophistication of ancient thought. This PowerPoint-assisted lecture course includes short videos, Q and A, and discussion. No previous experience or study is required.

HIST304 · 4 Sessions
online
class size 99
W · 3:30–5:00PM
4/24/2024–5/15/2024

INSTRUCTOR: *David Drury has a Master’s in city and regional planning and a PhD in cultural and applied anthropology. A lifelong history buff and fan of good storytelling, he has been a lecturer at the University of California Berkeley, and for 10 years at the University of Hawaii at Hilo. At OLLI, Drury has taught courses on The Roaring Twenties, epidemics and history, the Camino de Santiago and others, and has often appeared in the Exotic Travel course.*

NEW! Appreciating Our Foremothers: Part One 👥

Women who know their history are empowered. This two-part course is meant to offer an interactive and thought-provoking experience. Lecture and discussion will examine the response of women to their roles and place in past cultures. Components may change based on class interests. Part One will focus on American women: Abigail Adams and revolutionary women; women in the American West and Oregon; Elizabeth Cady Stanton,

Matilda Joselyn Gage, Susan B. Anthony and woman suffrage; and Margaret Sanger and the emergence of birth control. No readings are required but two books by Robert A. Johnson are recommended prior to the first class: “She: Understanding Feminine Psychology” and “He: Understanding Masculine Psychology.” Additional recommendations will be emailed to students. Part Two in the fall term will look at women of antiquity (with reference to Aristotle and Plato), women of the Middle Ages in Western Europe and parallels in Asia, Mary Shelly and Frankenstein, and the work of Gaerda Lerner.

HIST309A · 4 Sessions
Campbell Center – Room D
class size 50
Th · 3:30–4:30PM
4/4/2024–4/25/2024

INSTRUCTOR: *Miriam Reed earned her PhD at UCLA in 1980 and soon realized how little she knew. Her discovery of Elizabeth Cady Stanton and Susan B. Anthony inspired her to present these two and other equally powerful women in solo plays that she enacted in schools and universities throughout the United States from 1990-2023. Reed is the author of “Margaret Sanger: Her Life in Her Words” and multiple other publications.*

Battles of the American Revolutionary War, Part 2 🖥️

Most Americans have heard of the “shot heard ’round the world” in 1775 at Lexington, MA; the frozen 1777 winter camp of Valley Forge; the 1776 Christmas surprise attack on Trenton; and the set-piece siege of Yorktown



in 1781. Without question these were high points in the American Revolutionary War. However, they've been placed in such high esteem in American history courses that there's been little room left for other important battles. Many more are worthy of consideration, especially in the South. The massacre of Waxhaws, the disaster of Camden, the exquisite victory at the Cowpens, the destruction of a loyalist force at King's Mountain, the narrow escape in the "Race to the Dan," and the siege and capture of Charleston, to name a few. America's second-most important battle commander, Nathanael Greene, came into his own in this period. This lecture course will present many of these consequential battles and events in the American Revolutionary War. Neither Part 1 nor prior knowledge is required.

HIST220 · 9 Sessions
online
class size unlimited
Th · 11:00AM–12:30PM
4/4/2024–5/30/2024

INSTRUCTOR: Mike Reynolds has a BA in geography and a Master's degree in architecture. He retired after a long career in the US Air Force and Air National Guard. He retired again after a longer career in architecture, primarily designing schools in Washington. He taught classes in both professional capacities. Later, he undertook the study of the American Revolutionary War, has read extensively, and has personally visited the majority of battle sites of the war.

Deep Dive into "US and the Holocaust" by Ken Burns

Ken Burns and his collaborators have been creating historical documentary films on PBS for more than 40 years. Known for a signature style that brings primary source

documents, images, and archival video footage to life on screen, these films present the opportunity to pose thought-provoking questions for students and introduce new ideas and perspectives. Using the documentary "US and the Holocaust" by Ken Burns, Lynn Novick, and Sarah Botstein as a starting point, the course will use video clips and a discussion guide to consider the US response to the Holocaust. Lesson topics cover the impacts of Nazi ideology, US immigration law in the period of 1924-1941, US media coverage of the Holocaust and its role in shaping what America knew, the varying symbolism of the Statue of Liberty, an examination of how people make choices during times of crisis, and an inquiry inviting students to consider if US public opinion influenced US response to the Holocaust.

NOTE: Be warned that this film and the course contain material that may be sensitive for some students. Watching the documentary before the course is recommended, but not required.

HIST246M · 6 Sessions
Medford Higher Education Center – Room 118
class size 30
M · 11:30AM–12:30PM
4/1/2024–5/6/2024

INSTRUCTOR: Phil Meyer, President and CEO of Southern Oregon PBS, has worked 30+ years in public media. The recipient of four Regional Emmy awards, he is a past PBS Communication Professional of the Year. As an adjunct instructor at Indiana University for 11 years, Meyer taught a junior-level, three-credit-hour class, *Promotion and Marketing in Telecommunications*. Meyer has two degrees from the University of Cincinnati and a Nonprofit Management Certificate from IU.

OLLI at SOU Scholarship Program

Lifelong Learning for Everyone

Thanks to the generous support of the Osher Foundation, OLLI members, and other donors, OLLI at SOU offers partial scholarships to those in financial need.

To apply for a scholarship, please email the OLLI office at olli@sou.edu or call 541-552-6048 and request a scholarship application form.



NEW! The Assassination of JFK: A 60 Year Retrospective

JFK's assassination in broad daylight on a street in Dallas has been described by many as "the crime of the century" and, for many of our generation, was the most shocking public event in memory. According to the Warren Commission appointed by LBJ, the murder was committed by a lone gunman firing three shots from the window of a book warehouse overlooking the motorcade route. Others have demurred, suggesting multiple shooters and a conspiracy. This course is a nitty gritty evaluation of the crime scene, touching on larger political and social issues that directly affected what happened in Dealey Plaza. The instructor has no preconceived "position," and students should not expect simplistic, prepackaged "answers." The course will be in lecture format, with questions and comments welcome. There will be plentiful maps, diagrams, and contemporary and vintage videos; some materials may be disturbing. No prior knowledge or outside reading is required.

HIST307A · 7 Sessions
Campbell Center – Room E
class size 75
Tu · 1:00–3:00PM
4/2/2024–5/14/2024

INSTRUCTOR: Bob Wetmore has a Master's degree in history from UC Berkeley. He has taught several courses at OLLI, including ancient Roman history and civilization, ancient numismatics, wine, and the history of *Homo sapiens*. For this course, he has spent several hundred hours in study and traveled to Dallas to view the assassination site, museum, and neighborhoods where Oswald lived and where J.D. Tippit was killed.

NEW! The CBI Theater in WWII and the Burma Road

Let me tell you the story about the CBI (China Burma India) Theater of operation in WWII, often called the forgotten theater. It is a story of ingenuity, bravery, suffering, and finally success in the jungles and mountains of Burma. Lecture and discussion will include the beginnings of WWII, what was happening in China and Burma, the Japanese takeover, why it was important to supply the Chinese, stories about the Flying Tigers, General Stillwell, Flying the Hump, Merrills' Marauders, the supply chain and the difficulty in keeping it going, details in building the Ledo Road from India to link up to the Burma Road in northern Burma, getting over large rivers, and surviving Japanese bombing attacks. Many personal experiences will be shared from letters and stories told to the instructor by his father, as well as

material from his father's collection of over 1,000 photographs taken during the war. Curiosity about the history of WWII is the only requirement for this course.

HIST305A · 8 Sessions
Campbell Center – Room D
class size 50
Th · 1:30–3:00PM
4/11/2024–5/30/2024

INSTRUCTOR: Like his father, Joe Davis is a civil engineer and delights in stories of how mankind overcame insurmountable odds to be successful. His father was chief of staff for General Pick during the construction and operation of the Ledo and Burma Roads. Davis grew up hearing stories about the roads and the war. He is a history buff with a fascination for WWII and has read many books about the CBI, General Stillwell, and General Pick.

NEW! The Gettysburg Campaign: Critical Moments

This course proposes to examine the Gettysburg Campaign of June and July of 1863. Gettysburg was the largest battle ever fought in North America and occupies a prominent place in the popular view of the Civil War. The overarching goal of the course is to show how several rapid and critical battlefield decisions likely made the difference between victory and defeat for the Union Army. The course will be divided into four sessions. The first will discuss the status of the Civil War in the summer of 1863 and the historical context of the Civil War. Each of the other sessions will deal with one different day of the three-day Gettysburg battle and the critical decisions made that day that set the stage for the next day's fighting. There is no required reading but any of the following are recommended prior to class: the Ken Burns PBS documentary "The Civil War," the movie "Gettysburg" (1993), and/or the historical novel "The Killer Angels" by Michael Shaara.

HIST306A · 4 Sessions
Campbell Center – Room D
class size 50
Th · 9:00–10:30AM
5/9/2024–5/30/2024

INSTRUCTOR: James Cannon is a retired criminal defense lawyer. He has been interested in the American Civil War since learning in 2000 that one of his great grandfathers fought in the Vicksburg campaign. He has read multiple historical works on the war, toured the battlefields at Gettysburg and Vicksburg with National Park Service certified guides, and he has reviewed at least 50 hours of recorded seminars and presentations by Civil War historians.

NEW! The Islamic Golden Age

In the year 750 AD, there was a revolution which, over the next five centuries, profoundly transformed the Islamic world in such diverse areas as politics, theology, law, philosophy, and more. The leaders of this far-reaching transformation were a ruling dynasty called the Abbasids. This lecture course on Zoom will introduce you to them, their history, and some of the amazing people and events that occurred under their rule. Along the way we will investigate the early history of Islam and a number of related issues, including the Sunni-Shi'a division, the rise of Shari'a and the schools of the law, and the surprising role of Western philosophy in the development of Islamic thought. No prior background in this subject is needed. Detailed lecture notes will be provided, and questions are always welcome.

HIST312 · 10 Sessions
online
class size 55
Th · 1:00–3:00PM
4/4/2024–6/6/2024

INSTRUCTOR: *Ean Roby is Professor Emeritus at Ohlone College in Fremont, California where he taught for 34 years. He regularly teaches courses at OLLI on such topics as the history of philosophy or history of religions. Roby holds Master's degrees in philosophy, religion, and English.*

The Korean War

The Korean War (or Conflict) encompassed the collision of post-WWII China, the Soviet Union, North Korea, and the US. The war was waged against a background of fear in the US over the rise of Communism. New technology was pitted against a massive force of battle-hardened Chinese soldiers. An aged Douglas MacArthur ignored Harry Truman, General Walton Walker, and his own intelligence corps to send US soldiers to the Korea/China border, and into a deadly trap. Korea was this country's reckoning with its own exceptionalism. Were lessons learned? We shall see. While this course has been previously taught, new information will be added. Prior to each class, a lecture outline will be sent via email; after each class, a printed version of the lecture will be distributed (minus the interesting in-class discussion), also via email. Each class will include time for questions and discussion, and a full range of viewpoints will be covered. No background, knowledge, or outside reading will be required.

HIST311A · 10 Sessions
Campbell Center – Room D
class size 50
Th · 11:00AM–1:00PM
4/4/2024–6/6/2024

INSTRUCTOR: *Michael Wells is a retired attorney, having practiced for 33 years in the trial courts of California and Oregon. He has extensive experience in both criminal and civil litigation. Wells has taught courses at OLLI on the history of the US Constitution, Reconstruction, Mao Ze Dong, Josef Stalin, the US Bill of Rights, Ho Chi Minh, and the French Indo-China war.*

Dates to Remember



IMPORTANT DATES

Spring catalog posted online:
February 26

Spring course requests lottery begins:
February 26–March 8

Winter term ends:
March 15

Spring course assignments sent out:
March 18

Spring open enrollment begins:
March 25

Spring term begins:
April 1

New Member Social:
April 10, 4 PM

Fall course proposal period:
May 1–31

Council Candidate Forum:
May 15, 4 PM

Spring term ends:
June 7

OFFICE CLOSURE

Memorial Day:
May 27

NEW! WWII Ashland, Honoring the Fallen, Locating MIAs

Travel back in time to Ashland just before the attack on Pearl Harbor. If you were living here on December 7, 1941, how would you have found out that the US was at war? How did the community pull together on the home front? Discussion will include local residents who contributed to the war effort, as well stories about men who never came home. The second session will focus on the Netherlands American Cemetery in Margraten. The instructor will share the poignant story of how the grave adoption program was begun by Dutch volunteers in 1945. It continues today. She will also describe two Ashlanders buried at the cemetery and their grave adopters. The final presentation will follow the non-profit organization Project Recover on an expedition to find missing WWII airmen in the South Pacific. The current US commitment to account for those still missing in action will also be discussed. Teaching methods will include lectures, video documentaries, and displays.

NOTE: This course will include some profound images and stories that may be upsetting.

HIST308A · 3 Sessions
Campbell Center – Room D
class size 32
M · 9:00–11:00AM
4/1/2024–4/15/2024

INSTRUCTOR: *Lynne Hasselman has researched and written about WWI and WWII for the Oregonian and Ashland Tidings. She has been interviewed on Jefferson Public Radio and presented on historical topics to a number of groups. Hasselman is a volunteer researcher for the Grave Adoption Program at the Netherlands American Cemetery. She has a BS degree in journalism from Cal Poly San Luis Obispo, and a Master's of public health from Portland State.*



Languages and Cultures

Explore classroom “journeys” around the globe. Practice or learn a language other than English, or study untranslated literature.

Conversaciones

This course is designed to provide an opportunity to speak and listen to Spanish in a comfortable non-judgmental atmosphere. It is meant for those who already speak Spanish with some fluency but who don't have all the opportunities to converse that they would like. Each week, students will be provided with materials to stimulate conversation on a particular theme, including poems, readings, song lyrics, and discussion questions. During each class, we'll talk in a whole group and in breakout rooms. Themes include games and sports, the five senses, and more, but it will be all right to stray from the theme. Grammar and vocabulary questions that arise will be answered, but the class is about enjoying conversation in Spanish. Any learning that occurs arises from that. It will enhance our conversation if students spend some time with the materials posted on Learner-Notes before each class. Translations are provided for readings and song lyrics.

NOTE: This is not a grammar course or even a Spanish course per se. Rather it is a chance for those who already comprehend and speak Spanish with some fluency to listen to others, converse freely, and encounter readings and songs that reflect Hispanic culture. Those who have been in previous Conversaciones courses will find new themes, readings, and music.

LANG155 · 5 Sessions
online
class size 18
Th · 3:30–5:00PM
4/11/2024–5/9/2024

INSTRUCTOR: *Ginny Blankinship, while not a native speaker, graduated from UC Davis with a Spanish major and taught high school Spanish at all levels for 25 years. She has traveled to Spanish-speaking countries whenever possible as a student, a tourist, and an NGO volunteer and continues to seek opportunities to stay fluent. She hopes students will agree with her that doing so is a valuable part of life—and fun, too.*

Enjoy German

This is a previously taught course with new content. This course aims at broadening a student’s vocabulary and understanding of the day-to-day German spoken today. The etymology of certain words will be discussed, and the rules of grammar will be explained on request. This term we will read the author’s diary describing his travels in six European countries in 2005, reading and discussing a short section at a time. The German text is emailed to students before the term starts.

NOTE: Students should have a basic knowledge of German. Because there is no clear definition of “basic knowledge,” the instructor invites students to attend the first class to find out if their knowledge is sufficient to profit from the course.

LANG109A · 8 Sessions
Campbell Center – Room B
class size 15
W · 11:00AM–12:30PM
4/3/2024–5/22/2024

INSTRUCTOR: *Udo Gorsch-Nies is a native German speaker. He has taught German classes at SOLIR/OLLI since 2005. Immigrating to the US in 1992, he became a citizen in 2004. His academic background is in high energy/elementary particle physics. Professionally, he worked in computing, systems analysis, and computer systems’ validation at research institutions and companies in Germany and the United States.*

NEW! Fun with Russian

Here is your chance to improve your beginning Russian in a highly interactive, informal class that will cater to the needs of its participants. We will use a minimum of English, and repeat and contextualize Russian so that you can understand! Understanding what is being said and responding in Russian are the key goals. Grammar will be discussed only when needed, as our focus will be on speaking Russian. We will use email to provide notes for classes, vocabulary, as well as texts of poems and songs to experience in class. Unless Russian students materialize suddenly, this will be a small class, and it will certainly be low-pressure, supportive, and fun.

NOTE: We don’t expect students with fluent Russian. Experience shows that some students struggle with pronunciation, some with the Cyrillic alphabet, and some with both. Please come to the first class to see how it suits you.

LANG166M · 10 Sessions
Medford Higher Education Center – Room 118
class size 30
Th · 11:00AM–12:30PM
4/4/2024–6/6/2024

INSTRUCTOR: *Marcus Levitt holds a PhD in Russian and taught Russian literature at USC for more than 30 years. His Russian is fluent. He and Alice Taylor have spent a total of six years in the Soviet Union or Russia, doing scholarly work in literature and art history. Alice Taylor holds a PhD in art history and has been teaching at the college level since 1990. One of the highlights of her career was attending an NEH Summer Seminar at the American Academy in Rome, which included sessions in Pompeii. Her interest and ability in Russian stems from years of research in the Soviet Union and Russia.*



OREGON
CENTER FOR THE ARTS
AT SOUTHERN OREGON UNIVERSITY

Southern Oregon University is the home to the Oregon Center for the Arts, proudly producing, exhibiting, and presenting the arts to the Rogue Valley and beyond.
Go to oca.sou.edu for more information.

BUY TICKETS
HERE



Follow us
  
@ocaatsou

What's In It for You at SOU

Some of the events on the SOU campus
or available via Zoom in spring 2024:

SOU Creativity Conference

May 16–19

See <https://www.soucreativityconference.com/>

OLLI members and SOU faculty and staff have discounted rate. Can also be accessed remotely.



Friends of the Library

All events are free and open to the public in the SOU Hannon Library's Meese Room (Room 305). Zoom links will be posted prior to each event. For more information, contact Hannon Library staff at libraryevents@sou.edu or (541) 552-6816.

Mar. 14, 2024, 5:30 pm: John Pratt, Celestina Vineyard, "Why the Rogue Valley is a Treasure in the Climate Changing Wine World"

April 11, 2024, 5:30 pm: Jan Wright, John Beeson: Oregon Outcast

Oregon Center for the Arts

Musical performances, theatre productions, art exhibits, digital media exhibits, student productions, gallery exhibits, degree recitals, and much more, including Chamber Music Concerts, Schneider Museum of Art, SOU Music, SOU Theatre, and Tutunov Piano Recitals. See <https://oca.sou.edu/> for more information and discounted tickets.

Raider Athletics

See schedule at <https://souraiders.com/>
OLLI members get a discount.

Or contact your favorite department or area on campus to see what events they have planned.

Humanitarian Work: Challenges and Joys

In these chaotic times, we hear about situations happening all over the world and may feel disconnected from the people and communities impacted. This course offers a first-hand look into how humanitarian work, while challenging, offers so many opportunities for joy in helping to bring about comfort for our most vulnerable populations. The instructor offers decades of experience working and volunteering all over the globe. Follow along with her through the sharing of personal experiences living with remote indigenous tribes in the rain forests of Madagascar (Peace Corps) to the front lines of Afghanistan (Doctors Without Borders) and into refugee camps of over a million inhabitants within Bangladesh and Lebanon. The instructor's hope and objective of the course is a deeper understanding of the resilience of these populations, along with empathy and respect for their courage against extreme odds. Course content will include open discussion and ample time for questions during each session.

LANG123 · 6 Sessions

online

class size 10

Th · 11:00AM–12:30PM

4/4/2024–5/9/2024

LANG123A · 6 Sessions

Campbell Center – Room A

class size 20

Th · 11:00AM–12:30PM

4/4/2024–5/9/2024

INSTRUCTOR: *Linda Tetreault has lived and worked in the humanitarian field for the past 15 years after a career within architecture, designing and constructing healthcare facilities. She began with three years in Madagascar's rural rain forests as an environmental volunteer and continues now as a construction logistician on projects for Doctors Without Borders, working in Afghanistan, West Africa during Ebola, and refugee camps including the Rohingya camp.*



NEW! Learning Spanish with Songs

Listening to songs and studying the words and grammar points in them is a fun and effective way to improve your understanding and speaking in Spanish. We'll listen to and watch videos of about a dozen songs from a variety of regions, dialects, genres, and cultures of the vast Spanish-speaking world. We will read the lyrics and use translations to help figure out meanings. After listening, we'll discuss and zero in on specific vocabulary, expressions, and grammar points in the song. There may be some pencil and paper work inventing backstories or futures for the characters in the song or creating dialogs using key vocabulary and grammar. Students are encouraged (but not required!) to sing along or dance. Classes will be conducted mostly in Spanish, with liberal exceptions as needed. At least a strong beginner level of proficiency is suggested, but each student will benefit in their own way. No textbook is required. Songs will be available online.

LANG167A · 4 Sessions
Campbell Center – Room D
class size 30
W · 9:00–10:30AM
4/17/2024–5/8/2024

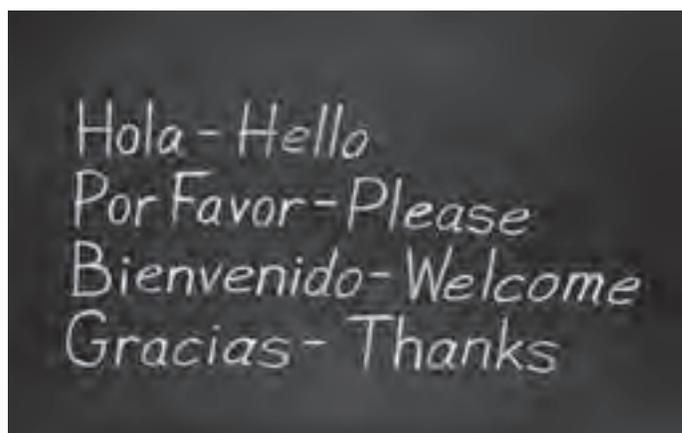
INSTRUCTOR: Teri Coppedge loves teaching Spanish and has been doing it for decades, including 12 years at OLLI. She has a BA in Spanish, an MA in teaching foreign languages, and has lived in Spain, Mexico, and Peru. Teri continues her education via songs, conversations with local Spanish-speakers, reading Spanish novels, and traveling to Spanish-speaking countries, among other places. She also enjoys being active outdoors, theater, and reading.

NEW! The Rich Life of an Avowed Luddite

This instructor has given several courses sharing her rich life from the 1950s through current times. In the instructor's life, she has known, met, seen, or heard in-person people whose names will be known and recognized by some or all of the students. In the first class, the instructor will share and discuss letters she received from Pearl Buck and letters and a meeting with Isabel Allende. After that, students will vote on names from a list of more than 75 politicians, musicians, educators, authors, or people famous for other reasons. Stories from the instructor's experiences with those chosen people will be shared in the following three classes. These accounts from a rich life of nine decades will educate and enthrall. Students will be invited to share their own experiences.

LANG168A · 4 Sessions
Campbell Center – Room B
class size 18
M · 1:00–2:30PM
4/8/2024–4/29/2024

INSTRUCTOR: Mitzi Loftus is a world traveler who has taught OLLI classes for over 15 years. She has degrees from the University of Oregon and is a retired high school teacher, where she worked with the foreign exchange program for over 30 years. She has taught English as a Second Language for 15 years and has traveled widely in both Asia and Europe. She was a Fulbright teacher in Japan for a year and lived in Germany for two years.



Life Planning

Organize your intentions through financial and end-of-life planning.

End of Life Preparation – Part 1

This course comes within a place of mindful caregiving and culture of being present, kind, and real. Each of the four hourly sessions will be led by an expert on the different aspects of end-of-life preparation and palliative/hospice care. This course will use a lecture format with ample time for discussion and questions. Topics will include: 1) the importance of planning for end-of-life and communicating with people important in your life; 2) differences between hospice and palliative care; 3) importance of caregiver health, support, and use of resources during this difficult time; and 4) the definition of hospice care and what is provided by a hospice agency. This course is open to any student who wishes to gain an important understanding in preparing for this phase of life. This is the first of two courses on the subject of end-of-life care.

NOTE: Students will receive resource information from the course. Students should be open to sharing their experiences, concerns, and worries about the subject.

LIFE107 · 4 Sessions
online
class size 20
F · 1:00–2:00PM
4/19/2024–5/10/2024

LIFE107M · 4 Sessions
Celia's House in Holmes Park – Living Room
class size 20
F · 1:00–2:00PM
4/19/2024–5/10/2024

INSTRUCTOR: *Dwight Wilson is the Executive Director of Southern Oregon Friends of Hospice and comes with experience in managing and providing palliative and hospice care. He has directed home, hospice, and extended care programs.*

End of Life Preparation – Part 2

This course comes within a place of mindful caregiving and culture of being present, kind, and real. Each of the four hourly sessions will be led by an expert on the different aspects of end-of-life preparation and palliative/hospice care. The course will use a lecture format with ample time for discussion and questions. Topics will include: 1) stages of dying and the process individuals and families go through; 2) use of facility care and tour of Celia's House; 3) the role of spiritual care and self-care; and 4) bereavement support and the value of recognizing grief. This course is open to any student who wishes to gain an important understanding in preparing for this phase of life. This is the second of two courses on the subject of end-of-life care. One does not have to take the first course to enroll in this course.

NOTE: Students will receive resource information from the course. Students should be open to sharing their experiences, concerns, and worries about the subject.

LIFE146 · 4 Sessions
online
class size 20
F · 1:00–2:00PM
5/17/2024–6/7/2024

LIFE146M · 4 Sessions
Celia's House in Holmes Park – Living Room
class size 20
F · 1:00–2:00PM
5/17/2024–6/7/2024

INSTRUCTOR: *Dwight Wilson is the Executive Director of Southern Oregon Friends of Hospice and comes with experience in managing and providing palliative and hospice care. He has directed home, hospice, and extended care programs.*



Estate Planning in Oregon: An Overview

This two-session online course will explain the basic options available in creating an estate plan in Oregon. We will discuss the legal aspects of revocable living trusts, wills, and probate, as well as advance directives for healthcare and powers of attorney. Through this course, we will review how an effective estate plan can not only assist your family and loved ones after your death but be useful to you throughout your own life. This course will consist of lectures over Zoom, with time for questions and discussion.

LIFE115 · 2 Sessions
online
class size unlimited
Th · 1:00–2:30PM
5/2/2024–5/9/2024

INSTRUCTOR: *Philip Taylor is a practicing attorney specializing in estate planning and administration with offices located in Ashland, Oregon. Taylor has been practicing estate planning law at the law firm of David P.A. Seulean, PC for eight years. He received his law degree from Lewis and Clark Law School and his bachelor's degree in political science from Portland State University.*

Fundamentals of Investing

In this mostly lecture course, we'll cover the basics of stocks, bonds, real estate, and alternative investments before moving on to address how to combine various asset classes into a diversified portfolio. Investment vehicles such as mutual funds and exchange traded funds will also be discussed, as well as passive versus active investing, market timing, investor behavior, socially responsible investing, and tax considerations. While no specific stocks, bonds, funds, or other means to invest will be recommended, by the end of the course students will have the tools to either do their own investing or to be able to evaluate what their advisor is doing. No prior investing experience is required; there will be some class discussion and home assignments.

LIFE122A · 4 Sessions
Campbell Center – Room C
class size 25
Th · 11:00AM–12:30PM
5/2/2024–5/23/2024

INSTRUCTOR: *Kenji Bleicker is a local certified financial planner professional and investment advisor, certified since 2010. He holds degrees from UC Santa Cruz and the University of Michigan.*

WHAT'S YOUR LEGACY?

When you include the SOU Foundation in your estate and financial plans, you will have an impact on our campus community! How do you want to invest in our students, faculty or your favorite program? No matter what your passion, your giving will inspire and ensure SOU's distinctive educational experience.

You can make a difference!

If you already have SOU in your estate and/or financial plans, we'd love to hear from you—to thank you properly and ensure that your gift will be used exactly as you intend. Communication with the staff is always confidential and never infers an obligation.

Call or email us to learn more:
541-552-6127
soufoundation@sou.edu

SO Southern OREGON
U UNIVERSITY
FOUNDATION



Life Happens. Now What? Life Transition Skills

Most of us spend half our adult lives going through major life transitions—like retirement, marriage, loss of a loved one, divorce, inheritance, career change, empty nest, and big health challenges—yet we have never been trained in the vital skills needed to master (or even manage) these life passages. Change happens quickly, but major life transitions can take years. The transformation that results from working through them skillfully lasts a lifetime. This course explores how you have handled these significant “life-quakes” in the past, and how you can use them now and in the future as times of reimagining and reinvention. We will explore the four phases of major life transitions, both in the research and in your own experience. These challenging passages launch your life’s next chapter and hold great potential gifts of “post-traumatic growth” while allowing you to design your own ideal next chapter. Our emphasis will be on developing the creative skills to flow through major change.

NOTE: There is no class session on Memorial Day, Monday, May 27.

LIFE127 · 4 Sessions
online
class size unlimited
M · 1:00–2:30PM
5/6/2024–6/3/2024

INSTRUCTOR: *Howard Rubin CFP is a financial life planner and counselor with decades of expertise guiding people through both technical and personal sides of money. He has a BA in behavioral psychology from Duke University.*

Moving Forward on Your Own in Widowhood

This course will help widows and widowers navigate the daily struggles of this powerful life phase and begin to take their own pivotal next steps towards emotional, mental, physical, and financial well-being. Widowhood is a passage with no timetable, often marked by grief and the challenge to take on new and perhaps unfamiliar skills and responsibilities. This course is a compassionate exploration of the knowledge and resources to find the support and strength you need, and a gentle reminder that you don’t have to go through it alone. This proven process will provide varied tools to help enrich self-understanding while building confidence, skills, and a vital community/professional support team. We will learn from others at different points in their experience, as well as from experts in life-planning, grief

recovery, and personal finance. Participation during class is encouraged yet optional.

LIFE126 · 4 Sessions
online
class size unlimited
M · 1:00–2:30PM
4/1/2024–4/22/2024

INSTRUCTOR: *Howard Rubin CFP is a financial life planner and counselor with decades of expertise guiding people through both technical and personal sides of money. He has a BA in behavioral psychology from Duke University.*

Peace of Mind When Buying or Selling Your Home

An article in the July 2022 publication of “Psychology Today” states that moving “is a top stressor”! Students of this course looking to buy or sell a home can expect to identify strategies to avoid or minimize those stressors. This course will be a combination of lecture and roundtable discussion and will deal exclusively with residential real estate with an emphasis on owner-occupied homes. Topics to be addressed may be those otherwise “unknown unknowns” and based on other people’s buying and selling experiences along all points of the process. Students need not have any background or experience in buying or selling real estate. The instructor is passionate about making your move successful and, as much as possible, stress free. Other related professionals may be invited in as guest speakers to provide additional information.

LIFE305A · 4 Sessions
Campbell Center – Room A
class size 32
W · 11:00AM–12:30PM
4/3/2024–4/24/2024

INSTRUCTOR: *Jim Berns was named “Principal Broker of the Year” five times before retiring in California and moving to Oregon in 2022. During his career as a broker, Berns listed and sold over 600 homes. As a principal broker, Berns oversaw more than 15,000 transactions as the owner of a company and then as the chief compliance officer for another company. He is certified as a “Senior Residential Specialist” (SRES) by the National Association of Realtors.*

Planning as a Solo Ager

A solo ager is someone who might have no partner due to personal choice, death of a spouse, or a divorce. Solo agers may be childless, have an estranged family, or their family may live at a distance or be unwilling to participate. The demographics of this group are growing larger, and they have unique planning needs in all aspects of their lives. This seminar will explore how to create a cohesive plan including team members and all necessary documents. The two-session course will use PowerPoint and lectures to cover these important areas that impact a solo ager's needs. The two presenters will be joined by a local estate-planning attorney in the second session. A list of articles and resources will be provided.

LIFE109 · 2 Sessions
online
class size unlimited
Tu · 11:00AM–12:30PM
5/7/2024–5/14/2024

INSTRUCTOR: *Ellen Waldman's Master's degree is in transpersonal psychology, and she is a care manager certified as an advanced professional member of the Aging Life Care Association. She is the owner and principal of Senior Options LLC since 2000. Beth Knorr is a senior vice president and Director of Trust Services for Oregon Pacific Bank. She is a certified trust and fiduciary advisor with over 20 years of experience in trust and estate administration.*

Revocable Trusts, Wills, and the Probate Process

Students can expect to learn broad legal concepts for Oregon estate planning. The course context will highlight differences between simple wills and revocable living trusts as well as the probate process. Students will learn how wills and trusts relate to probate, estate taxes, and distribution to beneficiaries. Discussion on the probate process, including its purpose, timeframes, notices, and associated legal obligations, will be highlighted. In addition, we will discuss the purpose and function of the legal documents that accompany a simple will estate plan versus a revocable living trust estate plan. Instruction will include context about different types of wills, durable powers of attorney, advanced healthcare directives, certificates of trust, and other associated documents. The instruction method will primarily be lecture with student interaction encouraged. Students do not need to have prior knowledge of the subject, only a desire to learn.

LIFE144A · 4 Sessions
Campbell Center – Room D
class size 50
F · 9:00–11:00AM
4/5/2024–4/26/2024

INSTRUCTOR: *Robert Good and Scott Bucy are attorneys and partners of Good, Bucy and Elson law firm in Ashland, Oregon. Combined, Good and Bucy have four decades of experience in estate planning with additional experience in business and contract law. Their firm specializes in Oregon estate planning with its primary focus on wills, revocable living trusts, and the probate process.*

Understanding Medicare: The ABCs (and D)

This course will inform students on the basics of Medicare as well as more specific and current topics in Medicare that are locally relevant. Through lecture and interactive discussion, a highly trained Medicare counselor will provide valuable information to ensure that attendees and their loved ones are getting the most out of their Medicare coverage. Topics include Medicare Parts A and B, Medicare Advantage vs. Medigap, the prescription drug plan (Part D), annual reevaluation of plans, tips for finding a provider, coverage limitations or exclusions, and local resources for assistance. The course will help soon-to-be eligible or current Medicare beneficiaries with the myriad of choices available to them.

LIFE120A · 2 Sessions
Campbell Center – Room A
class size 32
W · 3:30–5:00PM
4/3/2024–4/10/2024

INSTRUCTOR: *Becky Foster volunteers with the local SHIBA program, counseling Medicare beneficiaries on how to navigate this complex health program. She did similar work in the Bay Area for six years. Professionally, Becky advises life science and medical technology companies on how to make their products accessible to patients by ensuring adequate insurance coverage. She has a Master's degree in public health from UC Berkeley.*



Literature

Includes the study of fiction and non-fiction in English, and literature in translation.

NEW! A Literary Mystery by Nobel Winner Olga Tokarczuk

An avid mythology and folklore scholar, 2018 Nobel Prize winner in literature Olga Tokarczuk acknowledges these influences on her work. She wrote in her biography for the Nobel Prize: “Our task is to synthesize and consolidate the world, looking for connections, both overt and hidden, and building an image of the world as a complex whole full of mutual relations.” In “Drive Your Plow Over the Bones of the Dead,” Tokarczuk’s protagonist, Janina, studies astrology and translates Blake’s poetry while housesitting for the winter in a remote Polish village. A reclusive older woman, she prefers animals to people. When her neighbor turns up dead, Janina entangles herself in the investigation, and the mystery unfolds through her eyes as the body count rises. In a lecture/discussion format, the class will examine the novel, related literary criticism, and Blake’s poetry. During the final session, students will discuss the movie adaptation, “Spoor.”

NOTE: Students are encouraged to read the novel before the course begins and see the film “Spoor” before the last session. Each session of the course will concentrate on about one quarter of the book, approximately 75 pages. The film is available through several paid platforms and is free through the Jackson County Library Services Kanopy app.

LIT304 · 5 Sessions
online
class size 25
Th · 11:00AM–12:30PM
5/2/2024–5/30/2024

INSTRUCTOR: *Dorothy Ormes has taught academic library research methods for 20 years and was the subject specialist for English and Creative Writing at SOU from 2011 to 2020. She received an MLIS from Emporia State University and an MA in storytelling in education at East Tennessee State University. Her main interest is researching literature and folklore, and she has performed as a professional storyteller at libraries and festivals for over 30 years.*

Best American Short Stories 2023

Best American Short Stories 2023 is the perfect course for those who might enjoy a deep dive into some of the finest short stories written last year by some major writers including Sara Freeman, Lauren Groff, and Sana Krasikov, just to name a few. Before each session, students will read three designated submissions from the short story anthology, “The Best American Short Stories 2023,” which will then be discussed in a comfortable, inclusive, intimate classroom setting. This collection explores a wide variety of settings, characters, styles, and intentions—all stunningly contemporary. Look forward to this new term with confidence that students and teacher alike will enjoy and learn from this text and from each other.

NOTE: “The Best American Short Stories 2023,” edited by Min Jin Lee, is required.

LIT306A · 8 Sessions
Campbell Center – Room A
class size 30
Tu · 11:00AM–12:30PM
4/2/2024–5/21/2024

INSTRUCTOR: *Timothy Kelly has been a member of OLLI for over 12 years and has taught several OLLI courses, including “Best American Short Stories 2022,” “LIVE: Greatest Speeches in History,” and a playwriting class. He has written some plays and has performed at Camelot Theatre, Randall Theater, and Oregon Stage Works. Kelly is also an enthusiastic reader of short stories.*

NEW! Call me Ishmael; or, a Whale of a Tale

Avast ye readers of Melville’s Moby-Dick! Do you wish to sail the watery parts of the world in search of wisdom? If so, make your mark and join a crew of nine souls as we go in search of deep knowledge. (If you prefer the land, get cold easily, crave certainty, and are averse to deep diving, this is not the voyage for you.) This journey requires a lot of a crew member. In addition to having read Moby-Dick at some point in your life and completing a thorough review prior to our setting sail on the whale-road, you must also be willing to speak and listen, be comfortable with the give-and-take of spirited conversation, and do all of this in a playfully serious manner. If this be you, come aboard.

LIT309A · 2 Sessions

WaFd Bank–Community Room Ashland

class size 9

Tu · 9:00–10:30AM

4/23/2024–4/30/2024

INSTRUCTOR: *Your guide, Greg Rhoades, has, like Ahab, his colleges (BS, MA in English, MA in liberal education). Unlike Ahab, however, this voyage is not about him; it's about you and the conversation. It will be your guide's primary role to ask questions, safeguard the conversation, and foster serious-fun as we go on two 90-minute voyages together wherever the White Whale may take us.*

NEW! “Coriolanus”: Democracy in Crisis

Written over 400 years ago and one of the least performed of Shakespeare's Roman plays, “Coriolanus” is set in the turmoil of Republican Rome over 2500 years before this presidential election year in the United States. As always, the author has created psychological, sociological, political, and domestic portraits that resonate with an astonishing immediacy as we reflect on the fragility of democracy, the power of ambition, and the role of “We the People” in responding to each. This course will both ground the play in its Roman and Jacobean historical contexts and consider its place in the genre of Shakespearian tragedy. Because the text of OSF's 2024 production will consist of a modern verse translation by Play On!, we will spend one class in close reading comparing the original text to the choices made by the translator. Students are encouraged to read and/or watch the play before the course and should have access to a copy of Shakespeare's play.

LIT313 · 5 Sessions

online

class size 50

Th · 1:00–3:00PM

4/4/2024–5/2/2024

LIT313A · 5 Sessions

Campbell Center – Room E

class size 75

Th · 1:00–3:00PM

4/4/2024–5/2/2024

INSTRUCTOR: *Susan Stitham has taught Shakespeare over six decades to students from 13 to 93 in classes from Maine to Alaska to Oregon. She thrives on the new insights discovered in every single class session.*

NEW! Digging Deeper: The Analysis of Poetry

This course is designed for those who wish to dig deeper into how and why a poem works through a more systematic examination than casual reading affords. How does the poet employ prosodic elements such as rhythm, lineation, tone, narrator, and other fundamentals? How are metaphor, simile, and symbolism used to achieve the poet's intent? How does ambiguity allow for different interpretations? This is a course for poets and non-poets who wish to deepen their understanding of poetry, primarily the work of contemporary writers. Students will have the opportunity to write poems and offer them for class discussion if they wish, but writing is not mandatory. Each class session will include a brief lecture, the analysis of several published poems, short exercises when time permits, presentation of class members' poems, as well as questions and discussion. The course is suitable for both poets and those just interested in a better understanding of poetry.

LIT315A · 5 Sessions

Campbell Center – Room A

class size 15

F · 1:00–3:00PM

4/5/2024–5/3/2024

INSTRUCTOR: *Linda Jaffe holds an MFA in writing and has served as lead poetry editor for a literary journal at UC Berkeley. Her poems have appeared in various literary journals, and she has published a chapbook with two other Ashland poets. Jaffe has taught many poetry and personal essay courses at OLLI over the past six years, as well as literature, history, and dance courses.*

SAVE THE DATE

OLLI

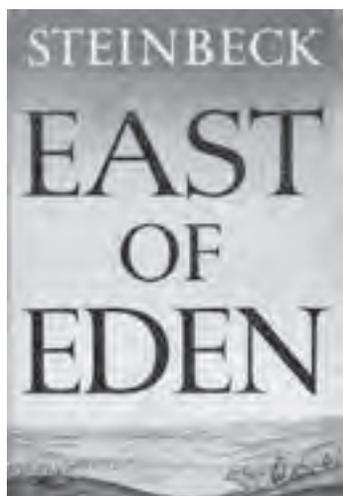
Open House

Tuesday, August 6, 1–4 PM
SOU Stevenson Union

If you are able to help with the many details of the Open House, please contact the OLLI Office at olli@sou.edu or call 541-552-6048.

NEW! “East of Eden” and the Problem of Evil 📖

Many consider Steinbeck’s “East of Eden” to be his most ambitious novel. Steinbeck himself thought it to be his magnum opus, stating “East of Eden” “...has everything in it I have been able to learn about my craft or profession in all these years.” He later said, “I think everything else I have written has been, in a sense, practice for this.”



The book explores themes of depravity, beneficence, love, the struggle for acceptance and greatness, the capacity for self-destruction, and issues of guilt and freedom. It ties these themes together with references to and many parallels with the biblical story of Cain and Abel. As we accompany the Trask and Hamilton families through several generations of struggle and triumph, we will consider the sources of evil in our own lives and evaluate the opportunities for redemption. In our first session we will take a close look at the Biblical story of Cain and Abel (Genesis, chapter 4, verses 1-16), on which much of “East of Eden” is based.

NOTE: Students will need to read Steinbeck’s “East of Eden” in any format and should have read at least the first six chapters before the first class.

LIT303 · 8 Sessions
online
class size unlimited
Tu · 11:00AM–12:30PM
4/2/2024–5/21/2024

INSTRUCTOR: *Jerry Campbell has taught several classes on various Steinbeck works. He has also led small groups on field trips to Salinas and Monterey and is a member of the National Steinbeck Center in Salinas. Morgan Silbaugh majored in English and received his master’s degree from Cornell University. He has led classes at OLLI for more than 10 years.*

NEW! Firekeeper’s Daughter 🧑🧑🧑

“Firekeeper’s Daughter” by Angeline Boulley is a contemporary novel set in the Ojibwe Indian world of the American-Canadian border country of Sioux St. Marie, Michigan. It is an exciting story of the coming-of-age of a young Ojibwe woman amidst mystery, betrayal, and the clash of cultures. The course will be structured as group discussions about narrative style, character, family obligation, gender issues, history, sacrifice, and moral dilemma. Students should expect to learn about a culture quite foreign to most of us, with a great deal of information about Ojibwe ritual, beliefs, and ceremony. Expect to enjoy a fast-moving and powerful story, as well as to find the provocative material to be relevant to our own lives today. In discussing her birth, our protagonist says, “I began as a secret, and then a scandal.” The book is a reckoning of historical injustices and a powerful celebration of community.

NOTE: Although not required, please try to read the entire novel before the initial class meeting. A print edition is preferable, to allow for close reading and margin notes. Discussion will be guided by weekly prompts from the instructor.

LIT307A · 4 Sessions
Campbell Center – Room A
class size 25
Th · 1:00–2:30PM
4/4/2024–4/25/2024

INSTRUCTOR: *Avram Chetron has taught OLLI classes for more than 10 years. After a 30-year teaching career, he has developed a love of books about the American experience in modern times. Thorough preparation is Chetron’s hallmark. In teaching literature classes at OLLI, he has found new inspiration and a deep sense of personal satisfaction in his students’ enthusiastic response to the care he takes in choosing books for his classes.*

Gamache’s World, Part 3 📖

Let’s complete our exploration of Louise Penny’s ongoing mystery series about Armand Gamache, Chief Inspector of the Sûreté du Québec, and the villagers of Three Pines. We will focus on overarching themes, character development, and literary devices in the books, with attention to the arts, cultural elements, history, humor, philosophy and even food in these award-winning novels. The class sessions/titles to be read in advance are as follows:

1. April 11: “A Better Man” and “All the Devils Are Here”
2. May 9: “The Madness of Crowds”
3. June 6: “A World of Curiosities”
4. June 13: a look back at the whole series.

NOTE: This is Part 3 of a year-long, 12-session course and is open to students who did not take Parts 1 or 2. Participants should read the specific titles before each lecture/discussion session. The sessions are NOT on consecutive weeks, and the last session is after the end of the OLLI term.

LIT305 · 4 Sessions
online
class size 80
Th · 9:00–10:30AM
4/11/2024–6/13/2024

INSTRUCTOR: *Alice Yucht worked as a public and school librarian, information skills educator, author, motivational speaker, and book discussion leader in New York City and New Jersey. Since 2012 she has been actively involved with the OLLI at the University of Nevada, Reno, where she offers programs on cyber-skills and contemporary literature. She is a format-agnostic infovore whose mantras are: “Always Be Curious” and “S.H.A.R.E.”*

NEW! Reading Shakespeare’s Sonnets Again

Shakespeare’s sonnets are universally acclaimed to be gems of the English poetic tradition. Published in 1609, apparently without permission, these intensely personal poems have been examined under every kind of literary microscope, especially for biographical clues about the writer. In this course, we will closely read a selection of sonnets through a variety of lenses, considering them both as discrete poems and as potential sources of information about possible authors, including William Shakesper (sic) of Stratford; Mary Sidney, Countess of Pembroke; and Edward de Vere, Earl of Oxford. For the reading in our final session, students will select the sonnets and their accompanying lenses. Copies of the sonnets under discussion will be provided by the instructor. Both new and experienced readers of the sonnets are welcome; the only criterion for success is the willingness to bring an open mind to the conversation.

LIT308A · 4 Sessions
Campbell Center – Room A
class size 32
Tu · 1:00–3:00PM
4/23/2024–5/14/2024

INSTRUCTOR: *Susan Stitham has taught Shakespeare over six decades to students from 13 to 93 in classes from Maine to Alaska to Oregon. She thrives on the new insights discovered in every single class session.*

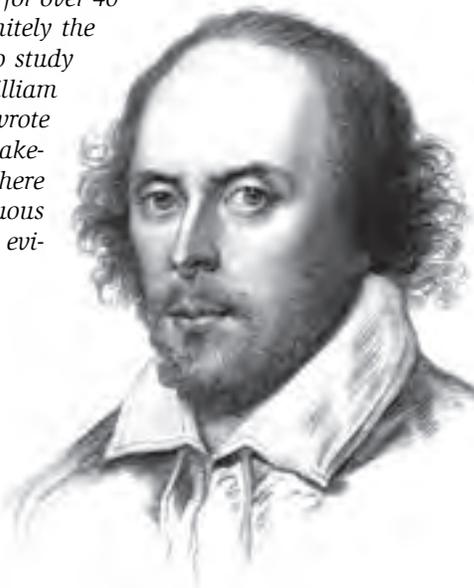
NEW! Shakespeare Who? An Elizabethan Conundrum

“Who cares who wrote Shakespeare? We have his plays and poems and that’s all that matters.” It’s an interesting question that seems to be asked of no one BUT Shakespeare. “The Fifth Symphony is so beautiful. I wonder who wrote it?” “Oh, some guy. Who cares?” If the biography of the greatest writer of all time has no bearing on the understanding of his works (which is our postmodern view), then whose biography IS relevant? Let’s do away with all biographies. Perhaps the most comprehensive response would be, “If you get Shakespeare wrong, then you get the Elizabethan Age wrong.” Woosnam will be examining Shakespeare in the context of Elizabethan social norms and class structure. The Elizabethan Age was not classless, and it would not have allowed a man from a humble background with no social contacts to lampoon the Queen and her chief minister on the stage with impunity. So, who was Shakespeare after all?

LIT314 · 4 Sessions
online
class size unlimited
W · 11:00AM–12:30PM
4/10/2024–5/1/2024

LIT314A · 4 Sessions
Campbell Center – Room D
class size 50
W · 11:00AM–12:30PM
4/10/2024–5/1/2024

INSTRUCTOR: *Tom Woosnam has always been fascinated by the question “How do we know what we’re told is the truth really is the truth?” or to put it more simply, “Where’s your evidence?” It was probably that impulse that led him to major in and then teach physics for over 40 years. It was definitely the impulse for him to study the myth that William Shakspere (sic) wrote the works of Shakespeare, for which there is zero unambiguous primary source evidence.*



NEW! The Original Odd Couple: Shakespeare and Marlowe

“Born With Teeth,” a new play to be performed at OSF this summer, explores the backstage friendship and collaboration between two 25-year-olds, William Shakespeare and his then more-famous contemporary, Christopher Marlowe, as they worked on what are now known as Shakespeare’s three “Henry VI” plays. This course will expand on that background and compare the life of “gentle Shakespeare,” the family man from rural Warwickshire, with the life of the hot-headed, gay atheist from Canterbury, who trained as a clergyman, thrilled London with his provocative plays, worked as a spy, and was brutally murdered in 1593 under conditions that still, to this day, appear suspicious. The course will introduce Marlowe’s ground-breaking smash hits (“Tamburlaine,” “Dr. Faustus,” “The Jew of Malta,” “Edward II,” and “The Massacre at Paris”) and try to show how these plays influenced Shakespeare. Also, to be revealed: the meaning behind the strange phrase “born with teeth.”

LIT311A · 5 Sessions
Campbell Center – Room D
class size 50
Tu · 9:00–10:30AM
4/2/2024–4/30/2024

INSTRUCTOR: Robert Graybill holds a BA and MA in theatre from Arizona State University and did doctoral work at Indiana University. He directed a high school musical in a small farm town in Southern Indiana. Graybill has also worked stints as board president of a nonprofit community theatre and as a recognized drama critic. Graybill can’t believe that he has taught courses at OLLI for 10 years.



Movement

Includes all courses that involve physical movement, e.g., dance, Tai Chi, QiGong, and hiking.

These are physically active classes. By participating in these classes, you accept liability for any injury that results from your activity in the class. Please consult your doctor before beginning any new program of physical exercise.

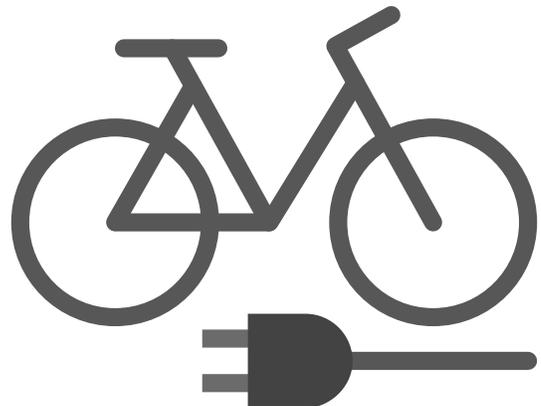
Bike and E-bike Skills and Safety

Bikes and e-bikes are very practical and popular choices for basic transportation around our region, but they don’t come with a driver training course. The power and weight of e-bikes make them quite different to ride than traditional bikes. Join Mike Vergeer from the Rogue Valley Transportation District for a basic skills and safety course. The first meeting will consist of a presentation and then discussion of safe bicycling on streets shared with cars. The second meeting will consist of hands-on safety drills and a ride. No prior experience is necessary. Classes will be held rain or shine.

NOTE: Participants will need to bring a helmet and a bicycle that is in good working condition in order to participate in the second meeting. A signed waiver is required for the second session.

MOV103A · 2 Sessions
Campbell Center – Room B
class size 15
W · 1:00–3:00PM
4/10/2024–4/17/2024

INSTRUCTOR: Mike Vergeer coordinates bike programs for the Rogue Valley Transportation District. He is a professional instructor certified by the League of American Bicyclists and a founding member of a local advocacy group called Streets for Everyone, an action team of the Ashland Climate Collaborative.



NEW! Fall Prevention and the Experience of Balance

It is no secret that as we age, our risk of falling increases, and the consequences of falling get more and more serious. In this class you will learn simple posture and movement exercises from T'ai-Chi, as well as somatic inquiry exercises that will give you the keys to better balance and fall prevention and a deeper connection to your own uniquely personal experience of your body and the world around you. We will offer exercises that challenge and improve balance, balance tips for everyday life, and ways to check in with your inner experience of your body to help integrate and deepen your experience of balance. This course is intended for people who want to improve their balance but not for those who already have serious balance challenges. Participants must be able to stand unsupported for at least half an hour at a time. Other than that, no special experience or fitness level is required.

NOTE: A waiver must be signed prior to the first class.

MOV307A · 4 Sessions
Campbell Center – Room A
class size 12
Tu · 4:00–5:30PM
4/2/2024–4/23/2024

INSTRUCTOR: Gene Burnett has taught T'ai-Chi classes for senior citizens since 1985. He was certified to teach by Andrew Dale, chief instructor of the Xin Qi Shen Dojo in Seattle. Samarra Burnett has a Master's degree in somatic education and is certified to teach the Focusing Method by the Focusing Institute. She is also certified to teach T'ai-Chi and has taught dance and body awareness in the Rogue Valley since 2010. Both have private clients in Ashland.

Free the Shoulders, Arms, and Hands

In this course, we will explore the structure and primary movements of the shoulders, arms and hands, and how they are connected to the entire skeleton and to you as a complete human being. Each class features an exercise, or "lesson," involving gentle movements done slowly with minimal effort, while paying attention to your own personal experience. You determine how big, how fast, or how "good" you do the exercises. You will be guided through enjoyable sequences, exploring and discovering ways of moving with spontaneity and awareness. You can think of these exercises as safe, fun puzzles for your nervous system and brain. Each lesson is designed to help you remember, learn, and create new patterns of behavior. You will be involved in your own process of

learning. This course is ideal for all ages and abilities. You will increase your balance and reach, turn more easily, and reduce tension as you adjust and move with more comfort and ease. Repeating this course yields even more benefit!

NOTE: A waiver must be signed prior to the first class.

MOV146A · 6 Sessions
Campbell Center – Room A
class size 12
M · 2:00–3:00PM
4/1/2024–5/6/2024

INSTRUCTOR: Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, colleges, wellness centers, retreats, elder hostels and camps for over 35 years. She is an accredited Feldenkrais teacher, a lifelong practitioner of dance and movement therapy, and a certified teacher of Tai Chi Chuan. Her goal is to help people move in the way they desire throughout their lives.

**When You
Volunteer
We All Grow!**



Volunteer!

Volunteers make up the creative forces powering OLLI at SOU's classes, member support, gardening, social events, fundraising, office support, communications, planning—and so much more. To learn how you can get involved, contact the OLLI office at 541-552-6048 or olli@sou.edu.

Harmonious Movement with Another

Play between mammals can incorporate movement, facial expressions, sound—and with humans—music. Play is based on shared mutually delightful agreements and if set to rhythm, you get dance. In this course we'll play a wide variety of movement games. Some will look like dance, and others more like martial arts. Might your life be more fun with a little more play and laughter in it? This class will challenge your balance and coordination, your perceptions of and sensitivity to others, and tendencies you may have to be dour or handicapped by self-consciousness. It will also teach you how to dance to any music with anyone, even if you're clueless about the steps! Sounds a little edgy...and intriguing, doesn't it? Join us if you're ready to not take yourself too seriously, make some discoveries, and have fun with other human primates! Partner exercises will be presented as a metaphor of relationship issues. Great for life-long dancers as well as those with two left feet!

NOTE: Students will be asked to sign a waiver before the first class. You will be moving the whole time in this class, and some of it will be energetic, some to music, some not. You will be asked to partner with a variety of people.

MOV135A · 4 Sessions
The Grove – Gymnasium
class size 40
Th · 3:30–5:00PM
5/2/2024–5/30/2024

INSTRUCTOR: *Nando Raynolds, MA, has studied and taught T'ai Chi, Karate, Kenpo, Qigong, and massage over the last 30 years. He is an author in the counseling and martial arts fields, and he works in private practice as a psychotherapist with couples and adults.*

Introduction to Tai Chi for Health and Longevity

Learn a complete Tai Chi form for health and longevity that you can do anywhere, anytime, and that is adaptable for all ages, body types, and abilities. No previous experience is necessary. Reduce stress, improve balance, gain focus/concentration, relieve pain, and gain benefits galore from a 3,000-year-old Chinese movement form: Tai Chi. When you finish the six-week course, you will have three tools in your toolbox for dealing with change, transition, and life in general. You will have the Tai Chi 17 form, which includes movements from Yang Short Form, so you will be prepared to study further if you wish. You will have learned a sequence called Finished

the Form, which you can use alone as a practice or as a warm up or cool down for other practices. You will gain a basic knowledge of Tai Chi/martial arts and how to promote health and mind/body awareness. People who have taken this course will reap even more benefit from repeating it!

NOTE: A waiver must be signed prior to the first class.

MOV144A · 6 Sessions
Campbell Center – Room A
class size 14
M · 3:30–4:30PM
4/1/2024–5/6/2024

INSTRUCTOR: *Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, colleges, wellness centers, retreats, elder hostels and camps for over 35 years. She is an accredited Feldenkrais teacher, a lifelong practitioner of dance and movement therapy, and a certified teacher of Tai Chi Chuan. Her goal is to help people move in the way they desire throughout their lives.*

Mindful Movement: QiGong and Stretching

This course is an introduction to Qigong and simple stretching patterns. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required: come as you are, ready to have fun with others! Although Qigong can be studied for a lifetime, this brief series will give you a taste of the practices. Over the course of the classes you will learn a set of simple movements you can integrate into your daily routine. We will be meeting over Zoom, and the class will include social time with other students. Students will also have access to videos on YouTube and an optional DVD. This is an active class, and students need to be able to move about comfortably in a home space. Some movements will involve getting up and down from the floor. The exercises will challenge and enhance your flexibility, balance, and coordination. Classes consist mostly of active movement.

NOTE: Students will sign a liability waiver prior to the first class.

MOV125 · 4 Sessions
online
class size unlimited
Tu · 9:00–10:30AM
4/30/2024–5/21/2024

INSTRUCTOR: *Nando Raynolds, MA, has studied and taught T'ai Chi, Karate, Kenpo, Qigong, and massage over the last 30 years. He is an author in the counseling and martial arts fields, and he works in private practice as a psychotherapist with couples and adults.*

NEW! Move Well to Age Well – Fun with PizzazzEE-25

Experience the movements of a full-body fitness program (PizzazzEE-25) that engages every muscle and every joint within every completed session. The course will review each of the sequential 25 steps that encourage everyday mobility and strength and that aid in injury prevention. We will examine the correct actions for each step, while considering any personal modifications you might choose for the movements later in your own home. Videos of the fitness app will be used alongside instruction. The program is designed especially for those in their second 50 years, beginning with gentle movements that are built upon to improve and support balance, stamina, and flexibility. No experience is a plus! A waiver must be signed before the first class.

NOTE: This course is not recommended for those who have had hip or knee surgery/replacement in the last six months. No exercise equipment is required. It's important to attend the first class; more details will be sent before that class.

MOV305A · 4 Sessions
Campbell Center – Room A
class size 18
Tu · 3:30–5:30PM
4/30/2024–5/21/2024

INSTRUCTOR: *Barbara Klein holds a BS in education, a Master's in hospital and health care, and a doctorate in chiropractic medicine. She ran a wellness family practice and a service providing one-on-one fitness instruction. She is a published author, now writing AgingWithPizzazz.com, a content blog. She developed PizzazzEE-25(.com) over 19 years, and she consults on the app. As a League of Women Voters volunteer, she's held many offices and works on election reforms.*

Spring Walking on Ashland's Trails

Walking in springtime is a delight. While the weather may be unpredictable, warmer temperatures are returning and signs of new growth are everywhere we look. Each walk will be about two hours, covering three to four miles. The trails will be mostly dirt paths with some elevation gain. While the walks are not intended to be of an aerobic nature, it is important that participants be reasonably fit and have good balance. Directions on where to meet will be emailed each week. Trails that may be included: North Mountain Park/Riverwalk Loop, Road 2060 above Lithia Park, Emigrant Lake, Bear Creek Greenway, TID ditch trail, Lithia Park hillside trails, Hald-Strawberry Park trails, and Oredson Todd Woods. We will walk rain or shine. A liability waiver must be signed prior to participation in the first class.

NOTE: Humans only on these walks. Dogs will need to stay at home.

MOV306A · 6 Sessions
Field Trip
class size 10
W · 9:00–11:00AM
4/3/2024–5/8/2024

INSTRUCTOR: *Diane DeMerritt has been leading the OLLI walking courses since the fall of 2022. She is an avid walker and a member of several walking groups. The trails around Ashland are her favorite. As a retired Ashland School District teacher, DeMerritt has experience in leading groups and educating students. In addition to her career as an elementary school teacher, she has mentored many SOU student teachers and taught SOU education courses.*



**OLLI at SOU
on Facebook!**

**“Like” and follow us at
facebook.com/OLLIatSOU**



Nature

Includes courses that explore the natural world and our relationship with it.

NEW! A Tribute to Crater Lake National Park

Oregon's only national park has a unique and stunning history. The focus of this course will be to pay tribute to the many people, including Klamath Tribes, who have had an active role over the years in creating our modern-day Crater Lake National Park. Yet, underlying all is the great gift of the Volcano Mazama, whose massive eruption 7700 hundred years ago gave birth to arguably the most beautiful and intriguing lake in the world. Discussions will cover Crater Lake National Park's history, the majestic lake, unparalleled wilderness beauty, wildlife of all kinds, rustic architecture, scientific research, park rangers, boat rides, waterfalls, hikes, management, staff, volunteers, and our visitors from near and far who are enchanted by Crater Lake National Park. Using brief lectures, discussions, videos, activities, and readings, the park's history and current or recent news will be included. Plan your next trip! No prior knowledge or skill is necessary, and no assignments will be given.

NAT311A · 5 Sessions
Campbell Center – Room D
class size 50
Th · 9:00–10:30AM
4/4/2024–5/2/2024

INSTRUCTOR: *Bonnie Cassel happily taught history to high school and community college students for many years in Central California. She also served as a trustee for a large school district for 12 years. Upon retiring, Cassel began a new career as a Seasonal Interpretive Park Ranger, starting out as a volunteer at Crater Lake National Park in 2011. Over the years she has worked at many national parks, but Crater Lake has always been her favorite.*

Exploring and Conserving Wild Rogue Valley

This course will consist of two outings—to Jacksonville Woodlands and a Conservation Easement property—during which participants will engage in such tasks as rare plant counts, English ivy removal, and other activities needed to help maintain these scenic areas. Participants will perform physical labor, learn why invasive plants should be removed, hike the Jacksonville Woodlands, enjoy the beauty of a rare landform, and learn

about habitat conservation in our valley. Each of the two outings will last three hours. Part of that time will be taken up with walking to and from the work sites and instruction before the work begins. This course will take place in the field, not at the SOU campus. Participants will receive instructions on how to get to each property and where to park.

NOTE: Participants should be prepared to do physical work and take a moderate hike at each outing. Note that each outing is scheduled for three hours. Participants will be required to sign a waiver before taking part.

NAT308A · 2 Sessions
Field Trip
class size 15
Tu · 9:00AM–12:00PM
4/16/2024–4/23/2024

INSTRUCTOR: *Rebekah Bergkoetter conducts baseline assessments, monitors conservation easements, and provides support to landowners engaged in land management and stewardship. She has a BS and MS in biological sciences. Retired journalist Jim Coleman has taken part in stewardship work with Southern Oregon Land Conservancy (SOLC) and has volunteered with Sierra Club and Cabrillo Marine Aquarium.*

NEW! Exploring Nature With Mixed Media

Learn how to bring nature indoors through the wonder of mixed-media creation and spark a lifelong new hobby! If you are already proficient in acrylic, watercolor, and colored pencil techniques, this course will increase your nature-focused creativity in compositions of two or more techniques, including techniques unique to mixed media. Nature explorations will include mountains, water, forests, birds and other animals, as well as flowers, the night sky, our imaginations, and more. Learning occurs through watch-on-your-own-schedule online videos and text, with questions and discussion via email and optional Zooms. The content of the course is entirely online. Materials are inexpensive, and you can always just listen and learn without practicing. Work will not be critiqued or shared. This is not a skills-building art class, but instead is focused on building nature immersion and interaction through play and creativity. Mixed media takes the nature-enjoyment journey to an entirely new level!

NOTE: The companion-class, Exploring Nature with Paint and Colored Pencils, provides instruction in the three media that are prerequisites to completing the projects in this class. Two optional Zooms allow discussion and socializing in a safe, no-recording environment. Zoomers must maintain live video throughout.

NAT305 · 2 Sessions
online
class size 25
F · 11:00AM–12:00PM
5/3/2024–5/10/2024

INSTRUCTOR: *Victoria Leo has been exploring nature on Earth with paint and pencil for 30+ years on four continents. Rick Baird has created 20 solar system landscapes and a growing repertoire of nature scenes depicting alien worlds. Their recent mixed-media collaborations include illustrated maps; Greta the painted garden gator; and a koi pond with koi, water lilies, turtles, and frogs, but no water.*

NEW! Exploring Nature With Paint and Colored Pencils 🖌️

Exploring the natural world through acrylics, watercolors, and colored pencils combines the quick-capture of photography with the joys of personal interpretation. Paints and pencils also allow you to explore nature that lives only in your imagination. This course is offered in an always-on, work-at-your-own-pace online classroom that you access on your own, with videos, photographs, and text that allow you to learn effectively in the time you have. The content of the course is entirely online. Two enthusiastic instructors focus on all aspects of the natural world, including plants, animals, landforms, weather, the night sky, imagined worlds, and more. Inexpensive materials, used in an atmosphere of exploration and play, make this a no-stress journey to the goal of capturing the experience of nature in new ways. Learner work will not be evaluated or shared. This class allows you to deepen your appreciation of nature and develop a satisfying new lifelong hobby.

NOTE: Two optional Zooms allow discussion and socializing in a safe, unrecorded environment. Zoomers must maintain live video throughout. Instructors also answer questions via email.

NAT304 · 2 Sessions
online
class size 25
F · 11:00AM–12:00PM
4/5/2024–4/12/2024

INSTRUCTOR: *Victoria Leo has been exploring nature on Earth with paint and pencil for 30+ years on four continents. Rick Baird has created 20 solar system landscapes and a growing repertoire of nature scenes depicting alien worlds. Their recent mixed-media collaborations include illustrated maps; Greta the painted garden gator; and a koi pond with koi, water lilies, turtles, and frogs, but no water.*

NEW! From Fire to Flowers for Pollinators & People 🐝

In both an in-person class and a field trip, students will learn about our valley's native ecology and how and why incorporating native plants into urban landscapes will better support our native pollinators, birds, and other wildlife. Design considerations will be presented, along with some of the best native plants for urban gardens. The in-person class will include an introduction to some of the threats facing pollinators, how native plants help our pollinators, why we need pollinators, and what people can do in their own yards. The "From Fire to Flowers Garden" (FFFG) program is helping to replant the "Rogue Buzzway" in barren yards for people who are moving back into the fire-scarred areas. Students will have the opportunity to learn about and tour real-life examples of native pollinator gardens planted to help restore residential areas devastated by the Alameda Fire in 2020. No prior experience or knowledge is required. An activity waiver must be signed prior to the field trip.

NAT307A · 2 Sessions
Campbell Center – Room B
class size 18
Th · 10:00AM–12:00PM
5/23/2024–5/30/2024

INSTRUCTOR: *Kristina Lefever is volunteer president and director of Pollinator Project Rogue Valley (PPRV), a 501c3 nonprofit based in Phoenix, Oregon. Since 2021, PPRV has helped 11 homeowners plant native "From Fire to Flowers Pollinator Gardens." At least six more gardens are planned for 2024. Tiina Beaver is owner of Constant Gardener and a certified landscape designer. Vanessa Henson is co-owner of C3 Enterprise, LLC.*



Have Fun Learning About Birds

This is a previously taught course with new photos and information. Come and enjoy a light-hearted approach to learning about our local birds using photography, science, storytelling, and poetry. The PowerPoint presentations display photos that help guide the information. This spring course will focus on spring behaviors like mating, spring songs, and what babies will look and act like. The emphasis is on being curious about the natural world and our connection to it. No prior knowledge about birds is necessary.

NAT130A · 4 Sessions
Campbell Center – Room E
class size 75
F · 11:00AM–12:30PM
4/26/2024–5/17/2024

INSTRUCTOR: *As president of the board of the Klamath Bird Observatory, Shannon Rio values the organization's science-based approach to protecting birds and their habitats. She is a wildlife educator and bird guide. The Rogue Valley has been her home for more than 40 years. Rio is a nurse practitioner, yoga instructor, and active member of the community.*

NEW! Klamath–Siskiyou Bioregion and Adopt a Rare Plant

Our home, the Klamath-Siskiyou Bioregion, has been designated an Area of Global Biological Significance. President Clinton's Proclamation establishing the Cascade-Siskiyou National Monument begins with this paragraph: "With towering fir forests, sunlit oak groves, wildflower-strewn meadows, and steep canyons, the Cascade-Siskiyou National Monument is an ecological wonder, with biological diversity unmatched in the Cascade Range. This rich enclave of natural resources is a biological crossroads—the interface of the Cascade, Klamath, and Siskiyou ecoregions, in an area of unique geology, biology, climate, and topography." This course will focus on rare endemic wildflower species as the ecological wonders of our bioregion are discussed. The geologic history of our area will be examined, as well as other factors that contribute to the rich biodiversity of the Klamath-Siskiyou Bioregion. Students will learn about Adopt a Rare Plant, a Southern Oregon community (citizen) science project.

NAT306A · 6 Sessions
Campbell Center – Room E
class size 75
Th · 9:30–10:30AM
5/2/2024–6/6/2024

INSTRUCTOR: *Dave Garcia has worked as a seasonal field biologist for the US Forest Service, the Bureau of Land Management, and the National Park Service. He holds a BS and an MS in science education from Southern Oregon University and a PhD in educational policy and management from the University of Oregon. Garcia is a retired Oregon high school biology teacher and life-long student of nature, organisms, and ecosystems.*

NEW! Rogue Valley Spring Wildflower Walks

Join Master Naturalist Liz Landreth for a series of three Saturday wildflower walks in the Rogue Valley that highlight the diversity and beauty of the place we call home. You will employ all your senses as you learn how to identify plants and hear lively stories on botany, ethnobotany, and the natural world while you gain an appreciation of our unique ecoregion. We will take our time to stop, observe, touch, and smell. Basic botany and ecology topics will be covered. No previous botanical knowledge is required, but plant geeks are welcome! Plant lists will be provided for each location, which will focus on different habitats. Each outing will last about 4.5 hours, including transportation time and meeting at the OLLI Campbell Center at 9:30 a.m. to arrange carpooling. Directions and maps will be provided. Bring lunch, water, a hat, and hiking shoes (poles are optional). No dogs are allowed. A liability waiver must be signed prior to the first hike.

NOTE: Participants must be in good physical shape, able to navigate wet, rocky trails with up to 780 feet elevation gain and up to five miles round trip.

NAT309A · 3 Sessions
Field Trip
class size 15
Sa · 9:30AM–2:00PM
4/27/2024–5/11/2024

INSTRUCTOR: *Known as the "Flower Floozy," Liz Landreth has been leading wildflower hikes for adults and kids for over 15 years, starting with the Sonoma County Parks, then for the last several years around our lovely Rogue Valley and environs. She is a certified OSU Master Naturalist for the Cascade-Siskiyou Bioregion and leads hikes for the Southern Oregon Land Conservancy, the Cascade-Siskiyou National Monument, and the Nature Conservancy, among others.*

NEW! Untamed Voices

Are you curious about what animals are thinking and feeling and what they know about us, themselves, and the world? Is it possible that they could be spiritual messengers with deep wisdom to share? The animals want to work with human beings to serve the Earth at this most challenging time in our history. They have tremendous gifts to share. Rather than guessing about what your companion animal wants, needs, or knows, you can actually find out for yourself, or you can know how to best assist wild animals in having better lives. In this experiential course, we will commune and communicate with whole species of animals, as well as individuals, both domestic and wild, and have discussions and guided meditations. The goal is to help you develop not only a deeper understanding of animals, but also your own inner nature and that of the planet. This course is for people who have some experience in spiritual pursuits and are open and receptive to new concepts and ideas...and who love animals!

NAT310A · 6 Sessions
Campbell Center – Room C
class size 25
W · 11:00AM–12:30PM
4/24/2024–5/29/2024

INSTRUCTOR: *Barbara Shor, animal communicator and retired veterinarian, has helped many people gain deeper understanding of and relationship with their companion animals as well as with wildlife. She has been a national speaker, workshop facilitator, and author of two books about elephants and whales. Her recent book, “Soul of the Wild: The Wisdom of Elephants,” was published in 2022. Shor co-hosts a podcast, “Animals and Us: Voices of a New Paradigm.”*



Personal Exploration

Includes strategies for enhancing relationships, improving psychological and emotional wellness, and enriching spiritual development, meditation, and stress-reduction.

Certain OLLI classes, particularly psychology classes, may explore personal experiences of an emotional nature. Those who would like to further discuss special concerns are encouraged to do so with a licensed professional in the field.

Accessing Inner Guidance

Everyone has the ability to access their inner guidance with appropriate training and practice. This class offers focusing techniques and coaching to support access to the intuitive part of you that holds wisdom and information that is often beyond the conditioned mind—your inner guidance. Being able to access clear inner guidance can support you in more easily navigating day-to-day life. You can develop a deeper understanding about all of your options in decision-making, as well as in appropriate action with respect to family issues, relationships, managing work, and so on. If you are interested in personal growth, inner guidance can help you gain insight into your personal growth path, why you are having certain experiences, and what you can do to transform your experience. This course will be fun and experiential, with lots of discussion, coaching, and feedback.

PERS102A · 4 Sessions
Campbell Center – Room A
class size 32
Th · 3:00–4:00PM
4/4/2024–4/25/2024

INSTRUCTOR: *Stephanie Lash has a BA in psychology and has been involved in personal growth practices since 1975. She has taught meditation and stress-reduction classes since 1978. Lash also has formal training as a personal growth coach. In addition to a full-time career in corporate human resources, she has been teaching classes in meditation and accessing inner guidance for over 40 years.*

Accessing Inner Guidance – Practice

Everyone has the ability to access their inner guidance with appropriate training and practice. This course is open to anyone who has had an experience of inner guidance, as well as anyone who has taken (or is currently taking) the “Accessing Inner Guidance” course. If you would like to refine your ability to receive guidance, this class is for you! We will do lots of practicing using various focusing techniques, as well as sharing of our experiences of guidance. This class will be fun and experiential, with lots of discussion, coaching, and feedback.

PERS266A · 4 Sessions
Campbell Center – Room A
class size 32
Th · 3:00–4:00PM
5/2/2024–5/23/2024

INSTRUCTOR: *Stephanie Lash has a BA in psychology and has been involved in personal growth practices since 1975. She has taught meditation and stress-reduction classes since 1978. Lash also has formal training as a personal growth coach. In addition to a full-time career in corporate human resources, she has been teaching classes in meditation and accessing inner guidance for over 40 years.*

Breath’s Physiological Capacity in Brain Health

Healthy breathing begets a healthy brain and its capacities. Breathing impacts all dimensions of one’s life, and every activity of the body and mind are dependent on this vital function. And yet, the general population does not place attention on the importance of healthy breathing. Learn to enhance its function and expand the potential instead of addressing the dysfunction or illness related to unhealthy breathing. Enhance the potential for physical and psychological health and fitness. Many different breathing practices are available, and this course will help you to know how the body and brain respond to the dimensions of the breath. Then you can make good use of your investment of time and breath. The foundations of breathing when cultivated in practice, which is the main focus of this course, provide a basis for the function of breathing in exercise, contemplative practices, and sleep, for everyone’s potential in self-regulation, self-organization, and self-healing.

NOTE: Movement in this class will be similar to movement in daily life and will challenge habits that impact the breath and mind. Changing habits can trigger some discomfort; therefore, a waiver will be signed.

PERS270 · 7 Sessions
online
class size 50
Tu · 11:00AM–12:30PM
4/16/2024–5/28/2024

PERS270A · 7 Sessions
Campbell Center – Room D
class size 50
Tu · 11:00AM–12:30PM
4/16/2024–5/28/2024

INSTRUCTOR: *Shawn M. Flot has a Master’s degree in physical therapy, a BS in exercise physiology, and is an Advanced Oxygen Advantage instructor. He continues to serve his community at Moving Into Harmony both in-person, online, and in classes and workshops. His belief is that we have access to healthy living through movement, breath, and contemplative practices. He wishes to bring meaningful life skills to people to access their fullest potential.*

Exploring Ukrainian Culture through Women’s Lives

Explore the complexity and significance of women’s lives in contemporary Ukraine through stories of Ukrainian women writers, scientists, social activists, leaders, and artists whose work changed their culture and the world. The values of the matriarchal cultures that sourced Ukraine continue to be transmitted through her folk arts, music, and dance. Ukrainian women continue to bring forth from within themselves individually, and as a diverse community, new expressions of the values and beliefs of their culture. Discover the meaning of Ukrainian goddesses in Ukrainian women’s spirituality and the impact of Russian colonization on Ukrainian identity then and now. This course can be repeated because it will combine lecture, new guest speakers, discussion on current events that impact Ukrainians, and ritual circle-sharing as well as out-of-class readings and reflective writing.

NOTE: Required text: “Your Ad Could Go Here: Stories by Oksana Zabuzhko,” edited by Nina Murray.

PERS118 · 8 Sessions
online
class size 25
Tu · 1:30–3:30PM
4/2/2024–5/21/2024

INSTRUCTOR: *Louise M. Paré holds a PhD in women’s spirituality from CIIS and an MA in religious studies from Mundelein College. She is an international women’s spirituality educator and published writer with 30+ years of teaching experience in women’s spirituality, social justice, and the arts. Her matriarchal heritage is Ukrainian. In 1997 she taught workshops at the*

Cherkasy Women's Center and did research in Kyiv, Cherkasy, and surrounding villages.

Fanning the Female Flame (After Menopause)

The multiple hormonal changes that occur with menopause and aging affect a woman's well-being and bedroom life. Some of these changes become obstacles that need guidance to overcome. The good news is that there is no better time in history than today to be a post-menopausal woman who wants to have great intimacy. This course, created at the request of some OLLI female members, will use lecture with PowerPoint slides as well as discussion to identify the obstacles that may be encountered and the available options and workarounds to deal with them. This will include relationship tips to stay connected and close.

NOTE: It is expected that only those who identify as female attend.

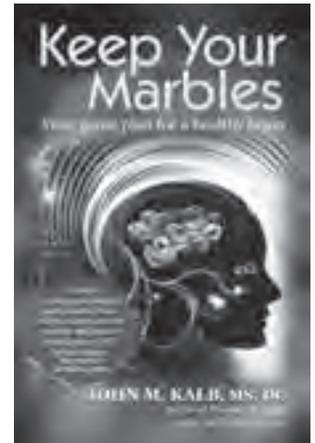
PERS259A · 3 Sessions
Campbell Center – Room A
class size 30
W · 10:30AM–12:30PM
5/1/2024–5/15/2024

INSTRUCTOR: Susan Preslar, BA, Kirkland College (now part of Hamilton College) and MS in nursing from New York Medical College/Pace University, moved to Ashland in 1988. She was formerly SOU Associate Professor and Director of the Student Health and Wellness Center. Since 2002 Preslar has been in private group practice specializing in female hormonal and sexual health and has created and taught educational seminars for women, men, and couples since 2003.



How to Keep Your Marbles

Your brain is the most complex object in the known universe. Fortunately, caring for the brain is not that complicated! Each of us is getting older, but our individual brains seem to age at different rates. This course will explore what the latest science says about the range of function from subjective cognitive decline, through mild cognitive impairment, and on to dementia and Alzheimer's.



After reviewing basic brain function and definition of terms, we will look at myths, realities, and breakthroughs in brain health and aging. Then, we will consider the modifiable risk factors that may prevent or slow the rate of cognitive loss. These factors include exercise; diet and nutrition; mental, emotional, and social connection; stress; sleep and relaxation; stress resilience; meditation; and connection with nature. Finally, we'll look at happiness and beyond-wisdom and self-transcendence. Color slides, lecture, discussion, and Q and A will be used, with a few short videos.

NOTE: This course is based on Kalb's book, "Keep Your Marbles, Your Game Plan for a Healthy Brain," which is recommended reading for the course.

PERS120A · 7 Sessions
Campbell Center – Room E
class size 75
Tu · 9:00–11:00AM
4/2/2024–5/14/2024

INSTRUCTOR: John Kalb has over 40 years' experience as a wellness chiropractor. He completed his pre-med training at NYU, earning a BA in psychology and chemistry, and then earned an MS in biology from the University at Buffalo. Kalb has additional postgraduate training in neuroscience and gerontology. He recently published his third book, "Keep Your Marbles."

Investigating Religions Without God

This course will investigate the practice of “religion” without the concept of “God.” That is, it will consider religions that are absent of faith in the existence of supernatural deities. The course will consider ancient and modern approaches, some traditional, some metaphorical, some tongue-in-cheek. These include Naturalism, the Way of the Tao, Buddhism, the cult of Dionysus, Syntheism, Secular Humanism, The Satanic Temple, Pastafarianism [sic], and Unorthodox Methodless Mysticism (UMM). Classes will include presentations by the instructor and short videos followed by small-group and large-group discussions. Short readings will be suggested for each class, mostly using internet-based resources. The sequence of classes will be: 1) Naturalism, 2) The Way of the Tao and Buddhism, 3) Paganism and the Cult of Dionysus, 4) Syntheism and Secular Humanism, 5) The Satanic Temple and Pastafarianism, 6) UMM: Unorthodox Methodless Mysticism.

PERS314A · 6 Sessions
Campbell Center – Room C
class size 30
F · 11:00AM–12:00PM
4/5/2024–5/10/2024

INSTRUCTOR: *Dave Ferguson has a Master’s degree in biological ecology from the University of California at Davis and a Bachelor’s degree in biology from the University of California at Santa Barbara. He has been practicing religion without god throughout his adult life, having read widely in the field, and is a practitioner of various forms of naturalistic religion.*

NEW! Mary Reed, Unwitting Mystic

Mary Reed was an agnostic, successful healthcare executive in Washington, DC. Quite unexpectedly, in the summer of 2000, she began to experience a deep resonant voice in her consciousness that told her that she would be doing something very important. The voice was persistent and unpredictable, but seemingly could not be eliminated. It was so “invasive” that it began to unnerve her, and she sought counseling from a variety of therapists, shamans, and other various practitioners. Most were not helpful and were often skeptical. She sank into deep confusion and despair, and in 2011 took a carefully calculated lethal dose of medications.

Recovering from this inauspicious beginning, she experienced her odyssey into an awakened state that took her to a nunnery in the Himalayas for further refinement that eventually resulted in a complete realization

of divine consciousness. For the last two decades, she has been a teacher to the world through a profound but very human mystical lens.

NOTE: This is not about religion and no dogmatic assertions will be given concerning the ultimate meaning of Mary Reed’s teachings. They, ultimately, speak for themselves. The books that may be most helpful if more information is desired is “Unwitting Mystic” and “Humanity’s Epic Awakening” by Mary Reed.

PERS306 · 4 Sessions
online
class size 20
Th · 11:00AM–12:30PM
4/4/2024–4/25/2024

INSTRUCTOR: *Alan Ackroyd is a retired physician with a Master’s degree in clinical psychology who has been an avid explorer of metaphysics. After studying metaphysics his whole life, he is still energized by new discoveries. His extensive reading brings a variety of viewpoints to the material. He has taught several courses at OLLI.*

Mindfulness for Self-Discovery

Perhaps you’re curious how mindfulness could make a difference in your life. Or you’ve tried meditating but thought it’s not for you because your mind is too busy. Maybe you already have a meditation practice but you’re looking for new inspiration. In this course you’ll learn more than a half-dozen mindfulness practices. Some practices enhance concentration while others utilize effortless meditation. You will find out that there are as many ways of practicing mindfulness as there are people who practice—you are the expert of your own life and mind! We’ll do each practice together, and you’ll have a chance to ask questions and share reports. Strategies will be presented for developing a regular formal practice as well as for applying mindfulness in daily life. No previous experience with mindfulness or meditation is expected. This is a secular presentation that is intended for people of any cultural, religious, or non-religious background.

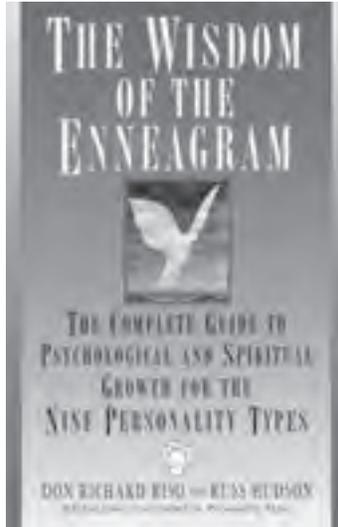
PERS307 · 8 Sessions
online
class size 24
Tu · 11:00AM–12:30PM
4/2/2024–5/21/2024

INSTRUCTOR: *Fred Perloff is a Unified Mindfulness coach and has taught mindfulness to both individual clients and to groups. He has an extensive background in a variety of styles of meditation from different cultures. He has been a mediator, trainer, and coach at Resolve Center for Dispute Resolution and Restorative Justice in Medford for three decades, and*

a restorative justice practitioner for the Oregon Department of Corrections for two decades.

Personality Awareness and the Enneagram

We live in an age of personality and yet often are unaware of what it is, how it serves us, and how we can—and often don’t—work with it. What was once a personal attribute is becoming an asset (or liability) we use in the world actively. Our individual personalities both help us and also hurt us, while others’ personalities may enchant or confuse. Personality can quickly go from “what I really need now” to “too much of a good thing” in a heartbeat. This course uses concepts from the Enneagram, adult development and mindfulness, providing a framework for building personality awareness. We will explore how personality is formed, the key components of personality and their origins, and practices and tools for working with our and others’ personalities. The Enneagram will be described with key principles detailed and put into a context that provides a framework for self-awareness, self-regulation, and self-acceptance.



NOTE: The course is designed to be accessible and informative both for people who have previously attended and for new participants who are familiar with enneagram types. The primary reading will be “The Wisdom of the Enneagram” by Don Riso and Russ Hudson.

PERS262A · 10 Sessions
Campbell Center – Room C
class size 24
Tu · 1:00–3:30PM
4/2/2024–6/4/2024

INSTRUCTOR: David Widup is a practicing Enneagram coach and teacher. He studied the Enneagram with Russ Hudson, is a graduate of the Chestnut Paes Enneagram Academy, and is a certified guide for the Enneagram Prison Project. He is an accredited professional with the IEA, certified coach from the Hudson Institute and accredited Enneagram Type coach. He has graduate degrees in creative writing (Pacific University) and management (Rutgers, Penn, and NYU).

NEW! Relax, Let Go & Sleep Like a Baby

Simple, easy, time tested, and evidence-based methods drawn from the traditions of yoga, meditation, and hypnotherapy will be shared. (Relax. You’re always in control.) Help calm your mind, relax your body, let stress roll off your back more easily, and “let go” to sleep more deeply. Through lecture, discussion, and guided practices in class that you can do at home using audio recordings made by the instructor, by the end of the course, you’ll feel a greater sense of ease and peace throughout your day and be enjoying a deeper, more restful sleep at night. Each class will include not only a thorough understanding of the stress reduction and deeper sleep techniques, but also an embodied experience of the methods and practices taught. No previous experience with meditation, hypnotherapy, or yoga required.

PERS312A · 5 Sessions
Campbell Center – Room D
class size 50
Tu · 1:00–2:30PM
4/2/2024–4/30/2024

INSTRUCTOR: Lisa Hubler is a meditation teacher with over 25 years’ experience in mindfulness, Zen, and yoga. She is the founder of Mind Matters Restorative Hypnotherapy, a unique and powerful synthesis of the focus and calm of meditation, the power of hypnotic suggestion, and the deep nervous system reset of restorative yoga. Her calming voice and background in singing and literature bring musicality and poetry to her use of words.



Getting good news is more important than ever these days!

If you’re an OLLI member, make sure you’re subscribed to the **Monday Newsflash.**

Not sure?
Email the office at olli@sou.edu

Slowing Down to the Speed of Serenity

In this rapidly evolving world of artificial intelligence that pushes us to do more, be more, and have more, discover the transformative power of slowing down and living with deep inner peace. This course, rooted in the profound insights from the book “Slowing Down to the Speed of Life,” written by Richard Carlson and Dr. Joseph Bailey, reveals the wisdom of luminaries Carlson, Bailey, and Sydney Banks and invites us to live a more meaningful, peaceful, and contented life. Revisit the timeless observation of Joseph Campbell about our human yearning not just for existence, but for the “rapture of being fully alive.” Engage in this transformative conversation, inspired by Syd Banks’ mystical revelations which reveal our potential for profound joy and inner peace. Each class includes short videos, with discussions and questions that evoke our innate inner wisdom and guidance. Like the “Slowing Down” winter 2024 course, this exploration offers fresh content to further our discoveries about living a deeply meaningful life.

PERS313A · 4 Sessions
Campbell Center – Room A
class size 25
Th · 11:00AM–12:30PM
5/16/2024–6/6/2024

PERS313 · 4 Sessions
online
class size 25
Th · 11:00AM–12:30PM
5/16/2024–6/6/2024

INSTRUCTOR: *Dan Altman is a certified transformational life coach and 3 Principles global community practitioner. Altman has degrees in computer science. Following a successful career as a software entrepreneur, he has pursued his lifelong quest for inner peace. Altman is an active writer, teacher, coach, and owner of a thriving neurofeedback practice.*



NEW! The New Human

Who are we now after being sequestered during the COVID pandemic? What kind of alchemy has taken place in our individual laboratories of inner investigations of our true selves? How are we navigating our day-to-day lives in the presence of so many inner and outer challenges? We are evolving and unfolding into new ways of being. In the company of friends and through short lectures and discussions, students and the instructor will share and explore being and the nature of reality from the perspective of the pathless path. The class will also employ the help of experiential knowing to taste the freedom that reality holds. Silence, poetry, journaling, art, and music will be some of the modalities of embodying being, revealing the exquisite human beings we are.

PERS309A · 6 Sessions
Campbell Center – Room B
class size 12
W · 1:00–2:00PM
5/1/2024–6/5/2024

INSTRUCTOR: *Nitsa Marcandonatou has a PhD in East/West psychology from the California Institute of Integral Studies (CIIS). She has taught consciousness-based courses at JFK University in the Bay Area and world religions at Edgewood College in Wisconsin. She has also led human potential workshops at several spiritual centers. Marcandonatou is interested in the experiential ways of embodied learning engaging equally body, mind, and spirit.*

NEW! Transformative Education for Human Flourishing

This course will introduce the idea of transformative education for human flourishing. The class will examine six vital dimensions of transformative education, using it as a template or guideline, whether for independent personal study, future OLLI courses, or informal conversational salons. The six vital dimensions of inquiry into human flourishing are: 1) wisdom traditions, 2) global ecology, 3) self-renewal, 4) life skills, 5) liberal arts and 6) civil society. Students will be provided abundant published and online resources for further independent study. The instructor has been hosting such a Socratic conversational salon privately for several years.

NOTE: Those attending this course need not have enrolled in the winter course on “The Good Life of Human Flourishing.”

PERS311A · 4 Sessions
Campbell Center – Room A
class size 32
W · 9:00–10:30AM
4/3/2024–4/24/2024

INSTRUCTOR: *Rich Lang has been a regular OLLI instructor for many years, focusing on philosophy of education, human development, worldview perspectives, cultural literacy, and civil society. He has a formal academic background in philosophy, literature, religious studies, and psychotherapy, with broad intellectual and cultural interests that include the arts and sciences, cosmology and ecology, history and myth, ethics, and society.*

Truth is the Path to Freedom

Would you like to enjoy greater emotional, spiritual, physical, and intellectual freedom? In this highly interactive course, students will learn how to disempower their overly protective ego by strengthening the courage to live their Truths. When the “honoring of truth and love over fear” philosophy is embraced, students can learn how to distinguish destructive irrational fears from constructive rational fears. The class will explore how truth-based self-confidence can be our universal healer and problem solver, and students will come to appreciate that their joyous freedom is the fullest expression of you living your unbounded Truth.

PERS233A · 5 Sessions
Campbell Center – Room B
class size 18
Tu · 11:00AM–12:30PM
4/2/2024–4/30/2024

INSTRUCTOR: *Mark E. Gibson earned his Master’s degree in science from San Francisco State University, his life-coaching certificate from CoachU, and his stress-management coaching certificate from the Spencer Institute. Within life coaching he specializes in fearless living and truth facilitation. He has published two books: “Living Unconditional” and “How to Find Love Through Online Dating.”*



Your Personal Journey Between Heart and Soul

Be ready to open your heart and experience listening to the wisdom of your soul, a listening that can fill you with a new acceptance of peace, joy, and love. This practice can bring new meaning to your life that only you can define. Together we will explore new horizons as you discover your ability to understand your own personal world, looking through new eyes with new lenses and learning to appreciate all it offers. Each week, the class will watch short video excerpts from renowned experts in the field of personal growth: week 1: Brené Brown’s TED Talk, “The Power of Vulnerability”; week 2: Wayne Dyer’s PBS special, “Excuses Begone”; week 3: don Miguel Ruiz’s “The Four Agreements.” After each excerpt, students will explore and discuss what these excerpts meant to each of us, with no right or wrong answers. Week 4 will culminate with a look at the “Dimensions of Self Awareness” and how this awareness connects our heart to the wisdom of our very own soul.

NOTE: Active class participation will enhance your weekly takeaways. The only expectation of each participant will be an open mind to self-discovery. All class videos, PowerPoint, and other materials will be available online.

PERS269A · 4 Sessions
Campbell Center – Room B
class size 18
F · 11:00AM–12:30PM
4/5/2024–4/26/2024

INSTRUCTOR: *Ron Kaufman’s lifelong journey of personal growth started with studying Buddhism. For nine years, working directly with over 350 individuals, he facilitated divorce recovery support groups. Graduating from a nine-month ontological coaching program, he was credentialed by the International Coach Federation (ICF) and elected president of ICF of Southern AZ. Kaufman also traveled a difficult journey to overcome PTSD, not just surviving but thriving.*

Recreation

Includes hobbies, crafts, and games.

Absolute Beginners Pickleball

This course is designed for the person who wants to learn the fundamentals of the fastest growing sport in America. Join in the fun led by Cori Frank and well-qualified instructors. The class will meet for 1.5 hours/day for five consecutive days. Beginning players will learn the basics: how to choose a paddle, paddle position, serving, return of serve, dinking, drills, scoring, and calling “out balls.” There is an emphasis on safety and sportsmanship. OLLI will provide the equipment, and hopefully, we will enjoy good weather. Information on courts throughout the Rogue Valley will be provided as well as the use of the Playtime scheduler. You will need court shoes, a hat/visor, and a hydrating drink. Sunglasses/eye protection are recommended. Come for the fun and be prepared to meet new friends. We will meet at Lithia Park pickleball courts.

NOTE: If you have mobility issues this course may not be appropriate for you. A waiver must be signed prior to the first class.

REC103A · 5 Sessions
Lithia Park – Pickleball Courts
class size 20
Daily · 2:30–4:00PM
5/13/2024–5/17/2024

INSTRUCTOR: *Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. She has participated in tournaments, round robins, and jamborees. Frank also teaches youth at the YMCA and has designed and teaches the adult pickleball class for the YMCA.*

Advanced Beginners Pickleball

This course is designed for students who have taken the Absolute Beginners Pickleball class or who have a rudimentary knowledge of the game. It will be taught by seasoned instructors/advanced players. Expect to build on the basic game to include advanced strategy in play. We will meet at Lithia Park pickleball courts every day for five consecutive days for 1.5 hours. There will be an emphasis on safety and sportsmanship. This skills-building class will focus on different types of serves; lobs; third shot drops; drives; partner communication; stacking; rally scoring; and identifying Bert, Ernie, and Nasty Nelson! The last day will be a FUN round robin match whereby we will rotate play with all players.

NOTE: Students are expected to have their own paddle, know the basic game (e.g. the rules), court position, scoring, basic serve, return of serve, NVZ, safety and sportsmanship. You will need court shoes, a hat/visor, and a hydrating drink. Eye protection is recommended. A waiver must be signed prior to beginning class.

REC137A · 5 Sessions
Lithia Park – Pickleball Courts
class size 20
Daily · 2:30–4:00PM
6/3/2024–6/7/2024

INSTRUCTOR: *Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. She has participated in tournaments, round robins, and jamborees. Frank also teaches youth at the YMCA and has designed and teaches the adult pickleball class for the YMCA.*

Anyone Can Do Basic Home Repairs, Especially You

This is a course designed for women and men with little or no knowledge of maintaining and repairing a home. We will discover what’s behind a wall; how water, gas, and electricity come into our homes; and how to shut them off. Do you know how to change the filter in your furnace or clean the coils in your refrigerator and why you should? We’ll talk about paint, how to choose and apply it; how to replace a light switch or plug; what is a good basic set of tools to have; what to watch for outside your home such as clogged gutters, water leaks, siding damage, invasive trees or ivy, and more. We’ll talk about the advantages and disadvantages of buying through big box stores vs. independent merchants, and how to choose a contractor should you need one. Above all, we will talk about what you want to know when it comes to learning about the building that keeps you safe and comfortable. You will learn to take care of it, so it can take care of you.

REC152A · 8 Sessions
Campbell Center – Room E
class size 75
Th · 11:00AM–12:30PM
4/4/2024–5/23/2024

INSTRUCTOR: *Mitch Hrdlicka is a licensed contractor with the State of Oregon CCB. He’s a retired police detective who built homes for 10 years with Habitat for Humanity, has a handyman business, works part time at the Ashland YMCA maintenance department, and is the technical director of Rogue Theater Company. He went to work at 14 as a handyman and has always been in the business of solving problems. He wants all your questions so we can learn together.*

Constructing Crosswords

Have you wondered how crossword puzzles are created? This course will cover puzzle creation, and it may help you become a better solver, even if you don't plan to become a crossword constructor yourself. The process includes the following steps: 1) know about conventions, tools, formats; 2) brainstorm and place theme entries; 3) arrange grid blocks (black squares); 4) fill in other words; 5) craft imaginative, challenging clues; 6) revise and submit for publication. After a brief intro to free-form style puzzles, the course will focus on US newspaper-style, symmetric, themed 15 x 15 puzzles, e.g., The New York Times– plus an OLLI-themed puzzle. The instructor will share experiences of his first NYT crossword and his first months as Ashland.news crossword editor. Depending on class interest, we'll construct a new puzzle together. For more information: <http://communicrossings.com/constructing-crosswords>. The Zoom sessions will be recorded for later viewing.

REC120 · 4 Sessions
online
class size unlimited
Th · 1:00–3:00PM
5/9/2024–5/30/2024

INSTRUCTOR: Steve Weyer has taught many OLLI courses: *Crosswords, Be Safer on the Internet, and P@s\$w0rdz*. He is an avid crossword solver, has developed a crossword-solving app, and has constructed many crosswords. His debut New York Times crossword appeared on Wednesday, November 1, 2023.

NEW! Cook Along: Galettes Galore!

Homemade pies and galettes are not so hard once you learn some tricks of the trade. Explore making two different types of pie dough, one sweet and one savory, just in time for Mother's/Other's Day. Follow along with suggested fillings for a fruit-filled galette and a savory-vegetable galette. We'll create together—and enjoy the end results. You'll cook in your kitchen and I'll cook in mine! You'll be provided with recipes, demonstrations, and support to make your own delicious, beautiful, and rustic baked goods, using common kitchen equipment.

NOTE: Cooks should be comfortable in the kitchen and able to use common kitchen equipment. These recipes will not be gluten free.

REC136 · 2 Sessions
online
class size 24
Tu · 3:30–5:30PM
4/30/2024–5/7/2024

INSTRUCTOR: Barbara Schack received her BA at UCSB in art/printmaking and an MS in education from SOU. She has taught for over 35 years from kindergarten to graduate levels (adjunct faculty at SOU) and beyond! She has taught several OLLI cooking courses. Always a foodie, she has been baking since childhood and cooking ever since, utilizing homegrown, healthy foods with an interest in international flavors.

NEW! Creative Outdoor Cooking: Beyond the Barbecue

In four classes this course will explore different ways of cooking outdoors that are suitable for adults and children. This is a great way to spend time with children and grandchildren. These methods can be used at a campsite, park, or in your backyard. In each class students will cook and share a communal meal using different methods. Class 1 will be breakfast foods, class 2 lunch and snacks, class 3 dinner, and the last class will be desserts. Each student will be asked to bring some ingredients for the meal. All tools to cook the meals will be provided. The class will take place at Blue Heron Park Pavilion in Phoenix. No outdoor skills are required. A waiver will be required for this class.

NOTE: Each student will be asked via email to bring ingredients for the meals.

REC303P · 4 Sessions
Phoenix – Blue Heron Park
class size 12
W · 11:00AM–1:00PM
4/17/2024–5/8/2024

INSTRUCTOR: Peggy Foster has been teaching children and adults outdoor skills and outdoor cooking for over 20 years. She has been crafting since childhood and has been teaching

Kumihimo for adults and children at Girl Scout adult learning courses. She also is an adult learning facilitator with Girl Scouts, specializing in outdoor skills and cooking. She has a BS from Utah State University in recreation education and was a National Park Ranger for 13 years.



Grand Lodges of the National Parks

This course is intended for anyone interested in visiting the national parks and learning about the great lodges that were built to attract tourists to these national treasures. Fifteen great lodges (built between 1910 and 1938) are still operating. The course will look at the history of the lodges, their architecture, their amenities, their special features, and their relationship to the parks. Each class will include some history of the related national parks, but will focus on how the lodges meld with this history. The instructors will provide tips on how to plan your visits and optimize your adventure based on their personal experiences visiting each of these lodges. The course will consist of a series of lectures supported by slide show presentations highlighting photography of the lodges and national parks.

REC153M · 4 Sessions

Rogue Valley Manor Plaza – Deschutes Room
class size 25

M · 10:00–11:30AM

4/8/2024–4/29/2024

INSTRUCTOR: *John Lane and Rebecca Jurta are retired engineers who spent 30 years in the aerospace and semiconductor industries. They have visited all 15 of the great lodges of the national parks. They learned a great deal about the planning and logistics necessary to optimize this wonderful adventure, and they want to share this with other fans of our beautiful national parks.*



Introduction to Genealogy

This introductory course, taught by three instructors at the Rogue Valley Genealogical Society Library, is designed to give a solid foundation for pursuing genealogy. Anne Billeter will present how to conduct research online and in libraries, courthouses, and cemeteries. Rich Miles will present separate classes on how to effectively use Ancestry.com and FamilySearch.org to research family and ancestors. Both classes will have a computer lab. Barbara Northrop will present how to organize research using paper and computer, and she will present the US census with a computer lab. There will be two assignments: filling out an Ancestor Chart for personal use and pre-registering for a free FamilySearch.org account online. Help will be available. For the three classes in the computer lab, instruction will be the first hour and computer use the second hour. We encourage students to bring their personal laptop, but this is not mandatory.

NOTE: This course will be taught at the Rogue Valley Genealogical Society Library, 3405 South Pacific Highway, Medford, OR 97501. Students are strongly encouraged to pre-register for a free FamilySearch.org account online prior to the third session.

REC128M · 5 Sessions

Rogue Valley Genealogy Library – Classroom
class size 25

F · 10:00AM–12:00PM

4/5/2024–5/3/2024

INSTRUCTOR: *Anne Billeter, MLS, PhD, is incoming President of the Rogue Valley Genealogical Society (RVGS). Barbara Northrop, MSW, is a Certified Genealogist. Rich Miles, MS, is Technology and Data Management Director for RVGS.*



Japanese Braiding: Kumihimo Bracelet Making

Kumihimo, Japanese for “gathering threads,” is an ancient Japanese art form involving the use of interlaced strands of cord and ribbon to make strong and decorative braided rope. Basic Kumihimo technique will produce unique and attractive key chains, bracelets, and other decorative cords through the selection and combination of ribbons and thread, and may include the use of beads. No prior skill or experience is needed to learn and enjoy Kumihimo. Students will learn and make a basic key chain in the first class and move on to a bracelet and beads in subsequent classes. Each student will make one or two bracelets by the end of the course and have basic knowledge of Kumihimo.

NOTE: The instructor will email registered students the needed links and information about purchasing materials. Costs can range from \$15 to \$35.

REC308A · 5 Sessions
Campbell Center – Room C
class size 15
Tu · 11:00AM–12:30PM
4/2/2024–4/30/2024

INSTRUCTOR: *Peggy Foster has been teaching children and adults outdoor skills and outdoor cooking for over 20 years. She has been crafting since childhood and has been teaching Kumihimo for adults and children at Girl Scout adult learning courses. She also is an adult learning facilitator with Girl Scouts, specializing in outdoor skills and cooking. She has a BS from Utah State University in recreation education and was a National Park Ranger for 13 years.*

NEW! Learn Beginning Poker and Winning Poker

This is an introduction to the wonderful game of poker. This course is appropriate for someone with no knowledge of poker to the casual amateur looking for some new information about modern poker strategy. No previous knowledge about poker is required, but those with experience will learn something new and enjoy the class. Students will learn poker basics from the beginning: rank of hands, order of play, how to shuffle and deal, rules, procedures, etiquette, and terminology of poker. You will learn the most popular poker games with a focus on Texas Hold'em. You will learn basic and advanced poker strategies. You will understand when to bet, fold, or bluff. The goal is for students to feel comfortable and capable in any poker game, whether it is a home game with friends or in a casino poker room. Students are encouraged to participate in classroom discussion and

debate. Though poker language can be colorful, all discussion will be respectful and kind. We will play poker!

NOTE: Chips will be used so no money will be exchanged.

REC304A · 8 Sessions
Campbell Center – Room C
class size 20
Th · 1:00–3:00PM
4/4/2024–5/23/2024

INSTRUCTOR: *Bon Stewart has been a successful poker player in both cash games and tournaments for 30 years. He enjoys sharing his love and knowledge of the game. Stewart has been a member of the Ashland Invitational Poker Club, a weekly, low stakes, cash game for over 20 years. He also created and is the commissioner of the Sundays at Springhill Poker League, a year-long series of No Limit Texas Hold'em tournaments.*

NEW! Pet Welfare 101

Want to know more about what your pet is thinking, feeling, or how to best care for your pet to ensure a long and healthy life? Please join us for an in-depth exploration of the principles and practices involved in responsible pet ownership and their life-long welfare. Kent Bailey will present sessions on home grooming methods and techniques for dogs and cats. He also has invited several guest lecturers to give presentations in their areas of expertise: a canine trainer and behaviorist; a feline adoptions and home-care expert; and the Executive Director of Friends of the Animals (FOTA). He will send a recommended reading list in his pre-course email. Areas of focus include the nature of the human-animal bond, recommended healthcare procedures, survey of body language and behavior, home behavior problems, safely bringing a kitten or adult cat into your home, and animal welfare laws and adoption in Jackson County.

NOTE: For those who have pet dandruff allergies, know that there may be live animals in the classroom for demonstration purposes.

REC306A · 6 Sessions
Campbell Center – Room C
class size 24
W · 9:00–10:30AM
4/3/2024–5/8/2024

INSTRUCTOR: *Kent Bailey is a graduate of both the Nash Grooming Academy in Kentucky and the American Grooming Academy in California. He was the proprietor of Groom Service in Santa Cruz, California, for 12 years and has groomed approximately 15,000 dogs and cats. He has taken advanced coursework in dog skin care, massage, and non-aversive training through the Karen Pryor Academy. Bailey currently volunteers at the Jackson County Animal Shelter.*

NEW! Tea Appreciation 101

This three-session course will provide the student with a greater appreciation and knowledge of the world of tea, which is second only to water as the most consumed beverage on the planet. Students will learn about each tea category's unique production steps, loose-leaf brewing techniques, and will taste multiple teas from each category. Course curriculum will include an introduction to tea history, tea growing countries, tea types, tea production techniques, brewing tips, and tea tasting. Students will come to appreciate that all tea—whether green, white, yellow, oolong, black tea, or pu-erh tea—comes from the same plant, *camellia sinensis*. Instructional methods include lecture, personal media from tea travels, brewing tips, and tea tasting. This course is perfect for anyone interested in tea, whether they are a seasoned tea aficionado or someone who wants to expand their tea palette and basic understanding.

NOTE: None of the teas we will consume will be herbal or decaffeinated. If a student cannot drink caffeine, this course is not advised. Cost is \$5 per person per session. A waiver must be signed prior to the first class.

REC309A · 3 Sessions
Dobrá Tea – Tearoom
class size 12
F · 8:00–10:00AM
4/12/2024–4/26/2024

**Classes taught
online via**



zoom

If you are new to Zoom or if you need a refresher, email the OLLI office at olli@sou.edu or call 541-552-6048.

We will be happy to connect you to some online resources or technical assistance.

Please note: We only provide information and assistance to current OLLI at SOU members.

INSTRUCTOR: *Travis Peterson opened Dobrá Tea in Ashland, Oregon, 10 years ago with his wife. He has traveled extensively to study tea in China (twice), India, Nepal, Sri Lanka, and Taiwan. In 2024, Peterson will travel to Japan to study Japanese tea production. Dobrá Tea in Ashland is a “world tearoom” and cafe serving over 100 teas from around the world.*

Vegetable Gardening in the Rogue Valley

This course will teach beginning gardeners and those new to the Rogue Valley how to grow vegetables year 'round from seed selection to harvesting. The instructor's emphasis is on science-based information and “how to” techniques to enable students to achieve a successful garden the first year. More experienced gardeners may learn new techniques to improve their vegetable gardening skills. Students will be asked to read assigned pages in the text, “Garden Guide to the Rogue Valley: Vegetables, Berries and Melons” by Jackson County Master Gardener Association (OSU Extension), 2017. Topics will include soil, seeds, growing cool and warm weather crops, controlling pests and diseases, fertilizing, irrigation, compost, and harvesting and storing your produce, plus much more. Teaching methods will include PowerPoint lectures, live demonstrations, and class discussion/group exercises, plus plenty of time for Q and A.

NOTE: The required text is available at local retailers for about \$20. Students will be given a list of retailers prior to the first class.

REC112A · 9 Sessions
Campbell Center – Room D
class size 32
F · 1:00–2:30PM
4/5/2024–5/31/2024

INSTRUCTOR: *Susan Koenig is a life-long gardener who became a Certified Master Gardener in 2016. She gardened in the Bay Area for over 40 years and now lives on 3/4 of an acre where she has an extensive vegetable, ornamental gardens, and a small orchard. She teaches in the Practicum program as a mentor for new OSU Extension Master Gardener students. She has taught vegetable gardening and ornamental gardening for OLLI for the past three years.*

Wines and Wineries of Southern Oregon

Are you interested in wine and the wineries of Southern Oregon? Do you enjoy learning about the nuances of growing and winemaking? In this class, we will visit six Rogue Valley or Applegate Valley vineyards and wineries to hear talks from the staff on selected topics. Topics could range from the factors contributing to vineyard loss to how prices are determined. At each venue, the talk will be followed by a directed tasting where students will be guided to sense the differences and characteristics of the wines presented. Come enjoy the bounty of southern Oregon! If you have taken this course before, please understand that we may have to start repeating the wineries we visit. However, the instructor will do his best to ensure new topics are discussed. A waiver must be signed before the first class.

NOTE: A \$102 class fee covers all wine tastings. Students must be able to walk on uneven ground and spend all two hours of class time on their feet. Attendance at the first class, which is in-person held at the Campbell Center, is mandatory and cannot be waived. This course has a limited enrollment, and there is no assurance that both you and a partner will be enrolled. No guests or accompaniment are permitted.

REC134A · 7 Sessions
Field Trip
class size 20
W · 3:00–5:00PM
4/3/2024–5/15/2024

INSTRUCTOR: *Dan Dawson is a wine aficionado and is working to develop as a wine grower, winemaker, and wine educator. With degrees in chemistry, Dawson worked for UCSB for 40 years. He has been making wine and beer since 2018, worked the fall 2023 harvest at a local winery, and recently completed his first wine certification course (WSET Level Two) “with distinction.”*



Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

Apple Notes: Features and Tips

Apple Notes has evolved from a basic note-taking application into an innovative program that is often overlooked by iPhone users. In this course we will explore the power of Apple Notes to help you keep track of a wide range of information, using your iPhone with other devices that are synced using iCloud. The class will address the basics of taking and organizing your notes as well as review powerful hidden features such as dictating notes using Siri; locking notes for privacy and security; and capturing photos, videos, and scanned documents—all of which can easily be stored and retrieved. Participants should have basic skills using an iPhone as well as an iCloud account. The most current iPhone operating system is strongly recommended for accessing the latest features of Notes.

STEM206 · 3 Sessions
online
class size 50
Th · 1:00–2:30PM
4/4/2024–4/18/2024

INSTRUCTOR: *Neal Strudler has an MA in elementary education and a PhD in curriculum and instruction with an emphasis in educational technology from the University of Oregon. A former elementary school teacher and assistant principal, he later served as a professor of educational technology and teacher education in Nevada for 26 years. He has been teaching OLLI courses since 2017.*

Energy and Economics: A Biophysical Approach

This course examines the world around us, including human economies from an energy/biophysical perspective. It notes that energy underlies most, if not all aspects of life, from nature to civilization to our economies. It starts with lectures on what energy is; our history of understanding energy; the laws of thermodynamics; the particular role of the sun; the early Earth environment; evolution of life and the importance of green plants and adaptations forced on life in an increasingly oxygenated environment; the evolution of increasing biotic complexity; sequestering fossil fuels; the evolution of mammals and our own species; the increased exploitation of energy by humans; the industrial revolution; and our modern situation with the myriad tradeoffs we face today. Final lectures examine these issues within the context of modern economic and business theory. There will be time for discussion and questions. An undergraduate knowledge of science and economics is helpful but not required.

STEM204 · 8 Sessions
online
class size unlimited
M · 11:00AM–12:30PM
4/1/2024–5/20/2024

INSTRUCTOR: Charles Hall has taught various courses related to these topics (notably to freshmen) at three major universities over 40 years. During this time, he has written or edited some 15 books and 330 scientific papers on related materials. He is still an active researcher and writer (see <https://bpeinstitute.org/>) and is responsible for developing the concepts of EROI (Energy Return on Investment) and (with others) BioPhysical Economics.

MS Word for PCs: Tips and Tricks for Beginners

Microsoft Word is a powerful word processing program, but most beginning users are either not familiar with or reluctant to use Word's wide range of features. Students will learn basic features for formatting and editing Word documents. Some of the topics covered include short cut keys; navigating the ribbon, tabs, and dialog boxes; changing fonts, formatting paragraphs, and adjusting layouts; creating and manipulating tables; using the quick access toolbar; and basic editing features. Classes will include lectures, demonstrations, and hands-on exercises. This course is for beginning Word users, but students must already know how to open, save, and close Word documents and have some familiarity using the program. Before each class, the instructor will email

students Word files they must download and save to their laptops to use during class. Students must be able to readily access documents they have saved to their laptops.

NOTE: This class is based on Microsoft Word for PCs Version 10 or later. Students must bring their laptops to class with Word files from the instructor's emails already saved on the laptops and ready to use during class.

STEM312M · 8 Sessions
Medford Higher Education Center – Room 118
class size 10
Tu · 9:00–10:30AM
4/2/2024–5/21/2024

INSTRUCTOR: Holly Campbell has multiple university degrees in education. She taught MS Word and Excel classes for 13 years at Rogue Community College and five years at New Horizons Computer Learning Center. She uses MS Word and Excel for PCs extensively for creative writing.

Nuclear Energy: The Past is Prologue

The existential crisis we face due to global climate change has brought renewed interest in nuclear energy as a means of reducing and/or eliminating carbon emissions (net zero CO₂ emission goals). Recent advances in fission reactor technology such as small modular reactors (SMRs) and in plasma and fusion reactor science (the “breakeven” experiment at Lawrence Livermore National Laboratory) hold promise for achieving these goals. In this course students will learn 1) an historical and contextual perspective for nuclear energy; 2) fundamental physics of radioactivity, fission, and fusion; 3) how nuclear reactors work; 4) safety and risk of nuclear power; 5) recycling, radioactive waste disposal, and life cycle considerations; and 6) current developments regarding advanced systems. We'll also discuss the socio-economic and socio-political issues that have confronted, and will confront, future development of nuclear energy.

NOTE: This course is intended for anyone interested in the subject matter. A background in science, technology, engineering, or mathematics is not necessary or required.

STEM208 · 8 Sessions
online
class size 25
Tu · 1:00–2:00PM
4/2/2024–5/21/2024

INSTRUCTOR: William E. (Bill) Kastenberg, PhD, is Distinguished Professor of Nuclear Engineering, Emeritus at the

University of California, Berkeley. His teaching and research interests have included nuclear reactor analysis and safety, risk assessment and management applied to advanced technological systems and severe natural phenomena, ethics, the impact of technology on society, energy and the environment, and applied mathematics.

Physics for Nonphysicists: Shake, Rattle, and Roll

All around us things vibrate and wave. Some, like cars with bad shocks, shake slowly, while others, like piano strings, shake quickly. How do we describe the shaking? How do we describe sound, light, gravity, or the seismic waves that follow the shaking? How will the waves from the Cascadia Fault travel here? How do we make those ultrasonic images? What is ultrasound anyway? The course lectures include illustrations from internet resources, video clips, and animations. Everyone is expected to ask questions at any time during the class. Other resources are available at Learnernotes.org.

STEM311A · 6 Sessions
Campbell Center – Room E
class size 75
M · 11:00AM–12:30PM
4/8/2024–5/13/2024

INSTRUCTOR: Due to galloping old age, John Johnson shakes and rattles more and more as he continues to teach this series of courses about physics. He studied physics at Grinnell College, Carnegie Institute of Technology, Carnegie-Mellon University, and has taught at SOLIR/OLLI for over 20 years.

NEW! Radiation and Other Misunderstood Physics Concepts

Several years ago a chaperone on a school field trip to SLAC (The Stanford Linear Accelerator Center) asked if there was any danger from radiation on the tour. The answer was “No more than background.” Citing that obvious danger, the chaperone got back on the bus and refused to go in. That’s about as extreme an example of misplaced fear coming from a misunderstanding of physics concepts as one can imagine, and not all misunderstandings of physics concepts lead to fear, of course. Nonetheless, the word “radiation” seems to generate fear more than any other. Some is justified. Much is not. The instructor will show what physicists mean by the word radiation and attempt to alleviate misplaced fear regarding 5G and nuclear energy, and instead instill fear regarding tanning salons. After that he will talk about other misunderstood physics concepts as time permits

such as entropy, Schrödinger’s Cat, and The Uncertainty Principle. We’ll decide based on what most interests the class.

STEM313 · 4 Sessions
online
class size unlimited
W · 11:00AM–12:30PM
5/8/2024–5/29/2024

STEM313A · 4 Sessions
Campbell Center – Room D
class size 50
W · 11:00AM–12:30PM
5/8/2024–5/29/2024

INSTRUCTOR: Tom Woosnam has always been fascinated by the question “How do we know what we’re told is the truth really is the truth?” or to put it more simply, “Where’s your evidence?” It was probably that impulse that led him to major in and then teach physics for over 40 years. It was definitely the impulse for him to study the myth that William Shakspeare (sic) wrote the works of Shakespeare, for which there is zero unambiguous primary source evidence.

PARKING

How to Find Us

Locations

OLLI Office and Campbell Center, 655 Frances Lane, Ashland, on southeast side of SOU campus

The RCC/SOU Higher Education Center, 101 South Bartlett St. (between Riverside Ave. and S. Bartlett St. and East 8th and East 9th Sts.), Medford

For directions to the above locations and access to the OLLI at SOU parking guide, please go to <https://inside.sou.edu/olli/contact/ashland.html> or contact the OLLI Office.

NEW! See like a Geologist: Coastal Landscapes

In the US, nearly 40% of the population lives in coastal counties. Even those who do not live near the coast often travel there for rest and recreation. As the boundary between land and sea, our coasts are uniquely dynamic. This course will explore the geologic and oceanic processes that interact to create the ever-changing coastal landscapes we enjoy. Some of the questions the course will address: Why do coasts around the world look so different? What is the role of weather and climate in shaping coastlines? How do waves work and what do wave-dominated coasts look like? How do tsunami-type waves work? How do tides work and what do tidally-dominated coasts look like? What causes the tidal range to vary so much from place to place? What is the role of plate tectonics—for example, the Cascadia subduction zone—in forming coasts? To explain their variations, we will travel virtually to coasts around the world; our primary focus will be the west coast of the US.

STEM314 · 4 Sessions

online

class size 30

Th · 3:30–5:00PM

4/4/2024–4/25/2024

STEM314A · 4 Sessions

Campbell Center – Room E

class size 75

Th · 3:30–5:00PM

4/4/2024–4/25/2024

INSTRUCTOR: *Karen Grove has a PhD in geology from Stanford University. She is Professor Emerita at San Francisco State University, where she taught courses in geology and oceanography, including coastal processes. She has lived near coasts and studied how they work for many years.*



NEW! The Science and Technology of Electric Vehicles

Electric Vehicles (EVs) promise to be the foundation for future transportation needs, helping to address the climate change imperative. However, the transition to EVs challenge many of our fundamental assumptions regarding how vehicles are fueled, maintained and driven, and present serious technological challenges to advance battery chemistry and technology toward the cost and energy density levels required for mass EV adoption. This course goes beyond the “EV overview” stage to focus more deeply into the scientific and technological aspects that will make the EV the “next big thing” in the transportation sector. Topics covered include a comparison with gas-powered vehicles in terms of maintenance, fuel cost, efficiency, and driving experience. In addition, we will explore EV battery attributes, chemistry and technology, providing a look forward toward new much cheaper and longer-range battery technologies. The course will be lecture-based and is intended for anyone interested in EVs.

STEM310 · 8 Sessions

online

class size unlimited

M · 1:00–2:00PM

4/1/2024–5/20/2024

INSTRUCTOR: *Tom Anderson is an Alliance for Telecommunications Industry Solutions (ATIS) Senior Principal Technologist specializing in standards, architecture, and evolution of networks. He has also worked for major industry vendors including Cisco, Juniper, Alcatel-Lucent, and Bell Labs where he managed network technology evolution, strategy, standards, and architecture. He is currently engaged in 5G- and cybersecurity-related working groups within ATIS.*



Social Sciences

Includes current events, economics, finance, political science, sociology, philosophy, geography, and education.

NEW! Consumerism: Why is it So Important to Our Economy?

In this course we will discuss the origins of consumerism and how it affects our economy. Beginning with a discussion of some basic economics concepts, the course will delve into how consumerism drives our economy and, in particular, why consumers do what they do. The instructor will discuss the timeline and how government policy-making has shaped consumerism. We will focus on the BBC documentary “Century of the Self,” covering the period from the early 1920s to now. In particular, the class will discuss why people make consumer decisions, how public relations and advertising firms influence those decisions, and how our government shapes the processes.

SOC309M · 7 Sessions

Medford Higher Education Center – Room 118

class size 30

Tu · 11:00AM–12:30PM

4/2/2024–5/14/2024

INSTRUCTOR: *Jim Earley has an MS in agricultural and resource economics from Oregon State University, a BS in agricultural and resource economics, and a BS in fisheries biology. He has several hundred hours of additional training as a federal regulator and CEUs in various topics related to banking. He has taught classes in banking fundamentals and advanced banking topics, and taught two terms at OLLI on capitalism.*

Dig Deeper Into World Events and US Foreign Policy

Does a lot of what you read about in the news concern you—and maybe make you feel a bit overwhelmed? Do you wish you had a bigger picture—a deeper understanding—to help you make sense of it all? Do you wish you could share your concerns about the world with others? This eight-week interactive course will discuss eight global issues contained in the Foreign Policy Association’s “Great Decisions 2024” booklet: 1) technology, global trade, and sanctions; 2) the global climate technology race; 3) US and China rivalry; 4) the future for NATO, Russia, and Ukraine; 5) the Middle East and the Israel-Gaza conflict; 6) multilateral diplomacy at work: High Seas Treaty Case Study; 7) US and world readiness for the next pandemic; and 8) Indonesia and Southeast

Asia in global trade. Attendees are expected to read about 20 pages of material before each class. Most of the actual time in class will be spent discussing this material.

NOTE: The “Great Decisions 2024” booklet is required reading and will be distributed at the first class. Cost: \$35. Also required is the ability to respectfully discuss viewpoints different from your own.

SOC204A · 8 Sessions

Campbell Center – Room B

class size 18

Th · 1:00–3:00PM

4/18/2024–6/6/2024

INSTRUCTOR: *Karl Vischer had a 40-year career in international energy economics, 30 with the US Dept. of Energy. He has a BS in mechanical engineering, an MS in engineering economics, and an MBA. He has developed curricula and taught in such diverse fields as decision analysis, risk analysis, and graduate-level finance. He has participated in and facilitated “Great Decisions” courses numerous times, most recently at OLLI in Spring, 2023.*

Hot News & Cool Views

Hot News & Cool Views is an open discussion forum to explore and discuss breaking news from Oregon to “around the globe” each week. All differing views and opinions are not only welcome but essential to create lively discussion. The course will cover a wide range of topics, from politics to climate change to technology, medicine, and more. An agenda with articles will be sent to you a couple of days prior to each class. Students are encouraged to send in topics and news articles to add to each week’s agenda and our discussion. Please join us for a sizzling hot journey around the world with our fast, fun, and sometimes controversial class! Better than a strong cup of coffee to get your week going!

SOC139 · 10 Sessions

online

class size unlimited

Tu · 9:00–10:30AM

4/2/2024–6/4/2024

SOC139A · 10 Sessions

Campbell Center – Room A

class size 32

Tu · 9:00–10:30AM

4/2/2024–6/4/2024

INSTRUCTOR: *Rick Vann is a retired corporate executive from the foodservice industry. In addition to four decades of experience in the corporate world and a business degree from San Diego State University, Rick brings enthusiasm and organization to Hot News & Cool Views. The success of our class is largely a product of the wisdom, knowledge, and experience of our great group each term with many “veterans” of the course!*

Introduction to Racial Justice

Together we will unpack what race means historically and socially and how racism functions in American society. We will establish common vocabulary to support fruitful conversations, and we will dive into the history of racism in our country, including how that history has socialized us and where we see the impact of that history today. We will also learn about, discuss, and wrestle with topics like implicit bias, microaggressions, whiteness, IRO and IRS (how all of us internalize messages about race), and racial trauma. Pre-work will be assigned weekly via email, containing assignments that should be completed before the start of the class (about two hours each week of videos/reading/reflective writing). This prepares students for class teaching and our discussions. Classes are structured to build on previous lessons and topics, so attendance at all six classes is expected, as is a high level of engagement. This is not a class where you will sit back and passively obtain information.

NOTE: Homework is assigned via email and includes podcasts, YouTube videos, and articles.

SOC184 · 6 Sessions
online
class size unlimited
W · 9:30–11:30AM
4/17/2024–5/22/2024

INSTRUCTOR: Sarah Dornbos has an MA in social justice and has created and led more than 20 professional development workshops on race/racism for the Los Angeles Unified School District. She has been a guest speaker on the topic of racial trauma and microaggressions. Sarah Obermeyer has a PhD in nursing education. Together she and Dornbos have taught *Introduction to Racial Justice* courses for *The Center for Restorative Justice* and OLLI.



NEW! JFK and SCORE: Helping Small Business

This course traces the role of small business in America and the history of SCORE (Service Core of Retired Executives), created in response to President Kennedy's challenge to "ask what you can do for your country." It is the nation's largest network of volunteer, expert business mentors helping small businesses succeed. We will explore the stages in the life of a business, the role SCORE can play, the business mentoring process, the benefits and requirements of volunteers, SCORE's resource partnerships, and role in the community. Learn more about this quiet but powerful organization at work in your community. You may discover that you want to be part of it. Two themes are predominant in this course: the history and impact of small business and SCORE on the American way of life, and finding purpose through mentoring.

SOC307A · 5 Sessions
Campbell Center – Room D
class size 50
F · 11:00AM–12:00PM
5/10/2024–6/7/2024

INSTRUCTOR: Bruce Kelling has been a certified SCORE mentor for three years. He has mentored more than 50 businesses in a wide range of business activities and types of businesses. Prior to his SCORE involvement, he founded and served as CEO of two successful IT companies. He has served on multiple boards of directors including a Washington, DC-based non-profit organization.

NEW! Literacy Warriors

Headlines from around the country indicate that many public school students today cannot read. In the book "Reader, Come Home," author Maryanne Wolf states, "A large, fundamental mistake [...] is the assumption that reading is natural to human beings and [...] will simply emerge 'whole cloth' [...] when the child is ready." In this course, participants will explore fun materials and techniques for helping non-readers and struggling readers to improve their reading fluency. Attendees will practice developing and using games, puzzles, and manipulative materials that are either very inexpensive, free to download, or very easy to make. A composition book is essential for taking notes to refer to when coaching students.

NOTE: Suggested advance reading: "Reader, Come Home" by Maryanne Wolf, chapter Letter 2, "Under the Big Top," available in Jackson County Library System; "Teacher" by Sylvia Ashton-Warner, chapter 2, "The

Key Vocabulary,” available online. Please bring a composition book and writing implement to all classes.

SOC306M · 3 Sessions
Medford Higher Education Center – Room 118
class size 20
W · 1:00–2:30PM
4/3/2024–4/17/2024

SOC306A · 3 Sessions
Campbell Center – Room A
class size 20
W · 1:00–2:30PM
5/22/2024–6/5/2024

INSTRUCTOR: *Stephanie Bartlett is a novelist, play-reviewer, and retired educator with two BS degrees, three Oregon teaching certificates, and more than 11 years of experience teaching students from pre-school-age to adult. In working with a number of non-readers and struggling readers, she has developed a toolkit of ideas, strategies, and simple, inexpensive materials.*

Making Sense of the Climate Crisis

Making Sense of the Climate Crisis is for any human living on Mother Earth. It is based on the community version of Wake Up World, A Curriculum on the Climate Crisis for Community Groups. This course will provide students with a basic understanding of what the vast majority of climate scientists agree on about the state of our ecosystem. It will also enable them to critically evaluate what they see and hear daily regarding the climate crisis. It is broad in scope and introductory in nature. It will provide a structure for understanding so that we can all move from our default position of causing the problem to making a choice to be part of the solution. No previous knowledge is necessary, only an openness to learning. Participants will be asked to review material before we meet on Zoom, so that we can spend our time in discussion and new materials.

NOTE: The curriculum is available free of charge at www.wakeupworld.earth.

SOC196 · 3 Sessions
online
class size unlimited
Tu · 1:00–3:00PM
4/9/2024–4/23/2024

INSTRUCTOR: *Anita Dygert-Gearheart is the primary teacher for this course. She is a retired clinical social worker and has taught OLLI courses in the past and taken many. She, with her husband, Dr. Robert Dygert-Gearheart, have recently published a curriculum on the climate crisis after two years of study, classes, books, podcasts, and documentaries. They offer this*

curriculum free of charge on their website for individual study or group facilitation.

NEW! Meet the Faculty: SOU School of Social Sciences

This course provides an opportunity for OLLI members to interact with SOU School of Social Sciences faculty and learn about their areas of specialization and research interests. The first two sessions will focus on the Department of Clinical Mental Health Counseling; the following two will focus on efforts within the Department of Psychology. Every session will include a lecture presentation and a Q and A follow-up. Class discussion is encouraged. Dustin Walcher, PhD, Director, SOU School of Social Sciences will provide oversight. The lecturers and topics are: Cody Christopherson, PhD: We have issues: mental illness in comics and graphic novels; Lindsey Warwick, PhD: The Sibling of PTSD: complicated grief and insights from trauma therapy; Noriko Toyokawa, PhD: Lifespan development: changes, stability, and adaptation; and Joshua Goodman, PhD: Family and Community Support for LGBTQ+ Youth.

NOTE: There are no expectations regarding participant knowledge level and experience; all are welcome. Presenters may provide optional material online for review before the session.

SOC311A · 4 Sessions
Campbell Center – Room E
class size 75
W · 1:00–3:00PM
4/3/2024–4/24/2024

INSTRUCTOR: *Dustin Walcher, SOU Professor of History and Political Science, is Director, School of Social Sciences, at SOU. He holds a BA degree from UCLA and MA and PhD degrees from Ohio State University. He provides the coordination and oversight of this course. The four presenting faculty all hold PhD degrees in their academic fields.*



NEW! Rogue Reimagined— Co-Creating Community Resilience

Rogue Reimagined is the nation's first multi-jurisdictional disaster recovery plan. The Jackson County Community Long-Term Recovery Group (JCC LTRG) launched this critical planning process in response to the 2020 Almeda and South Obenchain fires that evacuated over 40,000 Jackson County neighbors and left 6,800 without homes. This course will shed light on the herculean efforts of local partners to forge a path to a more connected, more resilient, and thriving Rogue Valley. This series will include lectures, discussions, and a panel discussion.

SOC310A · 3 Sessions
Campbell Center – Room C
class size 18
Tu · 9:00–10:30AM
5/14/2024–5/28/2024

INSTRUCTOR: *Caryn Wheeler Clay is the Executive Director of the Jackson County Community Long-Term Recovery Group. With almost 20 years as a public health practitioner, she lends her expertise in systems design and continuous quality improvement to convene partners to identify paths forward, building bridges to strengthen community connections and bolster individual and systems resilience.*

The Constitution in Everyday Life

This country is facing an unprecedented constitutional event this spring when a man who is running for president will be facing trials for crimes that suggest that he is unable to affirm his oath of office to “preserve, protect and defend the Constitution.” This course will examine and discuss the issues involved. The instructor will email notes weekly on the issues that will be covered and discussed at each class session.

SOC146 · 4 Sessions
online
class size 30
W · 11:00AM–12:00PM
4/3/2024–4/24/2024

INSTRUCTOR: *Betsy Massie taught US history and the US Constitution to 11th and 12th grade alternative students. She has taught for over four years with OLLI, developing courses focused on the Constitution in our everyday lives, including one about the January 6th insurrection. In addition, Massie has prepared and delivered a Ted Talk on the Constitution entitled “Use It, or Lose It.”*

Writing Systems: Language Made Visible

Writing is a remarkable invention, a technology that captures language in a form that can be preserved and transmitted over space and time. Writing developed independently in several parts of the world. This course will examine how it may have arisen and evolved. Insights about the sound systems of languages led to alphabets and syllabaries, while other forms of writing, such as Chinese characters, retain distinct symbols for individual words. We'll take on the myth that Chinese characters represent ideas or concepts, independent of the language. We'll also look at the intriguing stories of how some ancient scripts—Egyptian hieroglyphics, Linear B, and Mayan writing—have been deciphered. Lastly, we'll examine technologies related to writing, such as printing and electronic devices, and consider some of the social and political aspects of writing. Course sessions will include weekly lectures with opportunities for discussion.

SOC181M · 6 Sessions
Medford Higher Education Center – Room 118
class size 30
F · 1:00–2:30PM
4/19/2024–5/24/2024

INSTRUCTOR: *Tony Davis holds a PhD in linguistics from Stanford University. He taught as an adjunct for 15 years in the Linguistics Dept. at Georgetown University while working as a computational linguist at various companies in the Washington, DC, area before moving to Ashland in 2016.*





Osher Lifelong Learning Institute Membership Application

Membership:
 new member
 renewing member

Member Information	First name	Middle initial	Last name
	Date of birth		
	Day phone	Cell phone	
	Street address		<input type="checkbox"/> This is a change of address
	City	State	Zip
	<input type="checkbox"/> I prefer to opt out of receiving a printed course catalog in the mail (an online catalog is available)		
	Email address	<input type="checkbox"/> This is a change of Email	

Volunteering	<input type="checkbox"/> I'm interested in volunteering! Please have the Office staff contact me.
	<input type="checkbox"/> I'm already volunteering and satisfied with my role.
	<input type="checkbox"/> I just want to take classes. (And I know I can find more information on the back to learn more.)

Payment and Donation Options	SPRING SPECIAL! \$75 for one term (Spring 2024)	
	The OLLI Annual Membership fee is not refundable.	
	Payment of your OLLI registration dues and your donation can be combined. We accept checks and credit cards. If you wish to apply for a reduced-fee scholarship, please contact the office for more information.	
	Spring membership payment @ \$75 per person:	\$ _____
	Little-known fact: The OLLI annual membership fee covers about half of OLLI's total operating cost.	
	I want to support the OLLI annual fund with my tax deductible gift of:	\$ _____
	This is a joint gift with _____	
	<input type="checkbox"/> Please keep my gift anonymous	
	Total payment amount (membership fee + annual fund donation):	\$ _____ (TOTAL)
	To pay by check: Make check payable to "OLLI". OLLI is an affiliate of the SOU Foundation. OLLI's federal tax I.D. number is 23-7030910.	
To pay by credit card: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard		
Card number: _____		
Expiration date: / _____	3- or 4-digit security number on back of card: _____	
Signature: _____		
Note: If you prefer, you may pay by credit card over the telephone by calling the OLLI office at 541-552-6048. OLLI's <i>postal address</i> is 1250 Siskiyou Blvd., Ashland OR 97520. The <i>street address</i> is 655 Frances Lane.		

Questions? Email olli@sou.edu or telephone 541-552-6048

Volunteer at OLLI!



Keep Membership Affordable

OLLI is a volunteer-run program, and volunteers do essential work that helps keep costs down.



Make Friends & Create Community

Working together on a project or committee is a great way to get to know people.



Use Your Skills/ Try Something New

Put your skills and experience to good use, **OR** explore your options, and learn new skills.



Optimize your health and happiness

Meaningful activities are good for your health—physical, mental, **and** emotional.



OLLI at SOU is YOUR OLLI

We're a member-driven organization, and volunteers are behind **everything** that happens here.

OLLI at SOU's enthusiastic volunteer culture creates community and shared commitment. Research shows that active volunteers are happier, have better health, live longer, and feel like they have more time.

At OLLI, we believe in a "people first" approach, and OLLI has opportunities that match every area of interest, ability or availability. We want to get to know you, and connect you with engaging and meaningful activities that will deepen your connections to the OLLI community. OLLI thrives when everyone pitches in. And, as any volunteer will tell you, you gain more than you give by volunteering.

Volunteers can contribute remotely in many ways!

Yes! I want to become an active partner in OLLI's success, and increase my connections and engagement. Call me and let's talk about what I like to do and how I can get more involved.

Yes! I'm currently active and volunteering at OLLI in a satisfying capacity. I'll let you know when I'm ready for more or different responsibilities.

No thank you.
I just want to take classes for now.

Questions?

Contact the OLLI office at olli@sou.edu
or call 541-552-6048



OLLI at SOU

Course Request Form

SPRING 2024

Locations of Classes

A letter at the end of a course number denotes the location where an *in-person* course meets.

A = Ashland (the OLLI at SOU Campbell Center or other venues)

M = Medford (the Higher Education Center or elsewhere)

Online courses or sections will not have a letter after their course number.

Want to save paper and stamp?
Register online at sou.edu/olli

Name _____ Phone _____

Email _____ This is a change of Email

Please complete this form and mail it to:

OLLI at SOU
1250 Siskiyou Blvd.
Ashland, OR 97520

Note: OLLI’s physical street address is 655 Frances Lane, Ashland. The address “1250 Siskiyou Blvd.” is used for post mail only.

Course Requests Lottery: Monday, February 26 to Friday, March 8

During this phase of registration, your course requests are limited to a maximum of three courses. The results of your course requests will be emailed or mailed to you by Monday, March 18.

Please note: our computer system only accepts up to three requests.

Choice Course Number Course Title

1		
2		
3		

Open Enrollment Begins Monday, March 25

Once Open Enrollment begins, members may register for as many additional courses as desired on a space-available basis. Sign up online or by using this form. Multiple forms may be required if adding more than three courses. Please use a separate course request form for each individual member.



OLLI at SOU

Registration and Getting the Courses You Want

Course Requests Lottery

There are **two** registration periods. The first is named “**Course Requests**”. During this two-week period, you can make **up to three course requests** either online, or by submitting the paper registration form to the office **anytime** before the deadline. When doing this, be sure to **prioritize** your courses to optimize your chance to be enrolled in a high-demand course. When submitting online, you will **immediately** receive an email confirmation. If not, contact the office. After the “Course Requests” registration period closes, courses are filled in this order by a computer lottery:

1. The 1st priority course of Council Members and Committee Chairs as a thank-you for their work.
2. All submissions with only 1 course request
3. All requests assigned 1st Priority
4. All requests assigned 2nd Priority
5. All requests assigned 3rd Priority

Note: The online system does not restrict your lottery requests to three courses. If you do request more than three courses, the additional requests will not be processed and will show up as a “drop.” Course requests beyond the maximum of three need to be submitted during Open Enrollment.

How to assign Priority online

When you submit your courses online, and the list of courses are in your priority preference, you are done. If you need to reprioritize the list: (1) click on “My Account” on the navigation menu, (2) then click on “Course Priorities” found in the list, and (3) assign priority to each course in the list, and (4) click on “Save Priorities” on the top of that table.

Notification of Lottery Results

A week after the “Course Requests” period ends, an email, or postal mail if no email, is sent with the course request status: Registered or Waitlisted.

How the Waitlist Works

If there are more requests than registration spaces available, and your request was not picked in the lottery, your name will be added to the waitlist which is sorted by the random number assigned by the lottery.

Open Enrollment Registration

A week after the “Course Requests” notifications are sent, you can register for as many courses as you like. This registration is done **first-come, first-served**. The website and the office has a list of “open” courses. Registration can be done either online, or by submitting a registration form to the office at any time. You can also register for a course with a waitlist. When a registration space becomes available, the office contacts the next person on the waitlist.

Making Changes:

Adds: During either of the two registration periods, you may add courses online or submit a revised course request form to the office.

Drops: As soon as you know you cannot attend a course, please notify the OLLI office by emailing olli@sou.edu or calling 541-552-6048. When you drop a course, it frees up a registration space for someone else. Drops cannot be done online.

Questions: Please contact the OLLI office at olli@sou.edu or 541-552-6048.



Make a difference Be a hospital or hospice volunteer

Your talents and gifts are needed!

By joining Asante's volunteer programs, you become an integral part of our team as we work together to make a difference in someone's life.

Volunteer opportunities are available in Jackson and Josephine counties. Join us today!

Hospice volunteer: (541) 789-5005

Hospital volunteer: (541) 789-5875

No experience necessary. Free training provided.



 **ASANTE**[®]
Community lives here.

HOSP304628_06/2023



OLLI *at* SOU

1250 Siskiyou Blvd.
Ashland, OR 97520

NON-PROFIT ORG
US POSTAGE
PAID
Southern Oregon
University

Join a Community of Curious Adults Varied Class Settings: In-Person and Online



In-person classes and connections



Online classes and connections

Sign Up Now for OLLI Spring Classes

Take all the classes you want

- ◆ 120+ to choose from
- ◆ Diverse range of topics

Many ways to connect

- ◆ Stimulating class discussions
- ◆ Learning activities
- ◆ Interest groups
- ◆ Social events

**Special One-Term
\$75 Member Fee**

No additional per course tuition

Learn More. Age Less. Together.