

Osher Lifelong Learning Institute
OLLI *at* **SOU**
Southern Oregon University

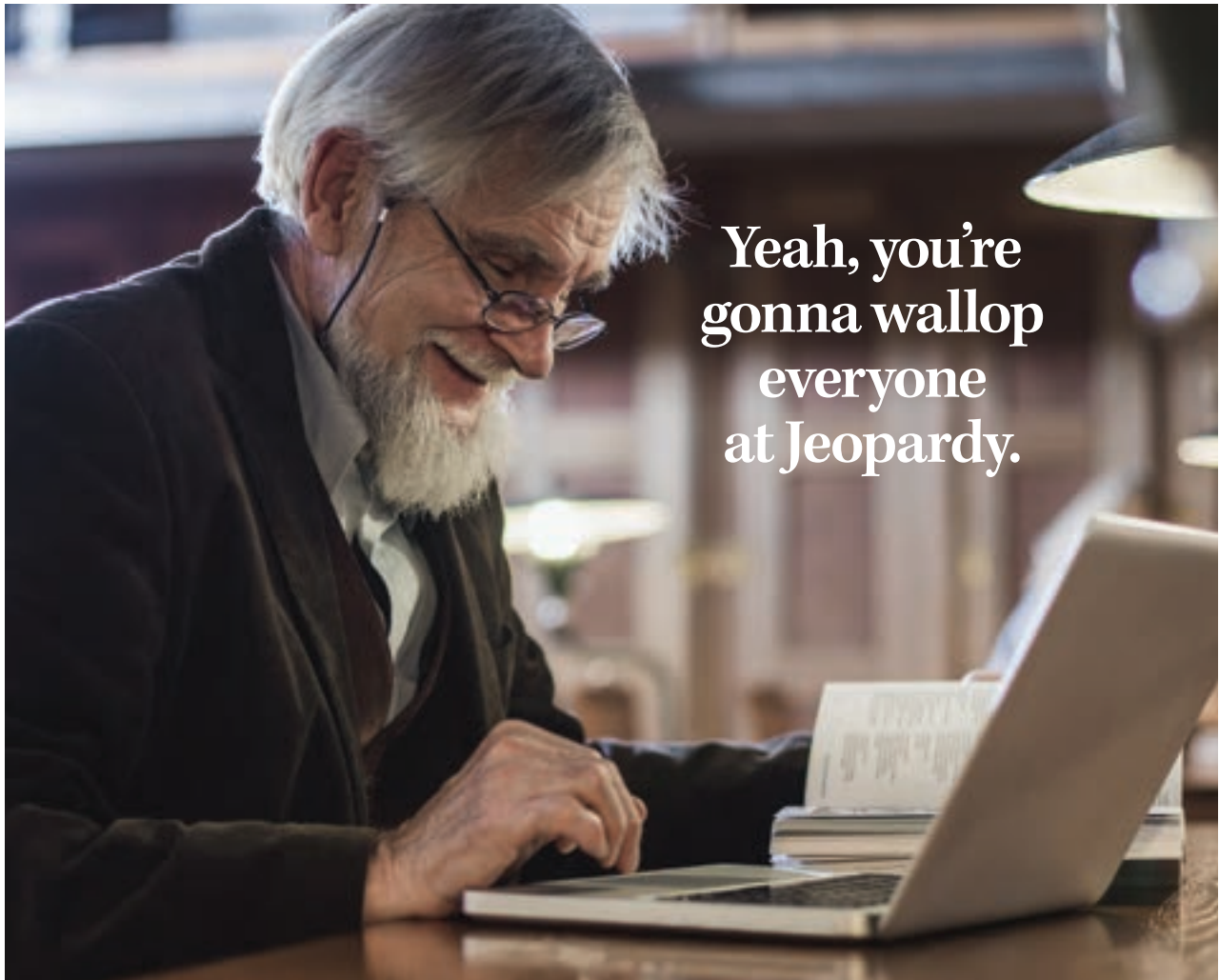


Winter 2024 Course Catalog

January 8 to March 15, 2024

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

Come for the Classes, Stay for the Connections



**Yeah, you're
gonna wallop
everyone
at Jeopardy.**

**And that's just one of the many
benefits of lifelong learning at
Rogue Valley Manor Senior Living.**

With classes and activities right
on our campus *and* through our
connection with OLLI and Southern
Oregon University, you can explore
almost any subject you can imagine.

Photography, film, music, theater,
languages, history, literature, science,
engineering, etcetera...

Of course, Jeopardy Walloping is
more like an after-school sport.

Just so you know.



**Call today for more information
or to schedule your visit.**

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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 cover artwork is an acrylic painting titled "Snowy Silence" by OLLI supporter Pam Haunschild. See more of her nature-inspired work at Art & Soul Ashland Gallery or online at www.pamhaunschild.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

Winter 2024 Course Catalog

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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.



For details about all OLLI events and programs check out the weekly Newsflash email and 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 53 or visit the OLLI website: sou.edu/olli

2

Submit your course requests to the course lottery between November 6 and November 17.
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 56 for additional details.

3

After the course lottery closes, receive email notification of your course lottery results (on December 4).

4

Register for additional courses that have available seats during the open enrollment period, beginning December 11.

OLLI Leadership 2023–2024

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and President-Elect
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Susan Stitham, Secretary
Joyce Avery, Director
Bonnie Cassel, Director
Mary Devlin, Director
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Community Outreach
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Curriculum
Ginny Blankinship and
Anne Coleman, Co-chairs
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Leadership Development
and Recruitment
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Member Services
Chair TBA
Venue and Technology
Planning
Lorraine Vail, Chair

OLLI Administration

Administrative Director, OLLI
Heather Inghram
Office Assistant
Paige Jensen
Volunteer Coordinator
Taliah Mortensen
Office Service Specialist
TBD

Greetings from the OLLI Council President

Here we are, on the brink of a new year AND the Winter 2024 term of OLLI at SOU! Do you feel like a kid in a candy store?

Each new catalog brings a sense of excitement to OLLI lifelong learners. Courses in the Social Sciences, STEM (Science, Technology, Engineering, and Math), Literature, and History are always most popular, and we have many to choose from this term. However, I encourage you to browse the **entire** catalog. You might be enticed by an unexpected course that offers an opportunity to learn something new.

Be sure to read the weekly OLLI Newsflash, which is emailed each Monday. It contains announcements about one-time programs and events that will be happening throughout the term. Many require an RSVP, and the Newsflash is the best way to ensure you are connecting with everything OLLI has to offer.

Did you know that your OLLI Membership entitles you to discounts from our SOU partners? Oregon Center for the Arts offers wonderful music and theater performances throughout the year. SOU sports fans can take advantage of discounted tickets to Raiders athletic events. And a discounted membership with Friends of Hannon Library entitles you to library benefits, access to their Library Speaker Series, and other events. Check out the OLLI Membership Benefits page for details on all OLLI discounts.

Although we're on the brink of Winter term, our Curriculum Committee is already thinking ahead to Spring. Is there something you could share with others by teaching an OLLI course? Now is the time to take the plunge! Course proposals for Spring 2024 are being accepted from November 15–December 15. To get more information, visit our website (<https://inside.sou.edu/olli/teach/index.html>) or contact the OLLI office to connect with someone who can provide more details or help you with completing the course proposal form.

Finally, if you're reading this catalog and you're not already a member of OLLI at SOU, please consider joining. We'd like to welcome you into our community, and your membership fee will help support our lifelong learning program.

Sincerely,

Tracy Palermini
OLLI at SOU Council President



Tracy Palermini

**Become
an OLLI Member:
go to sou.edu/olli
to register!**



Become a Volunteer Instructor for OLLI at SOU.

**Teaching:
a great way
to deepen
your knowledge
and skills!**



- **Never taught before?** OLLI Curriculum Committee volunteers will help you organize your course and learn any technology that may be needed.
- **Trainings for new instructors:** New to OLLI Instructor Orientation will be held on Dec. 2, from 10 AM-noon on Zoom.
- **Do I need to be an OLLI member to teach?** No! All are welcome to teach a course in-person or online. And, with Zoom you can teach from anywhere.
- **How do I find out more?** Visit sou.edu/olli or call 541-552-6048

Note:

**Course proposals for Spring 2024
are invited Nov. 15–Dec. 15**

Standing out from the crowd

People often ask me to describe OLLI at SOU and explain how it fits into the university. My knee-jerk reaction usually includes words like “partnership,” “innovative,” “opportunity,” and even “micro-campus.” Each conversation reminds me just how much OLLI at SOU **stands out** in comparison to many similar programs at larger universities. So imagine my delight when I heard my own sentiments repeated by Steve Thaxton, executive director of the National Resource Center for Osher Lifelong Learning Institutes when he visited campus this summer.

What exactly makes our OLLI stand out nationally? First and foremost, it is our cadre of stellar volunteers.

Based on our own data and that of the national center, we have about 400 fully participating volunteers. The national average for other OLLI programs is 150. Think about that for just a minute.

You are helping to operate one of the nation’s most successful programs, and opportunities to assist are nearly endless. You can review course proposals, scoop ice cream at the annual meeting, be part of the Open House (average attendance: 800), or march in the Ashland Fourth of July parade. You can also help in the office, teach a course, or tend the flowers in the courtyard.

Additionally, OLLI at SOU boasts an average of **1,400** members, compared to a national average of 920. That is truly remarkable, especially post-pandemic.

Mr. Thaxton congratulated the OLLI team for quickly pivoting to virtual classes during the pandemic. Even more impressive is how OLLI at SOU has made teaching hybrid classes a business-as-usual activity—extending the OLLI reach to members who live in Medford, Butte Falls, and even Maine. The OLLI Governing Council and Administrative Director Heather Inghram are dedicated to making our program accessible so even more people can enjoy the enriching programs and classes that are at the heart of OLLI at SOU.

As an administrator, I personally love to hear third-party validation. It helps me appreciate how we stack up against our peers, and it provides a path toward achieving even greater things. For now, I want to celebrate OLLI at SOU and congratulate each of you for helping OLLI stand out from the crowd.

My best,



Janet Fratella

Vice President for University Advancement
and Executive Director, SOU Foundation



Janet Fratella



OLLI COURSES WINTER 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 Nov. 6 - closes Nov. 17.
Open registration begins Dec. 11 - Winter term: Jan. 8–March 15

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
- Oak Street Dance Studio, 1287 Oak St
- SOU Art Building, 555 Indiana St

Medford

- RCC/SOU Higher Education Center (HEC), 101 S Bartlett St


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 Winter 2024

 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						
A Deep Dive into the USA and the Holocaust	Phil Meyer	1/8	7	1–2		20
Ten Classical Musical Films: Part 1	Roy Sutton	1/8	10	1–4		10
Readers Write Personal Narratives	Jaffe / Pratt	1/8	6	2–3:30		19
Free the Shoulders, Arms, and Hands	Moondance Forest	1/8	6	3:30–4:30		30
Beginning East Coast Swing	Clay / Heyerman	1/8	6	5–6		30
Introduction to Tai Chi for Health and Longevity	Moondance Forest	1/8	6	5–6		30
The Good Life of Human Flourishing	Richard Lang	1/8	8	11–12:30		38
Knitting Stitches	Kay Johnson	1/22	7	1–3		41
Talking About Death As If It Might Happen to Us	Joanne Kliejunas	1/22	6	1–3		28
Yoga Basics	Briana Gullo	1/22	4	9–10:30		32
Physics for Nonphysicists: Quantum Theory	John Johnson	1/22	7	11–12:30		46
Painting Lively Modern Folk Art	Lisia Farley	1/29	6	1–3		15
Decoding Medieval (and later) Art	Alice Taylor	2/5	6	11–12:30		15
Physics and Animal Perception	Tom Woosnam	2/19	4	9–10		45

Tuesday

Moving Forward on Your Own After Losing a Partner	Howard Jay Rubin	1/9	4	1–2		26
Peace of Mind When Buying or Selling Your Home	Jim Berns	1/9	4	1–2:30		27
The Evolutionary Psychology of Morality	Dave Ferguson	1/9	7	1–3		47
US Supreme Court Cases: 2019 Through 2023	Michael Wells	1/9	10	1–3		22
Exploring Ukrainian Culture Through Women's Lives	Louise Paré	1/9	8	1:30–3:30		36
Earth's Climate: Past, Present, and Future	Grove / Santer	1/9	6	3:30–5:30		43
Have Fun Cooking and Sharing Recipes	John Pratt	1/9	6	3:30–5:00		40
Introduction to Creative Writing	William Lawson	1/9	10	3:30–5:00		18
Beginning MS Excel for PCs	Holly Campbell	1/9	8	9–10:30		42


























TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Hot News & Cool Views	Rick Vann	1/9	10	9-10:30		50
Elizabethan Times: A Day in the Life	Jaffe / Woosnam	1/9	6	9-10		21
Japanese Braiding: Kumihimo Bracelet Making	Peggy Foster	1/9	3	9-10:30		40
Mindful Movement: Qigong and Stretching	Nando Raynolds	1/9	4	9-10:30		31
Nonfiction Writing Workshop	Paul Steinle	1/9	10	9-10:30		19
Understanding Insulin Resistance and Diabetes	Sarah Aitken	1/9	4	9-10		48
Community Journalism @ Ashland News	Steinle / Etling	1/9	8	11-12:30		17
Exploring Your Immune System	John Kalb	1/9	5	11-1		44
The Range of Light	John Schuyler	1/9	4	11-12:30		35
Adapt Your Own Script for Readers Theater	McMinimy / Stephens	1/16	8	1-3		14
Making Sense of the Climate Crisis	A. & B. Dygert-Gearheart	1/16	3	1-3		50
The Elegance of Mathematical Proofs	Irv Lubliner	1/16	5	1-3		47
A Journey from DNA to Development	Scott Boyer	1/16	6	4-5		42
The Holocaust Through the Eyes of a Survivor	Irv Lubliner	1/16	4	11-12:30		29
The Mature Voice	Sarah Oppenheim-Beggs	1/16	6	11-12:30		13
Talking About Death As If It Might Happen to Us	Joanne Kliejunas	1/23	6	9-11		28
Conversaciones	Ginny Blankinship	1/30	6	3:30-5:00		22
The Writers' Buffet	Dori Appel	1/30	6	11-12:30		20
Life Happens: Now What? Life Transition Skills	Howard Jay Rubin	2/6	4	1-2		26
Cut-up Poetry	Sallie Ehrman	2/6	4	3:30-5:00		17
The Gospel of Thomas	Jerome Dirnberger	2/13	3	11-noon		52
Slowing Down to the Speed of Life	Dan Altman	2/20	4	1-2:30		38
Care Circles: Informal Aging Support	Bellegia / Johnson	2/20	3	9-10:30		25

Wednesday



Brazilian Spiritual Healing and Mediumship	Helene Valania	1/10	7	1-2		36
iPhoneography: It's Not Just Luck	Meri Walker	1/10	5	1-3		15
Ten Classic Comedy Films: Part 1	Roy Sutton	1/10	10	1-4		9
A Citizen's Guide to Fire Behavior and Weather	Mary Kwart	1/10	5	3:30-4:30		33
Wines of the World	Dan Dawson	1/10	6	3:30-5:30		24
An Appreciation of Jazz: the Vocalists	David Stone	1/10	5	9-10:30		10
Bach to the Future: Great Works for the Orchestra	Cynthia Hutton	1/10	9	9-10:30		10
Introduction to Guitar Playing	Randall Walker	1/10	8	9-11		13
Enjoy German	Udo Gorsch-Nies	1/10	10	11-12:30		22
Let's Write One Short Story...Together!	Timothy Kelly	1/10	10	11-12:30		18
The Constitution in Everyday Life	Betsy Massie	1/10	4	11-noon		51
Broadway Musicals: Let Us Entertain You	Rubin / Lane	1/10	5	11:30-1		11
Winter Walking on Ashland's Trails	Diane DeMerritt	1/10	6	noon-2		32
Front Porch Music	Norman Hale	1/17	8	9-10		12
Gardening for Beauty and Biodiversity	Robin McKenzie	1/17	5	11-12:30		34
Ancient Greek Art: Geometric and Archaic Periods	Allison Renwick	2/14	5	1-3		14
Retirement and Your Money: What You Should Know	Kenji Bleicker	2/14	3	1-2:30		27
Women at War	Jane Ballback	2/14	3	11-12:30		29
Examining "Wokeness"	Louis Kohler	2/21	4	9-10:30		49

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
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Thursday

Organizing and Sharing Digital Photos Using iCloud	Neal Strudler	1/11	5	1-3		45
Scott and Zelda	Sharon Dean	1/11	6	1-3		28
Skeptical Thought: Ancient to Modern	Ean Roby	1/11	10	1-3		51
Wildfire Resistant Homes and Gardens	Charisse Sydoriak	1/11	4	1-3		35
Independent Cinema: Movies that Make Us Think	Lorraine Vail	1/11	3	3-5		9
Gamache's World, Part 2	Alice Yucht	1/11	3	9-10:30		28
Hanford, Oregon's Nuclear Neighbor	Jeff Wyatt	1/11	3	9-10:30		44
Transforming Your Inner Critic Into an Inner Coach	Nando Raynolds	1/11	4	9-10:30		38
Everyone Can Be a Pundit	David Runkel	1/11	10	11-noon		49
Near Death Experiences	Alan Ackroyd	1/11	8	11-12:30		37
Submarines: Cold War to Recent Disasters	Kevin McCarthy	1/11	6	11-12:30		46
The Pacific Crest Trail	John Schuyler	1/11	4	11-12:30		34
Learning to Belong to Each Other and the Planet	Bob Heilbroner	1/13	9	11-12:30		36
The Art of Agitation: Shrink Wool to Knitted Felt	Margaret Mallette	1/18	3	1-3		41
Fake News, Filter Bubbles, and Fact Checking	Alice Yucht	1/18	2	9-10:30		50
How to Write a Romance!	Carmen Portnoy	1/25	8	3:30-5:00		18
The Schneider Museum's Exhibition: What's at Stake	Scott Malbaurn	1/25	2	4-6		16
Gordian Knot: Individual Liberty vs The Common Good	Susan Stitham	2/1	5	1-3		21
AI and You	Davis / Mueller	2/1	5	3:30-5:30		42
Exotic Travel	Maria Geigel	2/8	5	1-3		23
Going Viral	John Kloetzel	2/8	6	11-12:30		44
Playful Art for Everyone	Esposito / Fields	2/8	4	11-12:30		16
Experiments in Artificial Intelligence	James Jarrard	2/15	5	1-2:30		43
Four Small Choral Masterpieces	Peggy Evans	2/22	4	11-12:30		12
How to Be Your Own Patient Advocate	Lori Lind	3/7	2	1-3		26

Friday

Plants and People, Part 2	Melissa Lucklow	1/20	6	9-11		46
Exploring the Naked-Eye Glories of the Winter Sky	Leo / Baird	1/12	2	1-2		33
Independent Cinema: Movies that Make Us Think	Lorraine Vail	1/12	3	3-5		9
DIY FUNdamental Stock Analysis for Beginners	Couey / Smith	1/12	8	9-10:30		25
Russian Poetry in Russian	Levitt / Taylor	1/12	8	9-10:30		24
Anyone Can Do Basic Home Repairs, Especially You	Mitch Hrdlicka	1/12	8	11-12:30		39
Everyone Can Be a Pundit	David Runkel	1/12	10	11-noon		49
Have Fun Learning About Birds	Shannon Rio	1/12	5	11-12:30		34
Sanskrit Chanting for the Fun of It	Peggy Leviton	1/12	6	11-12:30		37
Wines of the Old World	Thomas Eckert	1/26	6	1-2		52
Learn To Move From the Inside Out	Odegaard / Petermann	2/2	5	9-11		31
Your Personal Journey Between Heart and Soul	Ronnie Kaufman	2/9	4	1-2:30		39

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.

Arts: Film/TV/Radio

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 films chosen for this course include both international and American filmmakers. The discussion will focus on the effectiveness of the film and explore the social, political, and cultural dynamics that shape the women characters. Two 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: Two separate sections of this course are offered: one is online, and one is held at the Campbell Center. The total cost for renting all the films should be about \$25.

ARTS156 • 3 Sessions
online
class size unlimited
Th • 3:00–5:00PM
1/11/2024–1/25/2024

ARTS156A • 3 Sessions
Campbell Center–Room D
class size 50
F • 3:00–5:00PM
1/12/2024–1/26/2024

INSTRUCTOR: *Lorraine Vail is an independent film enthusiast and has screened and curated films for the Ashland Independent Film Festival. She has taught many film courses at OLLI. Throughout her career, she has been involved with women’s advancement in business and higher education.*

Ten Classic Comedy Films: Part 1

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 begins the four-year (12-term) series of classic comedy films first introduced five years ago.

ARTS218A • 10 Sessions
Campbell Center–Room D
class size 50
W • 1:00–4:00PM
1/10/2024–3/13/2024

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-fifth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.*

Ten Classical Musical Films: Part 1

This class will feature 10 classic musical films featuring Fred Astaire and Ginger Rogers, starting with 1921's "Flying Down to Rio" and finishing with 1949's "The Barkley's of Broadway." 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 the end of each film. Students need bring nothing more than a desire to see these special musical films that are true classics and still enjoyable, no matter how many times one views them.

NOTE: This begins the four-year (12-term) series of classic musical films first introduced eight years ago and introduced again four years ago. There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

ARTS202A • 10 Sessions
Campbell Center-Room D
class size 50
M • 1:00–4:00PM
1/8/2024–3/25/2024

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-fifth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.



Arts: Music

NEW! An Appreciation of Jazz: the Vocalists

Jazz has many flavors, including traditional, big band, bebop, modern. Another flavor that adds variety to the genre is jazz vocals. Often ignored in favor of the instrumentalists (Davis, Getz, Brubeck, et al.), there is something uniquely captivating about hearing the human voice without the filter of an instrument. Some jazz singers emulate instruments (scat singing), others focus on interpretation of melody and lyrics. Vocalists often use the music of the Great American Songbook (Gershwin, Porter, Berlin) to impress the jazz flavor on the music. We will see and hear classic performances of iconic singers such as Louis Armstrong, Ella Fitzgerald, Sarah Vaughn, Tony Bennet, Mel Torme, Billie Holiday, Diana Krall, and even songs by artists not normally thought of as jazz singers (Johnny Mathis, Aretha Franklin, Ray Charles). The instructor will provide anecdotes revealing the human angle and personalities of the artists and the influences that shaped their lives and music.

ARTS301 • 5 Sessions
online
class size unlimited
W • 9:00–10:30AM
1/10/2024–2/7/2024

INSTRUCTOR: David Stone is a retired attorney who represented many performing arts companies in San Francisco. He has been an avid jazz fan since, as a teenager, he first heard the radio rebroadcast of the landmark 1938 Benny Goodman Concert at Carnegie Hall. Since then, he has satisfied his musical needs by immersing himself in the recordings and videos of the jazz greats, in their biographies, and in attending their live performances.

Bach to the Future: Great Works for the Orchestra

This lecture course traces the evolution of the modern orchestra from its beginning stage to the present time. Instruction focuses on works from the canon of classical music, beginning with the Baroque period and continuing into the modern era. Students should expect to listen to a YouTube recording of the work, to hear some background on its history and the composer, and to hear some comments on performance practice and text. A PowerPoint presentation will be the backbone of each session. No prior knowledge is required and there is no homework. Time will be allowed for discussion

and questions at the conclusion of each section and will be encouraged.

ARTS303 • 9 Sessions
online
class size unlimited
W • 9:00–10:30AM
1/10/2024–3/6/2024

INSTRUCTOR: *Cynthia Hutton holds a DMA and is Emeritus Faculty of Music from Southern Oregon University. During her tenure at SOU, she was Director of Bands and taught classes in Music Education and Performance. She regularly taught first year Theory and Fundamentals of Music to undergraduate students. She is the Director of the Youth Symphony of Southern Oregon and is a member of the Rogue Valley Symphony horn section.*

Broadway Musicals: Let Us Entertain You 🎭

This course is designed to inform and entertain you! There will be videos of scenes from the most popular Broadway musicals by decade from the 1890s to 2015. There will be reviews and short discussions of the leading writers of the lyrics and music such as Rodgers and

Hammerstein, Mercer, Cole Porter, George and Ira Gershwin, up through Lin Manuel Miranda. The leading choreographers, producers, book writers, and show doctors will also be discussed, along with behind-the-scenes stories regarding the making of the musicals. There will be opportunities for class discussion and questions. Join us for class sing-a-longs. Let us entertain you!

ARTS304A • 5 Sessions
Campbell Center–Room E
class size 75
W • 11:30AM–1:00PM
1/10/2024–2/7/2024

INSTRUCTOR: *Jerry Rubin holds a BA from Brooklyn College and an MA in history from New York University. He has experience as a Broadway producer and has seen 99 of the top 100 Broadway musicals, mostly on Broadway. He has taught numerous courses at OLLI, including both music and financial courses. David Lane holds a BA and MA from Fresno College. He has been a Broadway music lover since the age of 16. He will provide technical support for the class.*

Did you know? Membership fees only cover about *half* of our operating costs!



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Gifts to OLLI's Annual Fund are essential for operations and supporting areas of need. **Thank you for your generosity!**

NEW! Four Small Choral Masterpieces 📺

This lecture course will look at four small choral masterpieces: Vivaldi's "Gloria," Bach's "Magnificat," Schubert's "Mass in G," and Haydn's "Little Organ Mass," with one piece being looked at each week. Students should expect to listen to a YouTube recording of the work, to hear some background on its history and the composer, and to hear some comments on performance practice and text using a PowerPoint format. Students do not need any prior knowledge. Questions and comments will be encouraged via Chat.

ARTS306 • 4 Sessions
online
class size unlimited
Th • 11:00AM–12:30PM
2/22/2024–3/14/2024

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.



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NEW! Front Porch Music 🧑🧑🧑

We won't actually be playing on our front porches, but we WILL be playing the kind of music that's fun to share at parties, or informal gatherings with like-minded musicians. The first class session will discuss chord progressions and the practice of introducing and presenting a song. Each week, the instructor will present a song to start the class and students will be invited to bring a song to teach to the group, which everybody will play through. The experience of playing and singing with others, and leading songs in a comfortable, safe setting will allow students to build confidence. Songs should be easily accessible, easy to learn, and fun to play! Instruments would typically be guitars, banjos, mandolins, harmonicas, basses, and fiddles. Students are expected to be able to play chords in the basic keys of C, G, and D and have a tuner for their instrument. Minimal instruction might be given on chord progressions, styling, or music theory. No music reading ability is required.

ARTS307A • 8 Sessions
Campbell Center–Room D
class size 12
W • 9:00–10:00AM
1/17/2024–3/6/2024

INSTRUCTOR: Norman Hale has been playing guitar for 30+ years and likes nothing better than to play music with a group of friends. He believes strongly in the power of music to draw people together to share musical interests and prefers to think of his role in this class as a facilitator rather than an instructor. He has played regularly in the Playing Well With Others classes offered through Artichoke Music in Portland.



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 gathering dust somewhere, or can you find one to use for eight weeks? Then this introductory guitar course may be for you. Unlike many other instruments, you can actually begin to create pleasing music with the guitar within a few weeks. A variety of guitar-playing styles and techniques will be introduced. Sessions will consist of lectures and demonstrations, followed by group practice and each student having the opportunity to practice with guidance from the instructor. Students will need to provide their own guitars and be willing to spend some time at home reviewing the skills introduced in class. Having a music stand to bring to class and to use at home would be helpful. Weekly session guides will be emailed to each student by the instructor.

NOTE: Students will need to keep their fingernails cut short on their left hands, so that the fingernails do not contact the fingerboard.

ARTS309A • 8 Sessions
Campbell Center-Room E
class size 15
W • 9:00–11:00AM
1/10/2024–2/28/2024

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



The Mature Voice

Six sessions will delve into how to take care of the voice, strengthen and improve articulation and singing range, as well as experience the joy of music-making in ensemble. In each class, singers will learn specific warm-ups for development of the voice, as well as the solid science of how the voice works. Each class will focus on a particular aspect of singing, corresponding vocal exercises, and their implementation. Students need to have a fairly good ear, though they won't need to be able to read music. For creative material, we will use rounds.

ARTS315A • 6 Sessions
Campbell Center-Room E
class size 16
Tu • 11:00AM–12:30PM
1/16/2024–2/20/2024

INSTRUCTOR: Sarah Oppenheim-Beggs is a member of the National Association of Teachers of Singing and past president and vice president of the Music Teachers Association of California. She has sung and taught voice in the Bay Area, taught adult education voice at Maui Community College for their VITEC program, conducted The Olinda Chorale, and been artistic director for the nonprofit Musical Voices Maui. She currently teaches voice in Ashland.




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Arts: Theater

NEW! Adapt Your Own Script for Readers Theater

In this writing course, students will participate in the process of adapting a script from a short story or other genre into the presentation of a 10 to 15 minute performance, utilizing a radio/readers theatre format. Each class session will include lecture and discussion of script examples and script format. A guest speaker will discuss vocal characterization, production values and vision, and will offer hands-on help with students' projects. The course will culminate in a Readers Theatre performance of each student's final script. Research and script-writing will require some work outside of class. Everyone is welcome, and no previous experience is required.

ARTS300A · 8 Sessions
Campbell Center-Room B
class size 10
Tu · 1:00–3:00PM
1/16/2024–3/5/2024

INSTRUCTOR: Robbi McMinimy has a BFA in theater (directing); has 25 years' experience in directing, performing and technical theater; and has six years' experience performing readers theater.

Daniel Stephens has a BA in speech/theatre and an MFA in dance. His experience includes 10 seasons dancing at OSF; 30 years teaching Shakespeare studies workshops at SOU; and has served as adaptor, director, and performer at the Collaborative Theater Project for the past eight years.



Arts: Visual Arts

Ancient Greek Art: Geometric and Archaic Periods

Our on-going romp through western art history will look at Greek art from the collapse of the Mycenaeans c.1000 BCE to the Persian Invasions in 490 and 480 BCE. The ancient Greeks owed a great debt to the earlier civilizations of Egypt and the Near East, borrowing motifs and conventions from these older cultures. The first Greeks had to reinvent literacy and stone working after a Dark Age which ended in the 8th century BCE. To the art historian, perhaps the most important development was the return of the human figure, often nude, to art. Here begins a long evolution of form in space, with "man as the measure of all things" (Protagoras), that will evolve toward increasing naturalism and refinement. The stone temple was the singular architectural expression of the period. Pottery, with its new painting techniques, became a major art form. This is a lecture course, lavishly illustrated with PowerPoint images. Questions are welcome, but it is not a discussion class.

NOTE: While this course is part of an ongoing series, it's not necessary to have taken previous courses.

ARTS302A · 5 Sessions
Campbell Center-Room E
class size 75
W · 1:00–3:00PM
2/14/2024–3/13/2024

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 OLLI PowerPoint courses.



NEW! Decoding Medieval (and later) Art

Why is an ox looking over that man's shoulder? Is that bird dive-bombing the man below him? Maybe that pool belongs to the bird? Is that lady holding eyeballs on a tray? A key to understanding such puzzling images is often referred to as Christian Iconography, a vocabulary of narrative images. This lecture class will reveal some of the key codes in evangelist portraits, Gospel illustration, and the attributes of saints (to take those questions in order), and will examine illustrations of Revelation and the Old Testament. Prior to each class, students will receive an email with brief readings of the texts illustrated. Images will date from the third to the 21st centuries, with emphasis on the 12th and 13th. Discussion will be encouraged. No prior knowledge is assumed, although students with experience in this area are most welcome and will surely encounter examples they have not seen before.

ARTS305 • 6 Sessions
online
class size unlimited
M • 11:00AM–12:30PM
2/5/2024–3/11/2024

INSTRUCTOR: Alice Taylor received her PhD in art history. She conducted research for her dissertation in the Soviet Union, focusing on Gospel illustration. She has taught art history at all levels, from graduate seminars to introductory community college surveys since 1991. She especially enjoys interacting with fellow OLLI members. Her co-teacher, husband Marcus Levitt, PhD, taught at USC for more than three decades and has published widely on Russian literature. His Russian is excellent.

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 + 2 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 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: (1) Students will need to purchase Camera + Pro Camera and Editor from the App store for \$3.99/month. The other two apps are free. (2) 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.

ARTS313A • 5 Sessions
Campbell Center–Room A
class size 18
W • 1:00–3:00PM
1/10/2024–2/7/2024

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.

Painting Lively Modern Folk Art

Ready to take a deep dive into creating your own folk masterpiece? Surprise yourself with imagery created through simple drawing, collage, and painting exercises. Then follow along as you learn to distill and simplify imagery to shapes. Finally, use a step-by-step process to paint a colorful, vibrant painting glowing with light. Each session will start with samples, a demonstration, and time to create and share. The course meets three times a week for two weeks. No art experience is required. Instruction for each class builds on the previous session. Former students are encouraged to repeat this class. A supplies list will be emailed to registered students.

NOTE: Materials can cost between \$100 and \$150. Students may already have suitable materials.

ARTS250A • 6 Sessions
Campbell Center–Room C
class size 12
M, W, F • 1:00–3:00PM
1/29/2024–2/9/2024

INSTRUCTOR: Lisia Farley is a visual artist and sculptor. She creates and teaches through Farley Studios and Clay Circle Studios in Portland. Farley has an MA from Lewis and Clark College. She taught fine arts in the WLWV School District, Lewis and Clark College, and Marylhurst University for 33 years before starting her art business.

NEW! Playful Art for Everyone 🧑🧑🧑

Think you don't have artistic talent? Think again! Learn to have fun with art. Our playful exercises include doodling, scribbling, drawing Picasso style animals, and using blind contour drawing to draw objects, animals or faces with watercolor to paint them. Creating playful art can allow your inner artist/child to emerge. You may even want to try the exercises with your grandchildren. You can enhance your appreciation of the art process while not taking your efforts so seriously. Bring enthusiasm and willingness to explore and be silly. Playful creative art is for your enjoyment. There will be no critiques, criticism, or praise during this course. Each class will begin with movement to relax wrists, hands, fingers, and arms. Students need to bring their favorite pens, pencils, sharpies and any other art supplies they want to use. Supply suggestions will be sent to registered students. Watercolor pencils, card stock, and watercolor paper will be provided. No prior knowledge is needed.

ARTS311A · 4 Sessions
Campbell Center–Room C
class size 20
Th · 11:00AM–12:30PM
2/8/2024–2/29/2024

INSTRUCTOR: *Geri Esposito has taught SoulCollage and Vision Board classes for 15 years. She began to draw and paint with watercolors during the Covid pandemic. Her style is whimsical,*

free flowing, and colorful. Fran Fields photographs, draws, paints, and doodles. Her style is meditative, precise and intentional. They belong to the local art groups Anything Goes and Lunachix. Their distinct art styles make an excellent pairing for this course.

NEW! The Schneider Museum's Exhibition: What's at Stake 🧑🧑🧑

Meet the Schneider Museum of Art's Executive Director, Scott Malbaurn, to learn about the Winter exhibition through two classes. The first will be a classroom lecture with PowerPoint presentation. The second will be an in-person walkthrough of the exhibition. Meet fellow arts lovers and be confident in walking your friends and family through the exhibition with follow-up visits.

ARTS312A · 2 Sessions
SOU Art Building–Meese Auditorium
class size 25
Th · 4:00–6:00PM
1/25/2024–2/1/2024

INSTRUCTOR: *Scott Malbaurn is the Executive Director of the Schneider Museum of Art on the SOU campus. Serving both an academic and community audience, the museum builds a challenging environment that engages with the visual arts through exhibitions, programs supporting interdisciplinary study, research, and discourse. Malbaurn is responsible for curatorial, administration, planning, policy, and budget development and management of the museum.*



Arts: Writing

Community Journalism @ Ashland News

Community Journalism @ Ashland.news will explore the practices of community journalism, describing how it helps provide the information “oxygen” to facilitate democratic, economic, and social vibrancy in a community. Students will learn how stories and/or photos are assigned, reported, and prepared for publication. The course also teaches techniques for gathering, writing, editing, photographing, and publishing factual information about the citizens, events, politics, economics, and culture of a localized area, all intended to enhance a community’s quality of life. Participants will also formulate a reporting plan to supplement future editions of Ashland.news and prepare stories and/or photos for publication. Beginning the third week, students will gather news in the field, reporting or photographing, writing, and doing preliminary editing on each other’s reporting—all with an aim for publication. The reporting and editing cycle will be repeated three times.

ARTS263A • 8 Sessions
Campbell Center–Room B
class size 18
Tu • 11:00AM–12:30PM
1/9/2024–2/27/2024

INSTRUCTOR: Paul Steinle has been teaching workshops on reporting since 1991 and has also taught numerous non-fiction writing and film courses through OLLI. He has worked as a professional journalist since 1961. Steinle holds a BA from Amherst College and graduate degrees from Syracuse University and Harvard.

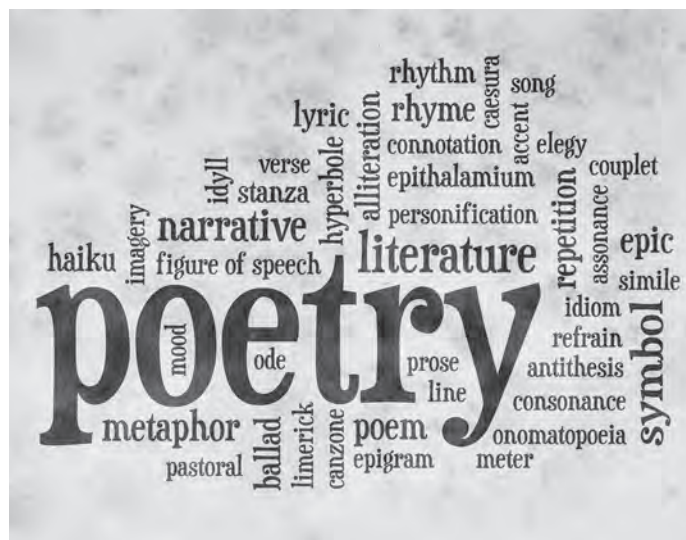
Bert Etling edited *The Daily Tidings* from 2014 to 2019. Previously, he edited community publications in Cambria and Solvang, California, and the *Applegater* news magazine. Etling is currently editor-in-chief of *Ashland.news*. He holds a BA from Stanford University.

Cut-up Poetry

In this course, expect to have an enjoyable time making poetry. During each session, the instructor will provide a prompt and students will create a poem from snippets they cut from a variety of books. The books, which will be supplied by the instructor, are mostly library discards, thrift store finds, or yard sale discoveries. Subject matter ranges from non-fiction manuals to wedding planning. Composing poems in this fashion broadens one’s experience of creativity. Anyone who can use a pair of scissors and who has an open mind and a playful spirit will succeed in this course. There are no prerequisites or homework. Students are welcome to repeat the class. All materials will be supplied by the instructor.

ARTS112A • 4 Sessions
Campbell Center–Room C
class size 18
Tu • 3:30–5:00PM
2/6/2024–2/27/2024

INSTRUCTOR: Sallie Ehrman is a published poet and has also won many awards locally and nationally for her poetry. Teaching and sharing poetry brings her much joy. This method of creating poetry is something she has practiced and taught for decades.



NEW! How to Write a Romance! 🧑🧑

Romance might be thought of as “love science fiction.” We know it’s not real, but it is such fun! The first class will start with learning about the basic concepts of a modern romance, followed by tools to uncover your hidden writing skills by free-form writing using sense memory tools. No experience in writing is required—just a pen, a notebook, and a willingness to commit to 30 minutes of writing in the first class and up to one hour in the following classes. In the last class, students who so wish will share their writing.

ARTS308A • 8 Sessions
Campbell Center–Room A
class size 32
Th • 3:30–5:00PM
1/25/2024–3/14/2024

INSTRUCTOR: Carmen Portnoy is the owner of Blue Illumination Press, where she has published three books of romance, an additional novel, a book of short stories, and two books of poetry. Next year she will release three books on investing for women and a textbook for women on how to have a successful career as a financial planner. She retired in July of 2021 after a long and gratifying career as a wealth management advisor.

Introduction to Creative Writing 🧑🧑

Come develop your writing in this ten-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 upon it constructively. 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.

ARTS148M • 10 Sessions
Medford Higher Education Center–Room 118
class size 10
Tu • 3:30–5:00PM
1/9/2024–3/12/2024

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.

NEW! Let’s Write One Short Story...Together! 🧑🧑

There have been some great short story writers down through the years: William Faulkner, Dorothy Parker, Alice Munro, and George Saunders just to name a few. How about you, me and nine other brave souls try to



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join that list. Let's all pitch in, and together we will organize our thoughts, construct an outline, and write the best damn short story the world has ever read. Together we will partake in the forming and writing of a single short story. Just to be clear, the students will NOT each be writing their own story. This will be a collaboration project. Eleven writers, one single story. Sounds like a gas, right? This should be a very enjoyable undertaking. All that is required is a pencil, paper, patience, and a willingness to compromise. Let's do it, and when we're all done, we will produce a public presentation of our masterpiece, maybe at an OLLI event!

ARTS310A • 10 Sessions
Campbell Center–Room A
class size 10
W • 11:00AM–12:30PM
1/10/2024–3/13/2024

INSTRUCTOR: Timothy Kelly has been a member of OLLI for over 10 years and has taught several courses including *Live—Greatest Speeches in History*, *Best American Short Stories of the Century*, and a playwriting class. He has himself written a number of plays, and has performed in numerous theaters across the country. Kelly is also an enthusiastic reader of short stories.

Nonfiction Writing Workshop

The Nonfiction Writing Workshop offers practical training to enhance nonfiction writing skills. Class materials include selected readings, posted online, that demonstrate key writing techniques practiced by well-known authors. Students are required to submit for analysis four 500 to 1000-word writing samples using content derived from their experience. Work will be submitted every other week by midnight Fridays. Students will read each other's work and share constructive criticism about style and content. The instructor will also comment on each exercise. The storytelling techniques emphasized are applicable for memoir, historical articles, long-form journalism, and book-length nonfiction for print or the internet. Students should expect to spend four-six hours a week reading assignments and students' work and writing. Previously taught courses have been amended annually, based on previous students' feedback.

NOTE: A paperback, "Bird by Bird," by Anne Lamott, is assigned to be read by the end of the term.

ARTS178A • 10 Sessions
Campbell Center–Room B
class size 15
Tu • 9:00–10:30AM
1/9/2024–3/12/2024

INSTRUCTOR: Paul Steinle has been teaching workshops on reporting since 1991 and has also taught numerous non-fiction writing and film courses through OLLI. He has worked as a professional journalist since 1961. Steinle holds a BA from Amherst College and graduate degrees from Syracuse University and Harvard.

Readers Write Personal Narratives

This course gives students a structured opportunity to write short personal narratives. The format comes from "The Sun" literary magazine, which includes a "Readers Write" section each month. We will review samples from past issues of the "The Sun" and write our own responses to the magazine's prompts. We will also look at upcoming topics and write essays that we may choose to submit for publication in the magazine. Students are expected to commit to writing one 400 to 600-word essay each week and share it on our interactive course website on SOU's Moodle. When students post essays, others may respond with answers to the following questions, intended to encourage supportive feedback: What did you notice? What struck you? How did you connect personally to the story? All students are welcome, regardless of writing experience. This course has been offered previously; however, all writing prompts will be new.

NOTE: There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

ARTS186 • 6 Sessions
online
class size 23
M • 2:00–3:30PM
1/8/2024–2/19/2024

INSTRUCTOR: Linda Jaffe holds BA, MBA and MFA (Writing) degrees. She has published poems in various literary publications as well as a published chapbook with two Ashland poets. Jaffe has taught many OLLI courses. John Pratt grew up in a family of cooks (mostly men) and English teachers (mostly women), and he carries this heritage into his OLLI teaching career. He taught in CA for 40 years and cooked for his family and friends throughout that time. Teaching writing inspires him to write more, and teaching a cooking class will enable him to enjoy the fruits of his labor with a glass of his home-made wine.

The Writers' Buffet

This course is designed to combine the rewards of creative exploration with the pleasures of sharing original literary works with responsive listeners. Writers at all levels will have opportunities to create new works in a variety of literary forms, including fiction, memoir, poetry, drama, and mixed genre hybrids, and to learn effective ways of presenting their writing to others. Class sessions will include in-class writing, discussions regarding various styles and approaches, and the sharing of work created in class and between class sessions. Prompts and examples will be provided, experimentation will be welcomed, and imperfection will be properly celebrated!

NOTE: Please bring paper and pen or your laptop to each class session.

ARTS145A · 6 Sessions
Campbell Center–Room A
class size 18
Tu · 11:00AM–12:30PM
1/30/2024–3/5/2024

INSTRUCTOR: Dori Appel has taught creative writing classes at OLLI for many years, including several variations of “The Writer’s Buffet.” Her plays, monologues, and poems have been widely published and produced, and awards for her plays include the Oregon Book Award in Drama in 1998, 1999, and 2001.



History

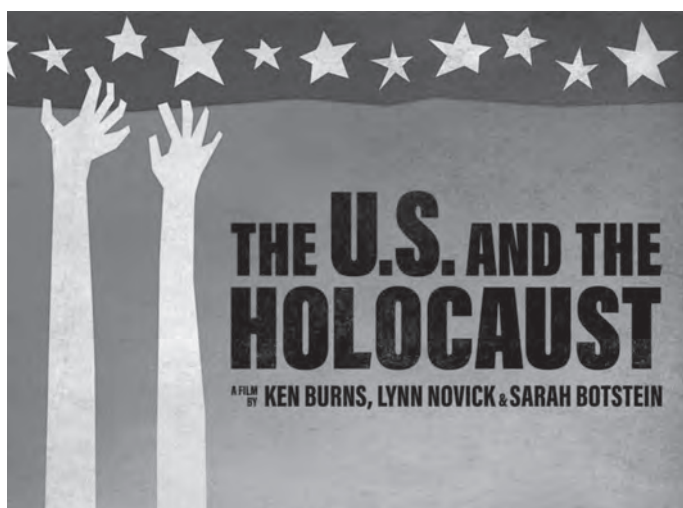
Includes US and world history.

A Deep Dive into the USA and the Holocaust

Ken Burns and his collaborators have been creating documentary films on PBS for over 40 years. Known for a 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. 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 to consider the United States and its 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. Watching the documentary in advance of the class is recommended, but not required.

NOTE: WARNING: This film and the course contain material that may be sensitive for some students. There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

HIST300A · 7 Sessions
Campbell Center–Room E
class size 75
M · 1:00–2:00PM
1/8/2024–2/26/2024



INSTRUCTOR: Phil Meyer, President and CEO of Southern Oregon PBS, has worked 30+ years in public media. The recipient of four Regional Emmys, 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.

NEW! Elizabethan Times: A Day in the Life

Yes, The Bard and The Globe and the Prince of Denmark. However, have you ever considered what everyday life was like during the Elizabethan Era? How did the average person dress? What might you have had for dinner on any given night? What was the medical treatment for a chest cold, melancholy, or certain “unmentionable” diseases? And then there’s courtship, marriage, and intimacy. Come join us for six lecture and discussion sessions, in which various topics will be addressed by a different lecturer each week. The topics and presenters are these: Police State and Religion (Tom Woosnam); Dress (Dianna Lee); The Elizabethan Theater Experience (Susan Stitham); Food (Susan Edgerley); Hygiene and Medicine (Earl Showerman); Sex, Courtship, and Marriage (Linda Jaffe). Whether you have an interest in all things Shakespeare, a particular interest in the Elizabethan Era, or whether these topics just pique your interest and curiosity, come join us for our presentations and lively discussions.

HIST301A • 6 Sessions
Campbell Center–Room D
class size 45
T • 9:00AM–10:00AM
1/9/2024–2/13/2024



INSTRUCTOR: Linda Jaffe holds BA, MBA and MFA (Writing) degrees. She has published poems in various literary publications, and published a chapbook with two Ashland poets. Jaffe has taught many OLLI courses. Tom Woosnam, a high school physics instructor for 45 years, taught the OLLI course *Physics in the Home, Headlines and Universe in the Winter quarter of 2023*. Prior to that he taught the OLLI course *Belief and the Shakespearean Authorship Question*.

NEW! Gordian Knot: Individual Liberty vs The Common Good

In his 2016 book, “American Character,” Colin Woodard builds on his work in “American Nations” (2011) to examine the “key American political dilemma: how do we best reconcile individual liberty with the good of the community?” Tracing our struggle with this existential conflict through American history, Woodard concludes with some recommendations for moving forward together. In this discussion course, we will explore both Woodard’s descriptions and his prescriptions in the light of our post-2016 experiences. Because the format of the course will be hybrid, with both “roomies” and “zoomies” encouraged to participate in class conversation, enrollment will be limited. Students are asked to have completed the book before the first class session.

NOTE: There will be an optional “class zero” a week before the first class session to familiarize all of us with the technological challenges of a hybrid discussion. Two sections of this course are being offered at the same day/time as a hybrid: one on Zoom and one in-person.

HIST302A • 5 Sessions
Campbell Center–Room D
class size 25
Th • 1:00–3:00PM
2/1/2024–2/29/2024

HIST302 • 5 Sessions
online
class size 25
Th • 1:00–3:00PM
2/1/2024–2/29/2024

INSTRUCTOR: After teaching English and history to high school students for many decades over the course of two centuries, Susan Stitham has been teaching Shakespeare and American history courses for OLLI at SOU since 2013. During the pandemic, she discovered to her surprise that she could teach online. Now, to her even greater surprise, she’s venturing into the hybrid world.

NEW! US Supreme Court Cases: 2019 Through 2023

Our US Supreme Court has changed during the past five years, and it is changing judicial history with it. This course will cover the most important decisions from 2019 to the present. We will review majority opinions, concurrences, and dissents of the court and the various justices. This will be a lecture course, with outlines distributed before class and the written text of lectures distributed in the week following class. No background is required, but reading of the cases is encouraged. They are free on websites like Justia and Findlaw. Students will be encouraged to learn just a bit about how trial and appellate courts work at the federal level. We will look briefly at the federal court system and how cases come to the US Supreme Court. No political or other viewpoint is being pursued. Students will be left to decide for themselves how the court and the law have changed.

HIST303A • 10 Sessions
Campbell Center–Room E
class size 45
Tu • 1:00–3:00PM
1/9/2024–3/12/2024

INSTRUCTOR: Michael Wells is a retired attorney, having practiced for 33 years in the trial courts of California and Oregon. He has appeared in Appellate Court in both Oregon and California (though seldom). He has extensive experience in both criminal and civil litigation. Wells has taught OLLI courses on the history of the US Constitution, the Bill of Rights, Reconstruction, the Korean War, and courses on Mao Ze Dong, Josef Stalin, and Ho Chi Minh.



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. The six weeks of the course will center on readings from the short novel “Lazarillo de Tormes,” from 16th century Spain. Lazarillo is considered world literature’s first pícaro, a direct ancestor of Becky Sharp and Huck Finn, and his story has been in print since 1554. During each class, we’ll talk in a whole group about the novel, see and discuss a bit of the movie of the same name, read a poem, and use provided questions in breakout rooms, where you can take the conversation in any direction. Materials, except the novel itself, will be posted on LearnerNotes. A bilingual edition or copies in both English and Spanish are recommended for the novel. Translations are provided for readings and song lyrics.

LANG161 • 6 Sessions
online
class size 18
Tu • 3:30–5:00PM
1/30/2024–3/5/2024

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, an NGO volunteer, and continues to seek opportunities to stay fluent. She hopes students will agree with her that doing so is both fun and satisfying.

Enjoy German

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.

LANG100A · 10 Sessions
Campbell Center–Room B
class size 15
W · 11:00AM–12:30PM
1/10/2024–3/13/2024

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.*

Exotic Travel 🌐

Want to go vicariously to places you may never visit? In this lecture course, speakers will take you to Africa. On February 8, Maria Geigel will talk about her tour of Morocco; on February 19, Marianne Werner will show us Madagascar; on February 22, Art and Carolee Buck will share their experiences in Senegal; on February 29, Natalie Mettler will introduce us to Mali; and on March 9, Joan Lamont and Kris Davis will show us Egypt, including a seven-day cruise on the Nile. All presenters have personally visited the areas discussed and prepared pictures for viewing. There will be opportunities for questions and discussion.

LANG105 · 5 Sessions
online
class size unlimited
Th · 1:00–3:00PM
2/8/2024–3/7/2024

INSTRUCTOR: *Maria Geigel loves to travel and has visited 45+ countries for pleasure and business. She enjoys learning about countries she has not visited and getting ideas for future travel.*

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Russian Poetry in Russian 🖨️

Anyone who knows the Cyrillic alphabet used in printed Russian can read Russian poetry. Join us in reading aloud from great poets such as Aleksander Pushkin, Daniil Xarms, and Anna Akhmatova. Those who have taken our classes before will encounter old friends as well as new poetry. Poems will be emailed before class, with stress (accents) marked. In our Zoom classes, instructors or native speakers will read the poems aloud, the instructors will translate them (touching on the grammar necessary to understand how they mean what they mean), students will read them aloud, and we will all discuss them. We even sing some of the poems that have been set to music. This is not a deep literature class. The point is to enjoy making the sounds of Russian poetry and appreciate how they interact with its meaning.

NOTE: There will be no class meeting on Friday, February 16.

LANG106 • 8 Sessions

online

class size unlimited

F • 9:00–10:30AM

1/12/2024–3/15/2024

INSTRUCTOR: Alice Taylor received her PhD in art history. She conducted research for her dissertation in the Soviet Union, focusing on Gospel illustration. She has taught art history at all levels, from graduate seminars to introductory community college surveys since 1991. She especially enjoys interacting with fellow OLLI members. Her co-teacher, husband Marcus Levitt, PhD, taught at USC for more than three decades and has published widely on Russian literature. His Russian is excellent.

Marcus Levitt holds a PhD in Russian and taught Russian literature at USC for more than 30 years. He and Alice Taylor

have spent a total of six years in the Soviet Union or Russia. They have been having fun reading Russian poetry with OLLI students since Fall 2021.

Wines of the World 🍷

In Wines of the World, we will learn about six wine regions of the world, visiting areas not covered in Dawson's Winter 2023 course. The instructor will lecture, using PowerPoint and multimedia, about the geography, climate, soils, history, varietals, labeling, and regulatory structure of the region. We will taste four quality wines from the region and discuss our perceptions. No special background knowledge is required, but a passion for wine is recommended.

NOTE: A class fee of up to \$100 per student will be charged to cover the costs of the quality wines. The exact fee will depend on the cost of the wines. Students will be required to pay the full fee, even if they expect to miss some classes. Please note that the six classes are not continuous. There are four classes in January and two classes in March. There will be no class meetings in February.

LANG159A • 6 Sessions

Campbell Center–Room A

class size 22

W • 3:30–5:30PM

1/10/2024–2/14/2024

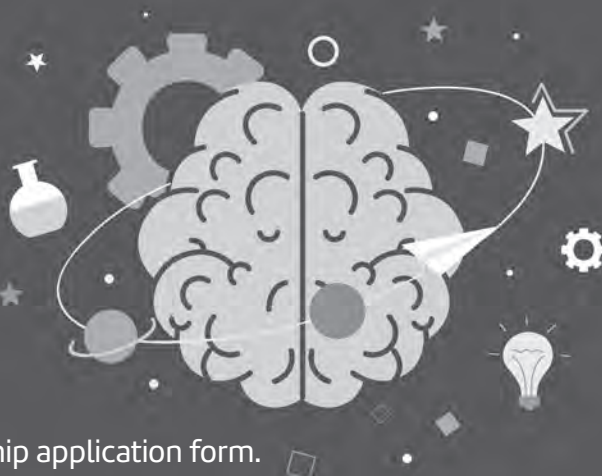
INSTRUCTOR: Dan Dawson is a wine aficionado and trying to develop as a wine grower, winemaker, and wine educator. With degrees in chemistry, Dawson worked for UCSB for 40 years. He has been making wine and beer since 2018, worked the Fall 2023 harvest at a local winery, and recently completed his first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

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.



Life Planning

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

NEW! Care Circles: Informal Aging Support

Do you, like most of those aged 50+, want to age in place? Did you know that finding and affording paid in-home care is a significant challenge? Based on the instructors' care experiences and a recognition that their own future supports may become inadequate, they formed a Care Circle. You can, too. The three-session course details why and how a Care Circle might reduce or delay using paid help or assisted living by: 1) becoming better informed about care options; 2) taking concrete actions to prepare; 3) learning and maintaining confidentiality about social and medical situations of members and providing each other with mutual supports such as meals, errands, pet care, advocacy, and transportation (not personal care). The instructors will share the direction in which their group of 13 members has gone, with actual circumstances providing important lessons. Lectures, videos, handouts, and discussions will provide tips and resources for forming a customized Care Circle of your own.

LIFE300A · 3 Sessions
Campbell Center–Room D
class size 50
Tu · 9:00–10:30AM
2/20/2024–3/5/2024

INSTRUCTOR: Anne Bellegia has volunteered in hospice and for organizations focused on aging supports, co-produced the OLLI Plan4Care webinar series, and taught a follow up OLLI course on care planning and navigation. Debra Johnson has a Master's in gerontology and is a retired geriatric care manager who currently consults on advance care planning. She is an end-of-life doula and a patient advocate. Their 13-member Care Circle is entering its third year.

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DIY FUNdamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and whether they are selling at a fair price. We use the same FUNdamental analysis methods as taught by www.betterinvesting.org to over five million investors over the past 72 years. Learn how to form sound judgments; compare values between companies; make wise, strategic portfolio choices; do research online; and document your judgments. We use an Internet-based stock analysis tool and various research websites to help us make judgments. Students evaluate a company and practice articulating their judgments during workshops. This class is an activities workshop with 75 minutes per week spent on outside video education and online tools practice. Students must have basic math skills, a Mac or PC, and a printer. Beginners and repeaters are welcome!

NOTE: Maximum benefits will be achieved by attending all eight sessions. Equities discussed are for educational purposes only; no recommendations will be made. No penny stocks, ADRs, ETFs, index funds, bonds, mutual funds, financial advisors, cryptocurrencies, or foreign stocks will be discussed. We do not present alternate portfolio management theories, technical analysis, or other investment strategies.

LIFE142 · 8 Sessions
online
class size 20
F · 9:00–10:30AM
1/12/2024–3/1/2024

INSTRUCTOR: Marcia Couey has 30 years of experience as a contract writer for the medical, financial, and technology sectors. She has a BA in English from UC Irvine and an MBA in finance and marketing. Michael Smith has been a pastry chef, property manager, and a purchasing agent. He has a BS in earth and planetary science with a mathematics minor from the University of New Mexico. Like Couey, he is a passionate volunteer with BetterInvesting.

2710	1390	3240	3500	5800	2920
5770	2950	3870	4190	6440	2850
4160	2130	3770	4080	5700	3350
2610	1340	8020	8690	12000	3250
250	1660	5000	6280	8500	6680
40	2630	3200	3950	5400	5050
20	1740	4000	4900	6500	3180
0	2360	6000	7770	10000	393
1	4680	4200	5170	6700	62
	2880	5400	6970	9100	47
	2320	10700	13800	18000	1
	2230		8500	10500	
	2790		6400	8400	
	2940		6100	8100	
	3870		7600	10100	
	3590		8000	9400	
			10500	12300	
			9800		

How to Be Your Own Patient Advocate

Do you want to personally navigate the current ever-changing health care environment in a meaningful way? How can you get what you need from your interactions with your health care provider and staff? How do you fit your questions into a 15-minute visit? How do you remember what the provider said after you go home? This course will give you the tools you need to have a better experience for improved communication and health. Whether you are at a clinic or in the hospital, your communication will improve. There will be video clips, interactive discussion, resources, and case studies. Time will be made for your questions.

LIFE130A · 2 Sessions
Campbell Center-Room B
class size 20
Th · 1:00–3:00PM
3/7/2024–3/14/2024

INSTRUCTOR: *Lori Lind is a registered nurse with a Master's degree in health care administration and a post-master's certificate in nursing education. Lind has practiced and taught in both the inpatient and outpatient settings of health care. She taught nursing at the OHSU School of Nursing on the SOU campus for seven years.*



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.

LIFE304 · 4 Sessions
online
class size unlimited
Tu · 1:00–2:00PM
2/6/2024–2/27/2024

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 After Losing a Partner

This course will help those affected by the death of a loved one in a relationship 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. Loss 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, as well as 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 the experience of others who have lost a partner and are at different points in their healing, as well as from experts in life-planning, grief recovery, and personal finance. Participation during class is encouraged yet optional.

LIFE303 · 4 Sessions

online

class size unlimited

Tu · 1:00–2:00PM

1/9/2024–1/30/2024

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.*

NEW! Peace of Mind When Buying or Selling Your Home

An article in the July 2022 “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.

**LIFE301A** · 4 Sessions

Campbell Center–Room A

class size 32

Tu · 1:00–2:30PM

1/9/2024–1/30/2024

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 currently working as a part-time consultant to realtors across the country.*

Retirement and Your Money: What You Should Know

Have you ever thought to yourself “I’m worried about running out of money”; “I need to get my finances organized”; or “I want to make sure I’m making good financial decisions”? If you’ve made any of these statements, this course may help you feel more secure with your finances. We will cover the basics in each of six main areas of financial planning: financial position (preparing a net worth statement); insurance (including long-term care); taxes (how to minimize them); retirement planning (Social Security, taking withdrawals, how to know how long your money will last); investments (basics of asset allocation); and estate planning (wills, trusts, and so on). The course will be taught primarily in lecture format with some optional home assignments.

LIFE121A · 3 Sessions

Campbell Center–Room A

class size 25

W · 1:00–2:30PM

2/14/2024–2/28/2024

INSTRUCTOR: *Kenji Bleicker is a local financial planner and investment advisor. He holds degrees from UC Santa Cruz and the University of Michigan. Bleicker has been a certified financial planner professional since 2010 and a financial advisor since 2007.*



Talking About Death As If It Might Happen to Us

Recognizing that most of us have few (if any) opportunities to talk—really talk—about death, this class may be a remedy. Sensitive conversation will consume most of our class time together. The instructor will invite students to suggest topics of interest in the weeks before the class starts. She will then frame discussions using materials students will access to prepare for each session. Discussions are likely to examine such topics as: death's timing, meaning and value; getting the care we prefer; aging; dementia; medical treatments; legacy; and our beliefs about death. TED Talks, articles, and books like "A Better Way of Dying" and "The Five Invitations" may be used. The instructor's intent is to prompt us to talk freely and meaningfully about this experience, which is part of all our lives. Students interested in joining in these important, personal discussions need to commit to attend every one of our six sessions so that our conversations can deepen over our time together.

NOTE: Conversations in this class, both in-person and online, will be deeply personal and confidential. This is best achieved, and the quality and content of discussions built upon, if the participants are consistent and reliable in their attendance. Students who know they will need to miss even one class should not enroll now. This class may be offered again in the future. Two separate sections of this course are being offered on different days and times: one online and one in person.

LIFE302A · 6 Sessions
Campbell Center–Room B
class size 15
M · 1:00–3:00PM
1/22/2024–2/26/2024

LIFE302 · 6 Sessions
online
class size 20
Tu · 9:00–11:00AM
1/23/2024–2/27/2024

INSTRUCTOR: Joanne Kliejunas, PhD, has taught courses on Oregon's Advance Directive for six years and an earlier version of this course (with more emphasis on instructor presentations instead of discussion) for five years, both at OLLI. For two years, she also taught the earlier version of this course for Rogue Regional Medical Center's hospice. She has been a hospice volunteer and serves on Asante's Ethics Committee.

Literature

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

NEW! Gamache's World, Part 2

Let's explore Louise Penny's ongoing mystery series about Armand Gamache, Chief Inspector of the Sûreté du Québec and the villagers of Three Pines. Through lectures and discussion, 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 are as follows: 1) January 11: "A Trick of the Light" (2011) and "The Beautiful Mystery" (2012), 2) February 1: "How the Light Gets In" (2013) and "The Long Way Home" (2014), 3) February 29: "The Nature of the Beast" (2015) and "A Great Reckoning" (2016), 4) March 21: "Glass Houses" (2017) and "Kingdom of the Blind" (2018).

NOTE: This is Part 2 of a year-long 12-session course. Students need not have participated in Part 1. Participants should read the specific titles before each lecture/discussion session. The sessions are not consecutive weeks, and the last session is after the end of the OLLI term. This course meets four times on Thursday 1/22, 2/1, 2/29, and 3/21.

LIT300 · 3 Sessions
online
class size 80
Th · 9:00–10:30AM
1/11/2024–2/29/2024

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! Scott and Zelda

Icons of The Jazz Age, Scott and Zelda Fitzgerald both wrote novels based on their time together on the French Riviera. Though known only for her glamorous lifestyle, Zelda was an artist and a writer. She composed "Save Me the Waltz" (1932), a novel about a woman trying to become a dancer, during a two-month stay in a psychiatric clinic in Baltimore, Maryland. Scott wrote "Tender

Is the Night" (1933) over an eight-year period. In it, he portrays the expat life, the movie industry, and the burgeoning field of psychology. We will read and discuss both these novels in the context of the Fitzgeralds' lives and of the 1920s. Please be prepared to read up to 150 pages per session.

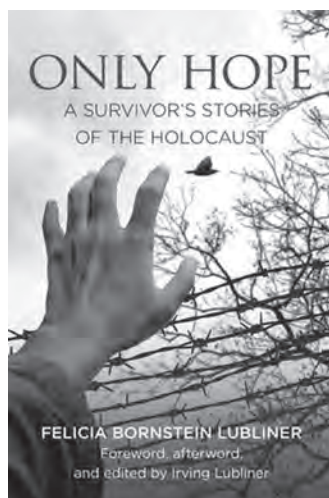
NOTE: There will be no class on January 18. Recommended editions: F. Scott Fitzgerald, "Tender Is the Night," introduction by Amor Towles, Scribner, 2019; and Zelda Fitzgerald, "Save Me the Waltz," Handheld Press, 2019.

LIT302A · 6 Sessions
Campbell Center–Room B
class size 18
Th · 1:00–3:00PM
1/11/2024–2/15/2024

INSTRUCTOR: A former English professor, Sharon Dean has taught OLLI classes on Henry James, William Faulkner, Edith Wharton, Constance Woolson, and others. She has published four academic books and now is writing and publishing fiction.

The Holocaust Through the Eyes of a Survivor 🧑🧑

Felicia Bornstein Lubliner, a survivor of ghettos and concentration camps (Auschwitz and Gross-Rosen) in Nazi-occupied Poland, wrote and spoke publicly afterward about her Holocaust experiences. Her son, the course instructor, invites you to delve into her written stories and oral presentations, published as "Only Hope: A Survivor's Stories of the Holocaust." Each story will be read aloud, either by the instructor or by students who have the book. Participants will be invited to share their reactions, questions, and insights. We will discuss the historical context and lessons to be learned about that period, the universal human responses that the narratives evoke, and the



relevance of the subject matter to challenges we face in modern times.

NOTE: Purchase of "Only Hope" is optional. It is available as a paperback book for \$15.99 and as a Kindle download for \$5.99.

LIT135A · 4 Sessions
Campbell Center–Room D
class size 50
Tu · 11:00AM–12:30PM
1/16/2024–2/6/2024

INSTRUCTOR: Irv Lubliner is excited to teach math, blues harmonica, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust, the book that will serve as the theme of one of his Winter courses.

NEW! Women at War 🧑🧑

While women often stayed home during wartime, striving to keep family and household together, thousands of women were engaged in war activities as spies and rescuers of those who needed their help. During a six-week period, the class will read three books by New York Times bestselling author, Martha Hall Kelly. Each story is set in a different war. Students will learn what a young runaway slave, a Russian aristocrat, and two women in the French resistance have in common. The women are completely underestimated, and all find courage and resilience they didn't know they possessed. The class will be a mix of lecture and discussion. Students should read the first book "Lost Roses" before the first class in mid-February. Then they will have two weeks to read the second book "Sunflower Sisters." "The Golden Doves" will be discussed two weeks later at the final class session in mid-March.

LIT301A · 3 Sessions
Campbell Center–Room C
class size 32
W · 11:00AM–12:30PM
2/14/2024–2/28/2024

INSTRUCTOR: Jane Ballback has a BA in history and a Master's in education. Her interest in history, especially the history of women, led her to these engaging historical novels by Martha Hall Kelly. Ballback enjoys teaching. She gained valuable experience when, as a Human Resources consultant, she taught hundreds of courses to employees in all types of organizations.

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.

NEW! Beginning East Coast Swing

Swing is the quintessential partner dance of American culture—and East Coast swing is the most common, versatile, and easiest to learn of all the many variations. No partner or previous experience is needed for this beginning East Coast swing course. We will start solo (i.e., no partner) and learn basic movements and timing to a wide variety of swing music. Then we will progress to using these same moves and step patterns while dancing with a partner. Over time more complicated step patterns will be demonstrated and practiced with a variety of partners. Each class will always begin with a review of the material learned in previous lessons and end with plenty of time to practice and ask for individual attention. Finally, the class will be invited to attend one or more of the various swing dances occurring in the Rogue Valley.

NOTE: We ask students to wear comfortable shoes appropriate for dancing. A waiver must be signed prior to the first class.

MOV300A • 6 Sessions
The Grove–Gymnasium
class size 50
M • 5:00–6:00PM
1/8/2024–2/19/2024

INSTRUCTOR: *Clay Nelson taught for Arthur Murray Dance Studio, attended 10 summers at the Brigham Young University ballroom dance summer camp, owned Clay's Dance Studio in Portland for 9 years, and has organized tango festivals in Portland, McCloud, Ashland, and Mexico. He has a passion for teaching swing and tango. Clay Nelson and Nancy Heyerman have partnered to present over a dozen classes of Argentine tango and swing dancing over the last eight years.*

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 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, reach, and ability to turn more easily, and reduce tension as you adjust and move with more comfort and ease.

NOTE: An OLLI waiver form must be signed prior to the first class. There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

MOV139A • 6 Sessions
Campbell Center–Room A
class size 12
M • 3:30–4:30PM
1/8/2024–2/19/2024

INSTRUCTOR: *Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at several universities, colleges, seminars, wellness centers, retreats, and camps for over 30 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 lifetime.*

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 warmup 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.

NOTE: An OLLI waiver form will need to be signed prior to the first class. There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

MOV304A • 6 Sessions
Campbell Center-Room A
class size 14
M • 5:00–6:00PM
1/8/2024–2/19/2024

INSTRUCTOR: Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at several universities, colleges, seminars, wellness centers, retreats, and camps for over 30 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 lifetime.

NEW! Learn To Move From the Inside Out

Authentic Movement is a practice in which the mover explores the relationship between their inner sensations, emotions, and impulses and how these are and can be expressed through movement. Class members will take turns moving and witnessing each other's movements. Movers move with their eyes closed (guidelines are given to keep the movers safe). Witnesses will be given guidelines about how to offer safe witnessing from a place of compassion based on their own embodied experience. Movers are given an opportunity to talk about their movement and can ask for verbal feedback from the witnesses if they want it. No prior movement or dance experience is necessary. This is a practice focused on awareness rather than results: there are no wrong movements. Authentic Movement has been a fun and transformative practice for both instructors, who look forward to sharing it with others.

NOTE: Please come in comfortable clothes, and if you don't want to move barefoot, bring dance or indoor shoes. A waiver must be signed prior to the first class.

MOV301A • 5 Sessions

Oak Street Dance Studio–Dance Studio
class size 10
F • 9:00–11:00AM
2/2/2024–3/1/2024

INSTRUCTOR: Lisa Odegaard has a BA in dance and is a recently retired family therapist, licensed in California. She loves the process of self-exploration through movement.

Susanne Petermann is a local artist and has led wilderness retreats for 10 years. She works as a personal organizer. Both have trained in, led, and participated in Authentic Movement groups for over 30 years.

Mindful Movement: Qigong and Stretching

This class 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. You will learn a set of simple movements you can integrate into your daily routine. Students can access videos on my YouTube channel, and a DVD is available for purchase but is not required. The exercises will challenge and enhance your flexibility, balance, and coordination. Classes consist mostly of active movement. Students will sign a liability waiver prior to the first class.

NOTE: We will meet over Zoom and class will include social time with other students using breakout rooms. Since this is online, students must be prepared to take complete responsibility for their own physical well-being. Classes will not be recorded.

MOV130 • 4 Sessions
online
class size unlimited
Tu • 9:00–10:30AM
1/9/2024–1/30/2024

INSTRUCTOR: Nando Raynolds, MA, works in private practice as a psychotherapist with couples and adults. He has used breathing and mindfulness practices in his work for many years. In addition, he has trained as a breathing meditation teacher with Will Johnson, a pioneer in the field. He has studied and taught T'ai Chi, Karate, Kenpo, Qigong, massage, and contact improvisation dance over the last 30 years.



Winter Walking on Ashland's Trails

Winter is a wonderful time to walk the trails of Ashland. The air is crisp and the weather can be unpredictable. Each walk will be about two hours, covering three-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 are reasonably fit and have good balance. The Travel Ashland's Map Guide will be used as a reference. Directions on where to meet and details to consider 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,

Dates to Remember



IMPORTANT DATES

Winter catalog posted online: November 6

Winter course requests lottery begins:
November 6–17

Spring term course proposal period opens:
November 15

Winter course assignments sent out:
December 4

Winter open registration begins:
December 11

Spring term course proposal period ends:
December 15

Winter term begins: January 8

Winter term ends: March 15

OFFICE CLOSURE

Veterans Day (observed): November 10

Thanksgiving Holiday: November 23–24

Christmas Holiday: December 20–26

New Year's Day: January 1

Martin Luther King, Jr. Day: January 18

and Oredson Todd Woods. We will walk rain or shine, although if walking conditions are too hazardous (icy) on any given week, class will be cancelled. 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.

MOV302A • 6 Sessions

Field Trip–Field Trip

class size 10

W • 12:00–2:00PM

1/10/2024–2/14/2024

INSTRUCTOR: Diane DeMerritt led the OLLI walking courses during the 2022–23 year. 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.

NEW! Yoga Basics

This yoga course is designed for participants of all levels who have no major medical or physical limitations, from beginners to experienced yogis. Participants should expect to spend an hour practicing different yoga postures with a variation of sequences. There will be modifications available for postures, and the emphasis will be on gentle, slow movement, integrating breath to support the body with special emphasis on balance and body alignment. Participants will gain familiarity with a set of poses and an understanding of the benefits of yoga for the body and mind.

NOTE: Please bring your own mat and water to class. A waiver must be signed before participating in this course.

MOV303A • 4 Sessions

Campbell Center–Room A

class size 12

M • 9:00–10:30AM

1/22/2024–2/12/2024

INSTRUCTOR: Briana Gullo is an Ayurvedic Health Coach, Reiki Practitioner, and Certified Yoga Instructor. She spent a college semester in India, where her excitement and interest in yoga soared. After earning her degree in sociology and wilderness studies, she has guided student trips to India where she could share her love of Eastern culture and philosophy with others. She is excited by preventative measures of healthcare and enjoys sharing this with others. Gullo's teaching style is light-hearted, and she enjoys fostering a non-competitive, meet-each-individual-where-they-are environment.

Nature

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

A Citizen's Guide to Fire Behavior and Weather

Ever heard of a “foehn” wind? It played an important role spreading the Alameda Fire on September 8, 2020, which destroyed thousands of homes in the Rogue Valley. Have you done any vegetation modification around your house to stop wildfires from igniting your house or wondered how to gauge prioritization? Most homes are burned in wildfires from ember showers from the advancing fire. Why are clearing combustible material next to your home or limbing up trees important? Have you given thought to your evacuation route? How can you access ongoing wildfire information and interpret wildfire briefings and news reports? This course will introduce everyday citizens to basic fire behavior and weather information taught to firefighters that can help inform evacuation decisions during fire season, as well as prioritize home and property hardening activities. There are no required texts, costs, physical requirements, or knowledge level. A recommended reading list will be provided.

NAT300A · 5 Sessions
Campbell Center–Room E
class size 75
W · 3:30–4:30PM
1/10/2024–2/7/2024

INSTRUCTOR: Mary Kwart worked for 30 seasons in fire management for several federal land management agencies, most recently for the US Fish and Wildlife Service as the Alaska Regional Wildland Urban Interface Coordinator. As an undergraduate research assistant at Colorado State University, Kwart helped field test the BEHAVE fire behavior prediction computer system. She currently volunteers with Ashland Fire and Rescue as a Home Wildfire Risk Assessor.

NEW! Exploring the Naked-Eye Glories of the Winter Sky

Explore the wonders of the winter sky! Learn at home, at your own pace, in an always-on online classroom, supplemented by optional Zooms for questions and discussion. After you complete an online module, follow up with practicing what you've learned with nightly activities, no matter where you live. Winter's charismatic sights include Orion, his Dogs, Taurus, Gemini, Leo,

the Andromeda Galaxy, and more. Unique photos, art works, and links in the online lessons make every object easy for beginners to find. The class includes information on upcoming eclipses, perihelion, meteor showers, comets, and how the moon's face shifts through the month. Learning the wonders of the winter sky allows you to share this new hobby with grandchildren and friends. Winter sky wonders continue to be observable through mid-spring. No telescope or previous knowledge is required. Optional Zooms Jan 12 and 19, 1-2 PM, with additional evening Zooms as weather permits.

NAT301 · 2 Sessions
online
class size unlimited
F · 1:00–2:00PM
1/12/2024–1/19/2024

INSTRUCTOR: Victoria Leo and Rick Baird are lifelong amateur astronomers and long-time OLLI instructors, who have explored life beyond Earth, astronomy, and sky-bathing in previous classes. They own five telescopes but do most observing with their eyes, binoculars, and camera.



NEWS FLASH

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

Gardening for Beauty and Biodiversity

This online lecture course is presented from an artistic and amateur scientific point of view, profusely illustrated, and designed to appeal to all levels of nature, butterfly, and gardening enthusiasts. Topics include: what it takes to create a pollinator-friendly landscape, basics of habitat, soils, basic design, growing from seed, and best plants for sustained bloom. Other topics of interest such as lawn reduction, removal or replacement, as well as irrigation and plant selection for water conservation, are emphasized. This presentation is fast-paced and packed with images, many from the instructor's wildlife photography portfolio. No textbook is required. The basic principles discussed can be used in small spaces such as balconies, pocket gardens, raised beds, community spaces, or other planting alternatives. Extensive "insider" resources, tips, tricks, notes, and web links are provided to students to further enhance your own gardening experience. Outside activities are optional.

NAT102 · 5 Sessions

online

class size 40

W · 11:00AM–12:30PM

1/17/2024–2/14/2024

INSTRUCTOR: Robin McKenzie, a landscape designer in Talent, is passionate about preserving monarch butterfly and native pollinator and bird populations. She specializes in transforming urban landscapes into beautiful, sustainable ecosystems. An avid birder and nature photographer, McKenzie holds a BFA and considers garden design one of the fine arts, with living plants for paints and the garden as her canvas.

Have Fun Learning About Birds

This course weaves storytelling and factual information about mostly local birds with a PowerPoint of photographs. New photos and new information are always included. The focus is about having fun while learning to identify birds, with an emphasis on bird behaviors. No prior knowledge of birding is necessary. Class interaction is encouraged but not required.

NAT128A · 5 Sessions

Campbell Center–Room E

class size 75

F · 11:00AM–12:30PM

1/12/2024–2/9/2024

INSTRUCTOR: Shannon Rio is president of the Klamath Bird Observatory which is a science-based non-profit that focuses on protection of birds and their habitats. She is a wildlife educator and birding guide who has made the Rogue Valley her home for more than 40 years. Rio is a nurse practitioner, yoga instructor, and active member of the community.

The Pacific Crest Trail

It's not the destination—it's the journey. In these contemporary times, some people struggle with making a big transition in life, securing a real accomplishment, or simply getting in touch with their true selves. One way people take up the challenge is to literally head for the wilderness and "hit the trail" by hiking the Pacific Crest Trail, a 2,650-mile-long footpath along the mountainous spine of the west coast. This course looks at the development and history of a trail that goes from the border with Mexico, north to the border with Canada. This national scenic trail has recently become popular after the publication of the book "Wild" by Cheryl Strayed, and a movie of the same name. The trail beckons hikers

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from around the world to begin a hike in the searing desert heat and complete it in the freezing snows of the north. What motivates them and keeps them going? Classes will include lectures, slides, videos, and plenty of time for discussions.

NAT112M · 4 Sessions

Medford Higher Education Center–Room 118

class size 30

Th · 11:00AM–12:30PM

1/11/2024–2/1/2024

INSTRUCTOR: John Schuyler is a retired forester, who received a BS in forestry from the University of California at Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California, and Arizona—working in timber, minerals management, recreation and wilderness, as well as land management planning and administration. When not enjoying the outdoors, he now spends his time assisting a trail-building nonprofit.

NEW! The Range of Light

From afar, the Spanish conquerors of the 18th century saw them as a snowy mountain range. Up closer, John Muir called it the “Range of Light,” a term that has endured. Whether comprising snow or light, the Sierra Nevada Mountains are the backbone of California in many ways. They are also a barrier, capturing moisture coming from the Pacific, but also a barrier to pioneers coming west. The range provides the state most of its water. It is key to outdoor recreation, including international attractions such as Yosemite National Park and Lake Tahoe. It played a key role in providing the lumber used to build much of the nation’s most populated state. This course looks at the geography, natural history, human history, and challenges facing the single largest mountain range in the lower 48. “The Gentle Wilderness” is now plagued by overcrowding, dying trees, and unwanted wildfires. What does the future hold for these mountains? Classes will include lectures, slides, video, and discussion.

NAT302A · 4 Sessions

Campbell Center–Room C

class size 35

Tu · 11:00AM–12:30PM

1/9/2024–1/30/2024

INSTRUCTOR: John Schuyler is a retired forester, who received a BS in forestry from the University of California at Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California, and Arizona—working in timber, minerals management, recreation and wilderness, as well as land management planning and administration. When not enjoying the outdoors, he now spends his time assisting a trail-building nonprofit.

NEW! Wildfire Resistant Homes and Gardens

Communities in the Rogue Valley rank high in assessments of state and regional wildfire risk. The 2020 Alameda Fire, which started in Ashland, burned more than 2,800 structures! This course will address mostly simple things you can do to make your home and other buildings wildfire resistant. Through a combination of lectures and discussion, we will explore construction materials and design considerations as well as landscaping best practices in an urban environment. Invited fire professionals will present on some topics. (A portion of this course was taught in the Winter 2023 course, Fire Reluctant Landscaping Best Practices.) If a student is interested in learning how to create customizable plant lists for their garden, they are encouraged to bring a PC laptop that can run an MS Excel file containing macros to the last class. If such a computer is not available, alternatives will be discussed. Don’t let this keep you from attending!

NOTE: Two sections of this course are being offered at the same day/time as a hybrid: one on Zoom and one in-person.

NAT303A · 4 Sessions

Campbell Center–Room A

class size 30

Th · 1:00–3:00PM

1/11/2024–2/1/2024

NAT303 · 4 Sessions

online

class size 30

Th · 1:00–3:00PM

1/11/2024–2/1/2024

INSTRUCTOR: Charisse Sydoriak spent 35 years managing natural resources and fires in national parks and on public lands. She co-founded the Ashland Volunteer Wildfire Risk Assessment Program (WRAP) in 2021, is a Project lead for the City of Ashland’s update to its Community Wildfire Protection Plan, and is a member of the Fire-Adapted Ashland Committee. She specializes in fire-reluctant landscaping that meets multiple objectives.



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.

NEW! Brazilian Spiritual Healing and Mediumship

Mediumship is part of the history, lifestyle, and health care in Brazil. What if we all are mediums, and it is the degree of sensitivity and development that determines how mediumship unfolds in one's life? We will be discussing what mediumship is and learning how effective Brazilian spiritual healing practices are and what part mediumship plays in some healings. We will cover a multitude of ways that Brazilians use and benefit from their spiritual practices on an everyday basis and how these can improve life, from African orixas to spiritist seances and healing experiences. The instructor will show the diversity of ways mediumship is used in Brazil. This course will include lectures, personal experiences, discussion, and some energy work demonstrations. It is open to all.

PERS300A • 7 Sessions
Campbell Center–Room B
class size 15
W • 1:00–2:00PM
1/10/2024–2/21/2024

INSTRUCTOR: *Helene Valania first went to Brazil at her guide's request and discovered various ways mediumship works and the type of miracles it can produce. Curious as to how these came about, she embarked on a journey to discover the basis for the phenomena and spent 11 years living in Brazil learning and training alongside the Brazilians. She has been a shamanic trauma clearing medium for over two decades with a private practice in Ashland.*

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. The course can be repeated since it will combine lecture, new guest speakers, discussion on events that currently 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.

PERS267 • 8 Sessions
online
class size 25
Tu • 1:30–3:30PM
1/9/2024–2/27/2024

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' experience teaching women's spirituality, social justice, and the arts. Her matriarchal heritage is Ukrainian. In 1997 she taught workshops in Ukraine at the Cherkasy Women's Center and did research in Kyiv, Cherkasy and surrounding villages.*

Learning to Belong to Each Other and the Planet

This class offers sustenance and support for healing our species' existential crisis of BELONGING. We live in a time when the fabric that weaves us together with each other, with nature, and with the planet itself, is badly torn. However, despite how badly we have lost our way, we are children of nature, and we are a social species, and we walk the Earth today because our long evolutionary history has bequeathed us the yearning and the instinctual guidance to belong to each other and the planet. The planet is calling on us to make a great transition away from living as though life were a desperate contest of opposing interests, and instead towards finding our proper place within the web of mutual

accommodations and inter-dependencies upon which all of life depends—to become good citizens of creation. Through lectures, discussion, and personal exploration, this course hopes to support students in finding their own unique place within this transition.

PERS169A • 9 Sessions
Campbell Center–Room B
class size 18
Th • 11:00AM–12:30PM
1/13/2024–3/14/2024

INSTRUCTOR: Bob Heilbroner brings a lifelong commitment to social, environmental, and personal change to this course. He was a full-time activist, journalist, and editor of *Liberation News Service* in the social justice movement of the 60s and 70s. He studied, taught, and earned an MA in environmental economics from UC Berkeley in the 80s, and he recently retired from a 20-year career providing mental health counseling to Jackson County families.

NEW! Near Death Experiences

One of the many ramifications of the widespread use of the Web is introducing so-called “Near Death Experiences” to a wide audience. This course dives into both the ontology and implications of these experiences and raises questions that traditional scientific inquiry struggles to explain. Even though this phenomenon is perhaps as old as mankind itself, many experiencers have withheld their histories for fear of public skepticism and even the harsh judgment of religions. This course examines the history and content of these rather common human experiences. The primary instructional method used will be showing videos depicting various viewpoints as well as personal histories themselves. Discussion is actively encouraged. A tolerance for various interpretations from class members is the intention of the teacher and is also encouraged among class members.

PERS301 • 8 Sessions
online
class size 20
Th • 11:00AM–12:30PM
1/11/2024–2/29/2024

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.

NEW! Sanskrit Chanting for the Fun of It

Research shows the amazing benefits—physical, mental, and spiritual—of chanting in Sanskrit. Emphasis on Sanskrit pronunciation and phonetics enhances our experience. Even as Westerners, we can realize the many benefits of chanting in this rich traditional Vedic lineage from Bangalore, India. A brief overview of the Vedas will be followed by learning Sanskrit phonetics using IAST (International Alphabet of Sanskrit Transliteration). Familiar English/Roman characters are used to help us produce sounds unfamiliar to Westerners. Each week we will review phonetics, then delve further in as we learn and chant simple mantras together. Slide presentations and handouts will be provided. This is an experiential course. Chanting is not singing and does not require any musicality. Sanskrit chanting is for everyone! No prior knowledge is required, only a willingness to learn and be open to this beautiful practice.

PERS304A • 6 Sessions
Campbell Center–Room B
class size 15
F • 11:00AM–12:30PM
1/12/2024–2/16/2024

INSTRUCTOR: Peggy Leviton loves to explore the energetics and effects of Sanskrit chanting. She has a Master’s of music degree, a BS in biochemistry, and a diploma in integral sound healing. She is currently enrolled in the teacher training program of the Veda Studies Institute under the tutelage of Shanta Shriramaia. Leviton’s personal chanting practice continues to be inspired by the group chants she has led in Jacksonville for over five years.



NEW! Slowing Down to the Speed of Life 🕒

In a world that constantly pushes us to do more, be more, and have more, discover the transformative power of slowing down and living from the inside-out. Drawing inspiration from the enlightening book “Slowing Down to the Speed of Life” and the teachings of visionaries like Sydney Banks, Dr. Joseph Bailey, and Richard Carlson, this course offers a fresh perspective on living a deeply meaningful, peaceful, and contented life. Joseph Campbell said that what people are really seeking is an experience of being fully alive, to feel “the rapture of being alive.” Syd Banks, during a mystical experience, discovered the keys that allows each one of us to directly experience this innate joy and inner peace. Join in thought-provoking classes that illuminate this innate wisdom that we all possess, as we watch short videos of Syd Banks, Joe Bailey and others, with time for questions and discussions.

NOTE: Two sections of this course are being offered at the same day/time as a hybrid: one on Zoom and one in-person.

PERS305A • 4 Sessions
Campbell Center–Room C
class size 30
Tu • 1:00–2:30PM
2/20/2024–3/12/2024

PERS305 • 4 Sessions
online
class size 30
Tu • 1:00–2:30PM
2/20/2024–3/12/2024

INSTRUCTOR: Dan Altman is a certified transformational life coach and 3 Principles global community practitioner, and 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 neuro-feedback practice.



NEW! The Good Life of Human Flourishing 🧑🧑🧑

In this course students are assisted in cultivating lives of self-renewal, emotional well-being, creative intelligence, and human flourishing. Students seek to integrate the human, natural, cosmic, and spiritual dimensions of the greater reality into transformative lives of meaning, significance, fulfillment, and hope. In addition, students are introduced to a “synoptic vision of transformative education” to address the critical challenges of human flourishing, cultural literacy, civil society, and ecological integrity in our global age. Finally, students will be assisted in clarifying their own personal statements of human flourishing and greater purpose.

NOTE: There will be no class meeting on Martin Luther King Jr. Day, Monday January 15.

PERS302A • 8 Sessions
Campbell Center–Room E
class size 75
M • 11:00AM–12:30PM
1/8/2024–3/4/2024

INSTRUCTOR: Richard Lang has a BA in English and philosophy; a Master's of divinity in religion, theology, spirituality, and ethics; and a lifetime of multidisciplinary studies in major liberal arts disciplines. He was executive director of Omega House, an ecumenical, inter-spiritual, and multi-disciplinary learning community, and has taught OLLI courses in human development, comparative worldviews, liberal arts, wisdom traditions, and transformative education.

Transforming Your Inner Critic Into an Inner Coach 🧠

Ever struggle from time to time with internal negativity, self-criticism, or perfectionism? Most people do. This course is an opportunity to kick habits of self-directed negativity and criticism and develop new habits of self-compassion. Understanding the dynamics of your inner critic will help you replace it with an inner coach. Warning: these changes can result in becoming happier and more productive as well as becoming a better friend, romantic partner, and parent. The classes, all held on Zoom, will utilize lecture, discussion and experiential exercises, and will make use of breakout rooms. Students will also be asked to do journaling exercises and practice activities done in class. A workbook of the same title by the instructor is optional, recommended, and available for purchase.

PERS121 · 4 Sessions

online

class size unlimited

Th · 9:00–10:30AM

1/11/2024–2/1/2024

INSTRUCTOR: *Nando Raynolds, MA, works in private practice as a psychotherapist with couples and adults. He has used breathing and mindfulness practices in his work for many years. In addition, he has trained as a breathing meditation teacher with Will Johnson, a pioneer in the field. He has studied and taught T'ai Chi, Karate, Kenpo, Qigong, massage, and contact improvisation dance over the last 30 years.*

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, we 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 movie "The Shift"; Week 3) Miguel Ruiz's "The Four Agreements." After each excerpt, we 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 7 Basic Paradigms 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, PowerPoints, and other materials will be available online.

PERS303A · 4 Sessions

Campbell Center–Room B

class size 18

F · 1:00–2:30PM

2/9/2024–3/1/2024

INSTRUCTOR: *Ronnie 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 Arizona. Kaufman also traveled the difficult journey to overcome PTSD, not just surviving but thriving.*

Recreation

Includes hobbies, crafts, and games.

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.

REC302A · 8 Sessions

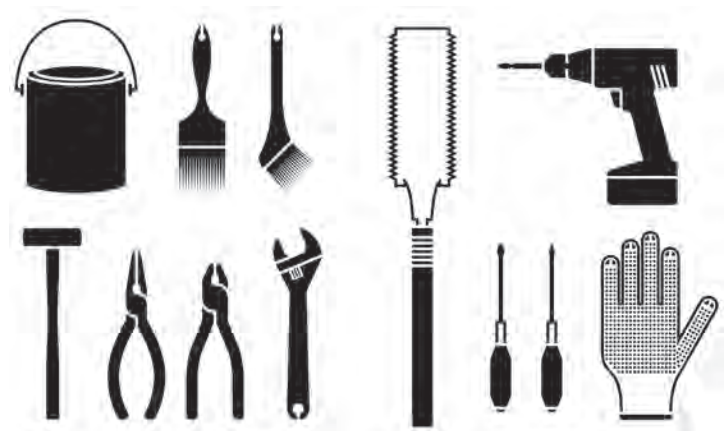
Campbell Center–Room D

class size 50

F · 11:00AM–12:30PM

1/12/2024–3/1/2024

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.*



NEW! Have Fun Cooking and Sharing Recipes 🖥️

Do you enjoy cooking and exploring new recipes? Do you enjoy sharing your cooking experiences with friends and learning new concepts about food preparation? This course is designed for you. Every week, we will all prepare a new recipe that we have found online or in print, one we have not tried before, and then write a short account of our experiences. We will post our recipes online and respond to each other's accounts. Then, once a week, we will have a Zoom meeting where we will all have a chance to talk about our previous week's experience and our plans for the next. In addition, each week the instructor will pick one scientific element of food preparation (based on the Cook's Illustrated book, "The Science of Good Cooking") to explain and discuss. For the last session, we will meet face to face for a potluck featuring a dish each of us has made.

REC300 · 6 Sessions

online

class size 24

Tu · 3:30–5:00PM

1/9/2024–2/13/2024

INSTRUCTOR: John Pratt grew up in a family of cooks (mostly men) and English teachers (mostly women), and he carries this heritage into his OLLI teaching career. He taught in CA for 40 years and cooked for his family and friends throughout that time. Teaching writing inspires him to write more, and

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.

teaching cooking classes enables him to enjoy the fruits of his labor with a glass of his homemade wine.

NEW! Japanese Braiding: Kumihimo Bracelet Making 🧶

Kumihimo, Japanese for "gathered 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 ribbon and thread, and may include the use of beads. No prior skill or experience is needed to learn and enjoy Kumihimo. Students will learn to make a basic keychain 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 a 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.

REC301A · 3 Sessions

Campbell Center-Room C

class size 15

Tu · 9:00–10:30AM

1/9/2024–1/23/2024

INSTRUCTOR: Peggy Foster has been crafting since childhood and teaching crafts to children and adults for over 30 years. She has been practicing and teaching Kumihimo for more than 10 years, making and gifting bracelets and decorative corded crafts. Foster has instructed Kumihimo and other crafts at Girl Scout adult learning courses for people of all ages and skill levels.



Knitting Stitches

Make your knitting more interesting and challenging. Learn a variety of new stitches and techniques. Topics include knit and purl combination patterns, cables, plaits, twists, yarn-overs, eyelets, and reading directions. Participants will knit sample swatches of each stitch or an optional scarf “sampler.” This is NOT a beginners’ class. Knitters MUST know how to knit, purl, cast-on and bind-off. Required materials include white or cream-colored worsted weight (#3 or #4) weight yarn, knitting needles in a medium size, and a cable needle. We will be knitting in all classes and participants will be practicing the techniques between classes. The information is cumulative, so participants will find it most helpful to attend all classes, if possible.

NOTE: This is an advanced beginner/intermediate level course. More detailed information about course materials will be sent to registered participants.

REC105A · 7 Sessions
Campbell Center–Room A
class size 12
M · 1:00–3:00PM
1/22/2024–3/4/2024

INSTRUCTOR: *Kay Johnson is an experienced knitter who learned to knit while in college. She has knitted a vast number of sweaters, socks, hats, scarves, afghans, and baby clothes over the many years since then. She has taught several different courses (most several times) at OLLI/SOLIR. She continues to learn new things about knitting as she prepares to teach each course.*

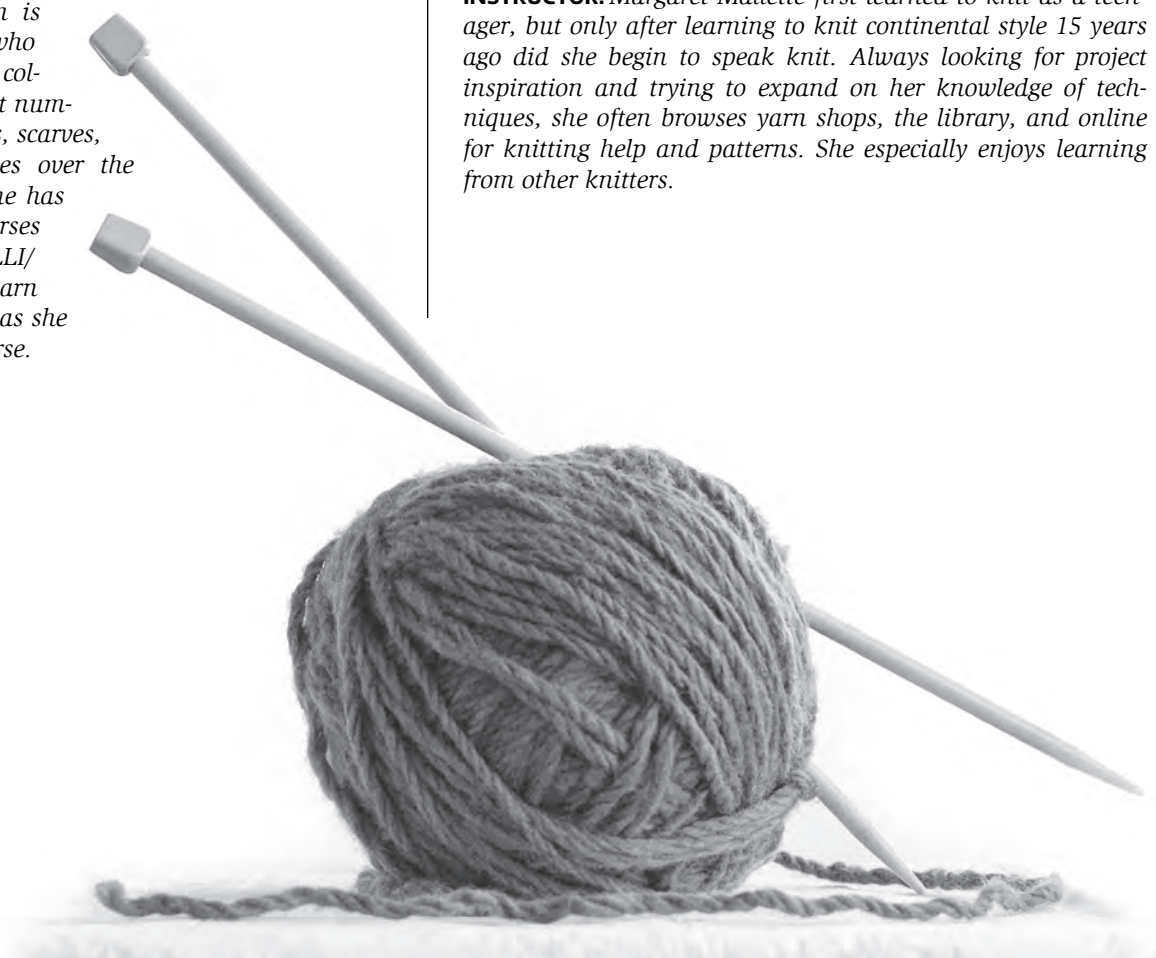
NEW! The Art of Agitation: Shrink Wool to Knitted Felt

Expand your knitting repertoire with a fun and easy pattern and technique for knitted felt nesting bowls. Knitted felt is created by shrinking a loosely knit 100% wool piece with agitation and warm water to make a thicker and more durable fabric. Students must know how to knit using double pointed needles before taking this course. Students will knit in class and at home between classes and then learn how to use a manual agitation method for creating knitted felt as they shrink their oversized project to completion.

NOTE: Required materials include 400 yards/200 grams of worsted weight 100% wool yarn (not superwash and not white, ecru or black), a set of five double pointed needles size 10 or 10.5, a new plunger (dollar store or equivalent), and a four to five gallon plastic bucket.

REC130A · 3 Sessions
Campbell Center–Room C
class size 12
Th · 1:00–3:00PM
1/18/2024–2/1/2024

INSTRUCTOR: *Margaret Mallette first learned to knit as a teenager, but only after learning to knit continental style 15 years ago did she begin to speak knit. Always looking for project inspiration and trying to expand on her knowledge of techniques, she often browses yarn shops, the library, and online for knitting help and patterns. She especially enjoys learning from other knitters.*



Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

NEW! A Journey from DNA to Development

The primary goal of this course is to equip participants with the basic cell biology knowledge toolkit to better understand the small-but-mighty side of biology. For example, if a biotech company has a breakthrough technology that pops up in the news, participants can decipher the story with a deeper understanding and perhaps even healthy skepticism. The secondary goal is to have participants gain a deeper appreciation for the elegance (and complexity) built into each one of our thirty trillion cells. Even though the curriculum is designed to skim the surface on a range of topics in order to build a bigger picture, we can dive as deep as we want in class based on participant interaction and engagement. There is no prerequisite knowledge level.

STEM300A • 6 Sessions
Campbell Center–Room D
class size 50
Tu • 4:00–5:00PM
1/16/2024–2/20/2024

INSTRUCTOR: Scott Boyer has a PhD in molecular, cellular, and development biology; did a post-doc in immunology; and has an MBA from Copenhagen Business School. He has been a guest lecturer and invited speaker at numerous universities and has also been an instructor for undergraduate lectures and labs. Outside of academia, Boyer has held various roles within cancer diagnostics, from R and D scientist to business development.



AI and You

Artificial intelligence (AI) has burst into prominence in the last few years. It is poised to transform our lives in many respects: how we use our devices; our interactions with businesses; our notions of trust, privacy, intellectual property, and decision-making; the nature of education and jobs; and ultimately, how it will feel to live in a world with artificial, autonomous agents. AI technologies can improve our lives but could also potentially reduce our personal choices and freedom. We'll examine the technologies behind AI and how they might enhance our knowledge and creativity. We'll also explore their broader effects, depending not only on technical issues, but on political, social, and economic power. Who controls how AI is used? Will it leverage the power and influence of those who already have it? Or can it be a force that empowers those not already in dominant positions? The course will be in lecture format, with abundant opportunities for class discussion.

STEM302A • 5 Sessions
Campbell Center–Room D
class size 50
Th • 3:30–5:30PM
2/1/2024–2/29/2024

INSTRUCTOR: Tysen Mueller has an MA degree in physics. During his 40-year career as an aerospace engineer, he developed statistical computer models of aerospace systems. He has read extensively in applied psychology and has offered OLLI courses in that area. Tony Davis holds a PhD in linguistics from Stanford University. He worked as a computational linguist at various companies in the Washington, DC, area for 15 years before moving to Ashland in 2016.

Beginning MS Excel for PCs

Do you think spreadsheets are for accountants? We will de-mystify Excel spreadsheets and show how they can be used to plan and organize activities, keep track of expenses, and do simple analyses. The course will start with the basics, including an introduction to the Excel window and options in the Excel ribbon, creating and navigating spreadsheets, and saving workbooks. Students will learn techniques for entering and formatting numerical and alphabetic data, editing and moving data within spreadsheets and workbooks, and manipulating page layouts. Other topics include using basic arithmetic operations, analyzing data with simple functions such as SUM and AVERAGE, and the use of simple IF statements. This is a course for beginners, and students are not expected to have experience using Excel for PCs. This is a hands-on course. Students must bring their laptops to class to work on in-class exercises. Students who have taken the course before are welcome.

NOTE: Students must have Excel for PCs (version 2013 or later) loaded on their laptop computers, PCs only. The instructor will email files to students with exercises to use during class and to practice techniques at home. Before each class, students must download the files from emails and save them on their laptops to use in class.

STEM303M • 8 Sessions

Medford Higher Education Center–Room 118
class size 10
Tu • 9:00–10:30AM
1/9/2024–2/27/2024

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 Excel for PCs extensively for many applications, including various types of record keeping, organizing research, and tracking storylines for creative writing manuscripts.

Earth's Climate: Past, Present and Future 🖥️

We know that Earth's climate is changing, but how do we know that human actions are a primary factor today, given that climate has changed throughout geologic time? We begin by examining the many natural factors that control climate change on timescales ranging from millions of years to just a few years. These natural influences include external factors such as the position of the continents, the orbital parameters of the Earth/Sun/Moon system, and volcanic eruptions. We also consider variability arising from within the climate system due to phenomena like El Niños and La Niñas. We then shift focus from geologic timescales to the natural and human

influences on the climate of the last 2,000 years. How have scientists identified human “fingerprints” in observations of climate change? Are droughts, heat waves, and wildfires being affected by climate change? The final course segment examines projected climate changes over the next 100 years, based on different emissions scenarios.

STEM107 • 6 Sessions

online
class size unlimited
Tu • 3:30–5:30PM
1/9/2024–2/13/2024

INSTRUCTOR: Karen Grove is Professor Emerita in Earth and Climate Sciences at San Francisco State University and has studied the geologic history of climate change. Benjamin Santer is an atmospheric scientist who retired from Lawrence Livermore National Lab. His studies of natural and human “fingerprints” in observed climate records are internationally recognized. He currently has Visiting Research appointments at UCLA and Woods Hole Oceanographic Institute.

Experiments in Artificial Intelligence 🖥️

The Fall 2022 launch of ChatGPT by OpenAI led to a rapid proliferation of artificial intelligence in various forms. This seminar will explore the current state of publicly available AIs and how attendees can benefit from and responsibly utilize various AI tools. The seminar will cover free services that attendees are encouraged to use. There will also be presentation and discussion of paid services. In addition to demonstrating practical applications, we will critically examine the social impact of this technology. As AI capabilities continue to grow, so do concerns about bias, transparency, job displacement, and other issues.

NOTE: Students should have a basic understanding of computer operations (installing programs/apps, cut and paste text).

STEM304 • 5 Sessions

online
class size 40
Th • 1:00–2:30PM
2/15/2024–3/14/2024

INSTRUCTOR: James Jarrard worked as a technology and information professional with the federal government for over 25 years. In the early 1990s he worked with the Advanced Research Projects Agency (ARPA) to transfer the Internet from military to civilian application. He worked as the knowledge management coordinator for the Peace Corps headquarters. In the early 2000s he was a statistician, presenting K-12 educational performance metrics.



Exploring Your Immune System

Let us explore the immune system together in a step-by-step fashion to untangle its many mysteries, components, and functions. Second only to the brain in complexity, this life-saving system protects us on a daily basis from a world of threats, including viruses, bacteria, fungi, parasites, and toxins. Some of the topics we will cover include innate and adaptive immunity; the major organs, cells, and messenger molecules involved in immune function; and how the immune system distinguishes between “self” and “non-self.” Knowledge is powerful if it leads to appropriate action. The better we understand the workings of our immune system, the better we can support its function and not weaken it. This is especially important right now with all the confusion surrounding COVID-19 and the other infectious diseases out there. This introductory science-based Zoom course will use colorful and easy to understand slide presentations and lectures, and some discussion with questions and answers.

STEM191 • 5 Sessions

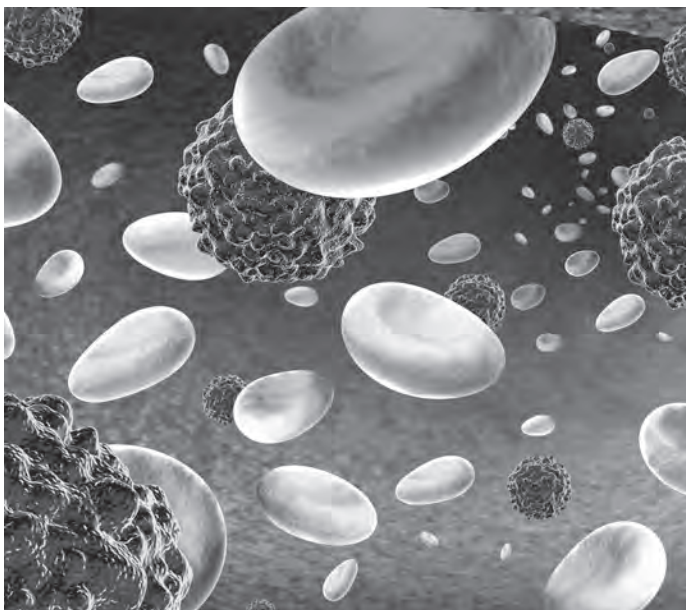
online

class size unlimited

Tu • 11:00AM–1:00PM

1/9/2024–2/6/2024

INSTRUCTOR: John Kalb has over 40 years’ experience as a wellness chiropractor. He completed his pre-med training at NYU, obtaining a BA in psychology and chemistry and then earned his MS degree from the University at Buffalo in biology. Kalb has additional postgraduate training in immunology and gerontology. He has recently published his third book, “Keep Your Marbles: Your Game Plan for a Healthy Brain.” This is his 13th year teaching at OLLI.



Going Viral

“Going viral” implies explosive growth and spread—like bad news on social media... or Covid-19. Safe to say, viruses have been around way longer than people. They’re everywhere! But what ARE viruses? Are they mini-cells? Are they even alive? We naturally focus on those that infect humans, but they have ramifications far beyond us. They DO indeed infect us and can cause diseases, but we humans make use of viruses as well in basic research and even clinical practice. In this class we’ll look into the many ways viruses work in the biosphere—extending even to the “calling cards” of viral DNA that make up a significant fraction of our human genome. No previous science background is required. (Basic background on cells and microbes will be included.) The class is primarily lecture with directed discussions.

STEM200M • 6 Sessions

Medford Higher Education Center–Room 118

class size 30

Th • 11:00AM–12:30PM

2/8/2024–3/14/2024

INSTRUCTOR: John Kloetzel obtained his PhD in biology from the Johns Hopkins University and taught a wide variety of university-level biology courses for 37 years. His research in cell biology (using protozoan cells) ranged from electron microscopy to gene sequencing. Since 2011 he has taught OLLI courses on cell biology, DNA, epigenetics, gene editing, mitochondria, and the human microbiome.

Hanford, Oregon’s Nuclear Neighbor

A few miles north of the central Oregon border on the Columbia River, the Hanford Nuclear Reservation is home to the world’s largest and most complex environmental cleanup. This online Zoom course will trace the history of Hanford from the Manhattan Project featured in the movie “Oppenheimer,” through the expansion of plutonium production during the Cold War, and finally, to the shutdown of the nuclear reactors and the site’s transition to environmental remediation. The legacy of Hanford includes vast quantities of spent nuclear fuel, radioactive waste stored in 177 underground storage tanks, and many square miles of contaminated soil and groundwater. The course is intended for individuals intrigued by the history and science of America’s nuclear weapons program, as well as those concerned about its lasting effects on the Columbia River and the communities downstream and downwind of the world’s most costly environmental cleanup.

STEM301 • 3 Sessions

online

class size unlimited

Th • 9:00–10:30AM

1/11/2024–1/25/2024

INSTRUCTOR: Jeff Wyatt has over 40 years of experience in engineering, research and development, and project management. He most recently managed a \$500 million project in Kazakhstan for a Chevron-led joint venture. He is currently chair of the Oregon Hanford Cleanup Board appointed by the governor of Oregon and a member of the Federal Hanford Advisory Board.

Organizing and Sharing Digital Photos Using iCloud

This course is designed to help participants take, organize, store, edit, and share digital photos and videos. Emphasis will be on using Apple Photos on the iPhone, Mac, and iCloud. Participants will learn to manage iCloud settings; store and share photos and videos; perform basic edits; play and modify memories; set up albums and slideshows; search and organize photos by person, location, and activities; trim live photos, bursts, and videos; and remove duplicate photos. Privacy and security issues will also be discussed. Participants should be able to use Zoom for video conferencing and have a basic comfort taking digital photos, accessing the Web, and using online applications.

STEM136 • 5 Sessions

online

class size 50

Th • 1:00–3:00PM

1/11/2024–2/8/2024

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 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.

NEW! Physics and Animal Perception

“The Earth teems with sights and textures, sounds and vibrations, smells and tastes, electric and magnetic fields. But every kind of animal, including humans, is enclosed within its own unique sensory bubble, perceiving but a tiny sliver of our immense world,” writes Ed Yong in “An Immense World.” We will explore parts of the bubble Dr. Yong is describing. Courting peacocks create airflow patterns they can sense with their crest feathers. Butterflies taste with their feet. The naked mole rat is insensitive to the pain of acids and capsaicin. Tree-hoppers communicate by sending vibrations through the plants on which they stand, which can resemble the songs of birds, monkeys, or musical instruments. Black ghost knife fish produce their own electric fields, which they use to sense the world around them. Bumble bees can sense the electric fields of flowers. This class will examine such marvels through the lens of the physics that govern them. Yong’s book is recommended, but not required.

NOTE: Two sections of this course are being offered at the same day/time as a hybrid: one on Zoom and one in-person.

STEM305A • 4 Sessions

Campbell Center–Room D

class size 50

M • 9:00–10:00AM

2/19/2024–3/11/2024

STEM305 • 4 Sessions

online

class size unlimited

M • 9:00–10:00AM

2/19/2024–3/11/2024

INSTRUCTOR: Tom Woosnam, a high school physics instructor for 45 years, taught the OLLI course *Physics in the Home, Headlines, and Universe* in 2023. Prior to that, he taught the OLLI course *Belief and the Shakespearian Authorship Question*.



Physics for Nonphysicists: Quantum Theory

Quantum mechanics is correctly considered mysterious since it is like nothing we encounter in our everyday, macroscopic lives. For example, if you try to say, “an electron is like a _____,” you find nothing in your experience to fill in the blank. The best we can do is describe how it works. The course will cover the three major methods of calculating quantum mechanical effects, leading to the periodic table of the elements. The course will not discuss philosophical interpretations of quantum theory. A Nobel Prize-winning physicist once said that he didn’t understand quantum mechanics and, by the end of this course, neither will you. Some easy mathematics will be used in the course. The course consists of illustrated lectures including animations and video clips. Everyone is expected to ask questions at any time during the class. Course materials, including presentation slides, Internet links, a bibliography, and other relevant information, will be available at LearnerNotes.org.

STEM102A · 7 Sessions
Campbell Center–Room D
class size 50
M · 11:00AM–12:30PM
1/22/2024–3/4/2024

INSTRUCTOR: For many years John Johnson has taught a series of courses at SOLIR/OLLI on physics. He’s hoping that this third try at quantum theory will be better than the last attempt. He holds enough degrees in physics from pretty reputable institutions (Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University) to spot any crazy ideas about quantum mechanics and call them out for what they are.

NEW! Plants and People, Part 2

We often take plants for granted. To develop an appreciation for the importance of plants in our daily lives, we will examine how plants contribute to our lives and well-being, including the basics such as oxygen to breathe, food, shelter, and clothing. We will review scientific concepts and terminology relating to plant structures and functions with an emphasis on stems, wood, cork, and bamboo. Additional topics we will cover include fermentation, the production of wine and beer, and the distillation of liquors; the role of plant compounds as medicines and psychoactive/stimulating agents; and various types of plant fibers, natural dyes and tannins, and their uses. Finally, we will discuss how plants influence climate change and the consequences of current threats to plant biodiversity. The format will

be interactive lectures; plant material will be brought in periodically to demonstrate particular concepts.

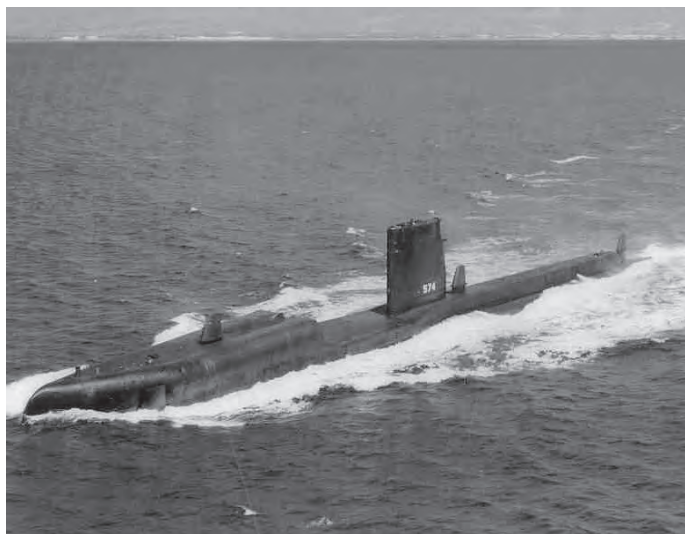
NOTE: This course is a continuation of Plants and People (Part 1) taught in Winter 2023 and will focus on topics not covered in Part 1 of the course. It is not necessary to have taken Part 1 to understand the material in Part 2.

STEM306A · 6 Sessions
Campbell Center–Room A
class size 30
F · 9:00–11:00AM
1/20/2023–2/24/2023

INSTRUCTOR: Melissa Luckow, PhD, is Professor Emerita from Cornell University. She taught courses in plant systematics and economic botany to undergraduates for 29 years as well as numerous graduate-level courses. Her research focused on tropical legumes, and she did field work throughout Latin America, and in Madagascar, South Africa, and Australia.

NEW! Submarines: Cold War to Recent Disasters

Come take a ride into the Cold War depths of nuclear submarines. This course will provide an inside look into what it was like to serve on a nuclear submarine in the Cold War. After covering the basics of design, equipment, weapons, and staffing of US submarines, you will learn how submarines generate power and oxygen in order to stay submerged for months. We will also examine NATO and enemy submarines and delve into real world events and Cold War missions. The last session will cover the major submarine disasters and what caused them, including the two US nuclear submarines lost (USS Thresher and USS Scorpion) as well as Russian losses (K-219 and Kursk). A bonus topic will cover the recent submersible loss over the Titanic. No prior knowledge or reading is required.



STEM307A • 6 Sessions
Campbell Center–Room D
class size 50
Th • 11:00AM–12:30PM
1/11/2024–2/15/2024

INSTRUCTOR: Kevin McCarthy is a Naval Academy graduate and submarine veteran. He served as an officer onboard multiple nuclear power submarines during the Cold War. He also taught submarine warfare at the Fleet Combat Training Center in San Diego.

The Elegance of Mathematical Proofs

Philosopher Bertrand Russell wrote, “The pure mathematician, like the musician, is a free creator of his world of ordered beauty.” While some might say that “mathematician” and “beauty” shouldn’t appear in the same sentence, there are many who appreciate the elegance of certain mathematical proofs, their simplicity and clarity, combined with clever reasoning, and perhaps a visually pleasing aspect. In a mix of lecture and discussion, we will look at accessible proofs that illustrate the beauty found in mathematics and the strategies math enthusiasts use to prove assertions. Here’s an example: A classroom has 25 students, seated in a 5-by-5 square array. To create a new seating arrangement, the teacher told students to move to a new seat, each of them moving to the one just in front, just in back, just to the left, or just to the right of their current seats. Prove that the task is impossible. All are welcome, and no prerequisite knowledge is required. Let’s have fun doing math together!

STEM308A • 5 Sessions
Campbell Center–Room D
class size 50
Tu • 1:00–3:00PM
1/16/2024–2/13/2024

INSTRUCTOR: Irv Lubliner is excited to teach math, blues harmonica, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother’s writings about her experiences during the Holocaust, the book that will serve as the theme of one of his Winter courses.

The Evolutionary Psychology of Morality

Historically, morality has been studied as if it were a human invention. This has been the approach of philosophical thinking and writing in the field of ethics for over 2,000 years. Recently, however, biologists have

been studying morality as an adaptation, attempting to discover how morality functions and how it evolved. We will examine six types of moral adaptation, all of which share a commonality: they enhance survivorship and reproductive success. Genetically based traits that enhance survivorship and reproduction will pass on copies of genes that produce those traits in their offspring. Over time, the traits and the suite of genes producing them will increase. Seven sessions cover 1) evolution and misconceptions, 2) genes and behavior, 3) Jonathan Haidt’s six dimensions of morality, 4) kin selection and caring, 5) reciprocal altruism and fairness, 6) xenophobia and disgust, and 7) hierarchy and liberty. Classes will include readings, videos, and lectures.

STEM140 • 7 Sessions
online
class size 30
Tu • 1:00–3:00PM
1/9/2024–2/20/2024

INSTRUCTOR: Dave Ferguson earned an MS in biology from UC Davis. He taught biology at the high school level for 35 years and taught *The Evolutionary Psychology of Morality* as part of the International Baccalaureate Theory of Knowledge course for high school students. He has taught this course at OLLI for the past five years.

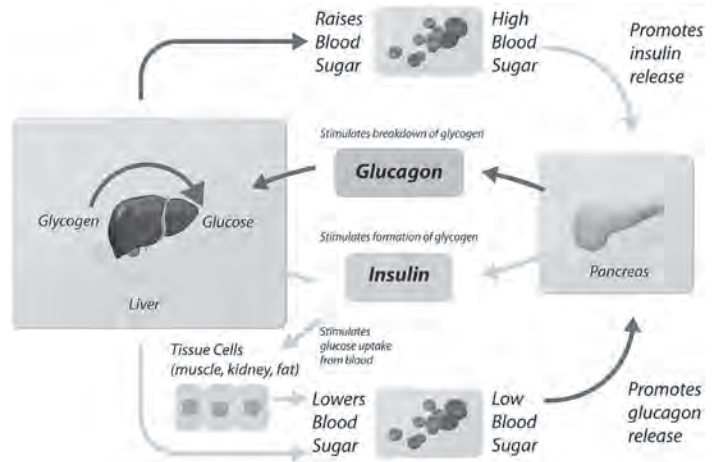


NEW! Understanding Insulin Resistance and Diabetes

Right now, one in three people reading this has prediabetes, and 90% do not know it. If nothing changes, by the year 2050, one in three people living in the US (including children) will have overt Type 2 diabetes. These statistics could change if we had a better understanding of our body's physiology! That is what this course is all about. Your body is a miracle and is most likely functioning exactly as mother nature intended, although that may not work as well in 2024 as it did 300,000 years ago. In the four course lectures, you will learn what insulin resistance and diabetes are, why Type 2 diabetes is epidemic, and how the human body interacts with food. In addition, you will gain an understanding of the physical consequences of insulin resistance, what environmental factors play a role in it, what the signs of insulin resistance are, and the latest treatment guidelines from the USDA and the American Diabetes Association and how those guidelines came to be.

STEM309A · 4 Sessions
Campbell Center-Room E
class size 50
Tu · 9:00-10:00AM
1/9/2024-1/30/2024

INSTRUCTOR: Sarah Aitken has been a nurse practitioner for over 30 years, and during those years, a clinical instructor in the School of Nursing at OHSU, a diabetes prevention specialist, and a national board-certified health and wellness coach. She is currently licensed in Oregon as a women's health nurse practitioner and a family nurse practitioner. She specializes in insulin resistance and Type 2 diabetes.



Age-friendly University Global Network



Southern Oregon University has been accepted for membership in the Age-Friendly University Global Network (AFUGN), the more than 100 universities across five continents that have committed to age diversity and intergenerational interactions on their campuses and in their communities.

The membership underlines SOU's commitment to serving mid-career and older students and welcoming the contributions of older employees. It will also place the university on lists of age-friendly institutions that are maintained by organizations such as the American

Association of Retired Persons (AARP) and the Gerontological Society of America.

SOU, Portland State University and Western Oregon University are the only Oregon institutions to gain AFUGN membership. Member colleges and universities commit to AFUGN's list of 10 Age-Friendly University Principles, which touch on second careers, intergenerational learning, online educational opportunities, engagement with retired communities and other key topics.

Social Sciences

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

Everyone Can Be a Pundit

Who will the political parties nominate for president in 2024? In this course, we will follow the primaries and caucuses from January through mid-March as voters choose the candidates. Interesting Senate, House, and governors' races will also be covered. Each class will begin with a national update on campaign trends and how issues are being debated, leading to a general class discussion. This will be a discussion class with all viewpoints welcome. Both those who follow politics intensely and those who are tuning in for the first time will have an opportunity to express their views.

SOC112A • 10 Sessions
Campbell Center-Room A
class size 32
Th • 11:00AM-12:00PM
1/11/2024-3/14/2024

SOC112M • 10 Sessions
Medford Higher Education Center-Room 118
class size 30
F • 11:00AM-12:00PM
1/12/2024-3/15/2024

INSTRUCTOR: David Runkel is a lifelong political junkie who covered presidential campaigns as a newspaper reporter. After the 1988 election, he planned and oversaw a weekend-long discussion of the presidential campaign that included the managers of all those who entered the race that year. He edited the transcript for a book published by Harvard's Institute of Politics, on which he served as acting director.



NEW! Examining “Wokeness”

In this course we will examine the idea of “wokeness,” what it means and how it is being used in today’s political and corporate climate. We will use the book “Woke, Inc.” by current Republican presidential candidate, Vivek Ramaswamy, as our starting point. We will read selected passages from the book and use them as the starting point for spirited class discussion about our culture, values, and the relationships among corporations and trading partners around the world. Students can expect to have their assumptions about political, social, and humanitarian values challenged by Ramaswamy’s analyses, by the facilitator, and by other students. All views are welcome. Appropriate video material will also be used to stimulate class discussion. It is not required that students read the book, but those who have read the book will be an important source of discussion topics.

SOC300A • 4 Sessions
Campbell Center-Room A
class size 32
W • 9:00-10:30AM
2/21/2024-3/13/2024

INSTRUCTOR: Louis Kohler has a BA and has enjoyed facilitating OLLI classes on money systems and French singing for a dozen years. He has varied work experience: a “style editor” for TASS news agency in Moscow in 1989-1991, part time, humanitarian work in Azerbaijan in 1994-1995, and again in Kosovo 1999-2000. He has crossed oceans in small sailboats and often participates in “open mic” performances.



**Missing your
OLLI emails?**

**Please check your email's
spam or junk folder.**

NEW! Fake News, Filter Bubbles, and Fact Checking

Not sure if what you've heard or read is for real? Just because you saw it online or in a message from a friend doesn't mean it's true. Learn how to spot misinformation, sort out "alternative facts," identify reputable news sources, check for authenticity and accuracy, and become a more knowledgeable information consumer. Over the course of two classes, we'll cover such topics as propaganda, truth decay, and eroding trust in public statements, characteristics of misinformation, how filter bubbles impact our beliefs, media biases, and more.

SOC301 • 2 Sessions
online
class size 100
Th • 9:00–10:30AM
1/18/2024–1/25/2024

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."*

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.

Hot News & Cool Views

Hot News & Cool Views is an open discussion opportunity to explore and discuss breaking local, national, and global news and events. All differing views and opinions are welcome, and divergent political leanings and personal backgrounds add "sizzle" to the class. The result is an entertaining and often controversial 90 minutes! An agenda with supporting news articles is sent out a couple days ahead of each class, and ideas and articles submitted by students are integrated into the agenda. Hot News & Cool Views will help you stay current on the news and well informed in an election cycle. Please join our great group for a journey around the world that is better than a strong cup of coffee to get your week going!

NOTE: Two sections of this course are being offered at the same day/time as a hybrid: one on Zoom and one in-person.

SOC140A • 10 Sessions
Campbell Center–Room A
class size 32
Tu • 9:00–10:30AM
1/9/2024–3/12/2024

SOC140 • 10 Sessions
online
class size unlimited
Tu • 9:00–10:30AM
1/9/2024–3/12/2024

INSTRUCTOR: *Rick Vann is a marketing and sales management professional with a business degree from San Diego State University. Four decades of experience in the corporate world provide his perspective, but the wisdom and experience of the class provides the knowledge base and the platform for the course.*

Making Sense of the Climate Crisis

Making Sense of the Climate Crisis is for any person living on Mother Earth. It is based on the community version, not the faith-based version, of "Wake Up World," a curriculum on the climate crisis for faith and 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 attempts to provide a structure for understanding, so 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.

NOTE: The curriculum will be available free of charge on the wakeupworld.earth website. Participants will be asked to read and review class material before class.

SOC302 • 3 Sessions
online
class size 25
Tu • 1:00–3:00PM
1/16/2024–1/30/2024

INSTRUCTOR: Anita Dygert-Gearheart is the primary teacher for this course. She is a retired clinical social worker and has taught OLLI classes in the past and taken many herself. She and her husband, Bob 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! Skeptical Thought: Ancient to Modern 🖥️

Western philosophy has had a troubled relationship with skeptical thinkers and their ideas. Skeptics appear from time to time, raising difficult questions about what—if anything—can be known and often frustrating efforts to answer these questions. Eventually, these skeptical ideas fade away until a new generation of skeptics appears and the process repeats itself. In this lecture course, we will trace several different skeptical challenges to philosophical knowledge. The first originates in ancient Greece and disappears centuries later. The next phase comes as ancient skepticism reappears in the 1560s and then vanishes after a century when Descartes turns skepticism against itself. Two centuries after that, David Hume reintroduces ancient skepticism and triggers off strong reactions by Kant and the German Idealists. Finally, there is the role of skepticism in philosophy since the mid-19th century. No prior knowledge of philosophy is required, and questions are always welcome.

SOC303 • 10 Sessions
online
class size 50
Th • 1:00–3:00PM
1/11/2024–3/14/2024

INSTRUCTOR: Ean Roby is Professor Emeritus at Ohlone College in Fremont, California, where he taught for 34 years. He regularly teaches OLLI classes in philosophy, religious traditions, and ancient history. He holds Master's degrees in philosophy, religion, and English.

The Constitution in Everyday Life 🖥️

Many believe that we are experiencing challenges to our democracy that we have not had since the Civil War. These challenges, though, are coupled with the fact that many of us can no longer identify the constitutional issues that are being threatened. They are often not directly addressed by media outlets. The purpose of this class is to identify current events that are a direct challenge to our democracy and why. For example, the Supreme Court justices have a constitutional mandate to have “good behavior” while in office, yet to date that court has not developed a code of ethics which applies to them. We will identify and learn how this issue and many others apply to our democracy.

SOC102 • 4 Sessions
online
class size 30
W • 11:00AM–12:00PM
1/10/2024–1/31/2024

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.”

**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 OLLI's Volunteer Coordinator, Taliah Mortensen, at 541-552-6048 or olli@sou.edu.

The Gospel of Thomas

The Gospel of Thomas was found in the Egyptian town of Nag Hammadi in 1945. The Gospel starts off stating that Jesus' brother is the author, and it contains 114 Sayings attributed to Jesus. Some biblical scholars call it the "Fifth Gospel," as it might be the oldest (written in the first half of the 1st Century AD) because about half of Jesus' sayings in this Gospel are in the biblical gospels. The readings in this Gospel of Saint Thomas will guide our discussion in concentrating on Jesus' philosophy, namely how he understands the cosmos, his vision of how we should live in community, and the imperative of obtaining more self-knowledge. The unique sayings of Jesus are the beatitudes, including, for example, turning the other cheek, loving one's enemies, and treating people in the way you want to be treated. These sum up Jesus' perspective. Reading and discussion of some of the 114 Sayings will be explored in each class session.

NOTE: The instructor will provide a free copy of the Gospel of Thomas for your use during the course.

SOC153A · 3 Sessions
Campbell Center-Room C
class size 25
Tu · 11:00AM-12:00PM
2/13/2024-2/27/2024

INSTRUCTOR: Jerome Dimberger's post-secondary education was at St. Louis University and the University of Notre Dame. Having spent four years at a Jesuit (Society of Jesus) seminary, his degree was in religious studies with emphasis in philosophy and comparative religions. He did graduate studies in anthropology at the University of Colorado. Besides publishing this Gospel of Thomas, he also published "The Tao Te Ching" and the "Philosophy of Life."

NEW! Wines of the Old World

In Wines of the Old World, we will discover the major wine regions of the Old World. Becoming knowledgeable about wine is not difficult. If you've always been curious about European wine but afraid to try it, this course is for you. Conversely, if you've had lots of experience with European wine this course is for you, too. In addition to all of the famous regions, a few lesser known regions are included that have something special to offer. We'll discover wines country by country over the course of the lectures, and the instructor will share tasting experiences. We'll discuss how to read wine labels in French, German, and Italian. All wines discussed will be available either locally or through Wine.com. No reading or writing is required, just curiosity. A supplemental reading and video list will be made available for those interested. Come join in as we venture into the fascinating world of wine.

SOC304 · 6 Sessions
online
class size unlimited
F · 1:00-2:00PM
1/26/2024-3/1/2024

INSTRUCTOR: Thomas Eckert is a retired special education teacher from the Central Point School District. He has filled six three-ring binders with tasting notes from thousands of wines since 1980. Eckert sold wine wholesale for the Gallo Sales Company in the late 1980s, and was a wine and liquor buyer for a high volume Bay Area store shortly after that. Eckert has visited wineries in the Napa and Sonoma areas dating back to the 70s.



SOU Land Acknowledgement

OLLI at SOU wants to take this moment to acknowledge that Southern Oregon University is located within the ancestral homelands of the Shasta, Takelma, and Latgawa peoples who lived here since time immemorial. These Tribes were displaced during rapid Euro-American colonization, the Gold Rush, and armed conflict between 1851 and 1856. In the 1850s, discovery of gold and settlement brought thousands of Euro-Americans to their lands, leading to warfare, epidemics, starvation, and villages being burned. In 1853 the first of several treaties were signed, confederating these Tribes and others together — who would then be referred to as the Rogue River Tribe. These treaties ceded most of their homelands to the United States, and in return they were guaranteed a permanent homeland reserved for them. At the end of the Rogue River Wars in 1856, these Tribes and many other Tribes from western Oregon were removed to the Siletz Reservation and the Grand Ronde Reservation. Today, the Confederated Tribes of Grand Ronde Community of Oregon (<https://www.grandronde.org>) and the Confederated Tribes of Siletz Indians (<http://www.ctsi.nsn.us/>) are living descendants of the Takelma, Shasta, and Latgawa peoples of this area. OLLI at SOU encourages YOU to learn about the land you reside on, and to join us in advocating for the inherent sovereignty of Indigenous people.



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 Volunteer Coordinator 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	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.	
	Annual membership payment @ \$150 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 Taliah Mortensen,
OLLI Volunteer Coordinator, at
olli@sou.edu or call 541-552-6048.



Course Request Form

WINTER 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, November 6 to Friday, November 17

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, December 4.

Choice	Course Number	Course Title
1		
2		
3		

Open Enrollment Begins Monday, December 11

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.



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 3 courses, the additional requests will not be processed and 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.



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OLLI *at* SOU

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