

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



Fall 2023 Course Catalog

September 11 to November 17, 2023

sou.edu/olli • 541-552-6048 • olli@sou.edu

Celebrating 30 Years of Lifelong Learning

HERE, THE BOND THAT WOOD GLUE CAN CREATE IS QUITE EXTRAORDINARY.



FRIENDS. PALS. SIDEKICKS. BUDDIES.

So important, yet often difficult to find as we get older.

Not so at Rogue Valley Manor Retirement Community. With so many activities, lifelong learning opportunities, and friendly, fun neighbors, it's easy to find your people here. (Woodshop is just one of our many resident groups.)

We invite you to stop on by and get to know us. And see what extraordinary bonds you can create.



Call today for more information
or to schedule a visit.

541.210.5246 • retirement.org/rvm

Osher Lifelong Learning Institute

OLLI *at* SOU

Southern Oregon University

Contacting OLLI at SOU

Phone: 541-552-6048
 Email: olli@sou.edu
 Web: sou.edu/olli

Mailing Address
 1250 Siskiyou Blvd.
 Ashland, OR 97520

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

Office Hours
 Monday–Friday
 9:00 am to 4:00 pm



On the Cover

The cover artwork, “Bishop Creek Canyon” is an oil painting on linen by the late impressionistic landscape oil painter and OLLI supporter Jerry Shanafelt. Using palette knives and brushes, Jerry created works filled with texture and vibrant color.

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

Fall 2023 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.

Receive Zoom support by contacting the OLLI office. 

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



▶ Member Services Committee Programs

To enrich your OLLI experience, you may join in a variety of Member Services Committee programs. These offerings are extra opportunities to socialize, share information, and pursue in-depth study.

Guided Explorations (GXs)

One-time instructional exploration of a specific topic, led by a subject-matter



expert. Past explorations include discussion of the Jan. 6th Committee's final report, field trips to historical sites in Jacksonville, and cooking and baking demonstrations.

Social Community One-time social gatherings outside of the classroom that build connections with fellow OLLI members. Past events include Pickleball Round Robin at Lithia Park, New Friends Gathering, and Hair We Are haircare events.



Conversation Connections (ConCons) One-time discussions focused on a single topic of interest. Past topics include Best Tips for Gardening in the Rogue Valley, Dealing with a Loved One's Decline, and OLLI at the Oscars: Vote for Your Favorites!



Shared Interest Groups (SIGs) Ongoing meetings of enthusiasts with a common interest to provide in-depth learning and activities. The group schedules meeting times and locations. Among OLLI past SIG topics are the US Constitution, watercolor painting, poetry, and pickleball.



Events Volunteers help with large OLLI social events in various ways, including planning, organizing, and executing the events with the collaborating committees. Recent events include the June annual meeting and Ice Cream Social, as well as coordinating OLLI participation in the Ashland July 4 parade.



OLLI Leadership 2023-2024

Council Directors

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

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Communications and
Community Outreach
Peg Evans, Chair
Curriculum
Ginny Blankinship and
Anne Coleman, Co-chairs
Development
Dwight Wilson, Chair
Finance
Paul Christy, Chair
Leadership Development
and Recruitment
Chair TBA
Member Services
Myrna Hall, Chair
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

Welcome to the 30th year of lifelong learning at Southern Oregon University! We are excited to welcome our new Administrative Director, Heather Inghram, who joined us in April and has already demonstrated her enthusiasm and love for OLLI. It's going to be a great year!

Browse through this catalog. We have something for everyone, from serious academic courses to personal exploration, arts, and recreation. Did you know our courses are taught by volunteer instructors? Some teach in areas related to their careers, but many teach about a passion subject or something that caught their interest. We think these courses will catch your interest too. And the best part about OLLI courses? No tests, no grades, and for most courses, no homework!

OLLI is not just about the courses. We also have one-time programs on a wide range of topics. Those programs are announced in our weekly Newsflash newsletter and you can get full details on our website under "Lectures, Groups, and Conversations."

Our courses and programs are offered in a variety of formats. Many are in-person at the Campbell Center on the SOU Campus and others at locations in Ashland, Medford, and Phoenix. We also offer courses and programs online, accessible via the Zoom platform. If you have never used Zoom, call the OLLI office; staff will be happy to connect you with a volunteer who can help you learn how to use Zoom.

In addition to great courses and programs, OLLI is full of wonderful people! Most of our 1,700 members reside in the Rogue Valley, but we also have members who reside around the country. Whether you are participating in OLLI in-person or online, you're likely to run into a familiar face, and you will definitely have the opportunity to make new friends.

There is no age or education requirement to become a member of OLLI at SOU. If you have been an OLLI member in the past, we hope you'll renew your membership. If you've never experienced OLLI, we hope you'll give us a try.

Sincerely,

Tracy Palermini
OLLI @ SOU Council President



Tracy Palermini

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



Become an OLLI Instructor: Learn. Teach. Share.

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 on August 19 and Teaching on Zoom Orientation on August 26. Both opportunities are held on Zoom from 10:00 a.m. to noon.
- **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

Course proposals for Winter 2024 are invited August 1-31

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



Give to OLLI at SOU

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

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

A note from the SOU Vice President for University Advancement and Executive Director, SOU Foundation

FLOURISH. *According to the Oxford Dictionary, to flourish is “to grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.”*

That’s exactly what’s happening right now at Southern Oregon University—and at OLLI at SOU!

“Flourish” is the 2023–24 campus theme—a sort of topical nexus for academic and personal exploration that brings external speakers to campus, features SOU faculty members, and engages students in ways that challenge assumptions and offer opportunities for critical thinking.

After a year that saw the university community come together to confront an existential financial crisis and to change its fiscal paradigm, what will it mean at SOU to flourish?

SOU will flourish by thinking differently and acting boldly. We will flourish by seizing new opportunities that position the university nationally for its innovative thinking and entrepreneurial mindset.



Janet Fratella



Heather Inghram

And, OLLI will flourish too! Have you met Heather Inghram, OLLI’s new dynamic and engaging administrative director? She has been at the helm for just four months and already is making a measurable difference. Heather relocated from Bend, OR, following a number of years leading the University of Oregon’s OLLI program there. Heather embodies the spirit of a lifelong learner; she lived and taught in South Korea, is fluent in Spanish, and traveled extensively to learn about new cultures and experience life outside the US. Please join me in welcoming Heather to the OLLI at SOU family. She brings new energy and fresh perspectives to our program, and she is eager to collaborate.

I attended several OLLI end-of-year celebrations last May. The gatherings for instructors and volunteers reminded me of the vital force of this special cadre of people. Your continued generosity of time and resources will ensure that OLLI at SOU continues to flourish in the years ahead.

My best,

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

Janet Fratella
Vice President for University Advancement
Executive Director, SOU Foundation

OLLI COURSES: FALL 2023

**Course request period opens July 24 and closes August 4.
Open registration begins August 21; Fall term runs September 11–November 17, 2023**


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: 



















TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Monday						
Animal Intelligence	Jenny Sill-Holeman	9/11	10	1-2:30		44
The Mind's Eye Viewed Through Portrait Photography	Dale Robinette	9/11	4	1-2:30		15
Ten Classic Musical Films: Part 12	Roy Sutton	9/11	10	1-4		10
Fire in the Imagination	Jim Gasperini	9/11	7	11-1		17
Handel's "Messiah"	Peggy Evans	9/11	7	11-12:30		12
Free the Shoulders, Arms and Hands	Moondance Forest	9/11	6	2-3		30
Absolute Beginners Pickleball	Cori Frank	9/11	5	2:30-4		41
Introduction to Tai Chi for Health and Longevity	Moondance Forest	9/11	6	3:30-4:30		31
Home Grooming for Your Dog	Kent Bailey	9/11	4	3:30-5		42
Learning About Birds	Shannon Rio	9/11	3	9-10:30		32
Russia's Alphabet	Levitt/Taylor	9/11	3	9-10:30		22
Deep Dive into the USA and the Holocaust	Phil Meyer	9/18	7	11-12		17
Soulful: Black Women Poets Who Changed America	Lorenzo Taylor	9/18	4	11-12:30		28
Introduction to the Hebrew Scriptures	Herbert Rothschild	9/18	7	9-10:30		27
Contemporary American Poetry	Linda Jaffe	9/25	5	11-12:30		26
Russian Poetry in Russian	Levitt/Taylor	10/2	7	9-10:30		22
Lace Knitting	Kay Johnson	10/9	6	1-3		43
Physics for Nonphysicists: Physics X	John Johnson	10/16	5	11-12:30		46
Advanced Beginners Pickleball	Cori Frank	10/16	5	2:30-4		41












Tuesday

Moving Forward on Your Own After Losing a Spouse	Howard Jay Rubin	9/12	4	1-2:30		24
Transforming Lives: Syd Banks' Insights	Dan Altman	9/12	5	1-2:30		40
Introduction to Bitcoin and Cryptocurrency	Dana Goulston	9/12	7	1-3		48
Walt Whitman's "Song of Myself"	Dave Ferguson	9/12	7	1-3		29
Exploring Ukrainian Culture through Women's Lives	Louise Paré	9/12	8	1:30-3:30		37
Happiness and Beyond	John Kalb	9/12	5	11-1		37
Best American Short Stories of the Century, Part 1	Timothy Kelly	9/12	8	11-12:30		26
Creating an Extraordinary Life	Charles "Al" Huth	9/12	8	11-12:30		36

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Developing a Fulfilling Mindfulness Practice	Fred Perloff	9/12	8	11-12:30		36
Have You Had a Spiritual Experience?	Murphy Larson	9/12	2	11-12:30		37
Maggie Shipstead's "Great Circle"	Avram Chetron	9/12	4	11-12:30		28
The Mature Voice Returns	Sarah Oppenheim-Beggs	9/12	6	11-12:30		12
Introduction to Creative Writing	William Lawson	9/12	10	3:30-5		16
Beginning MS Excel for PCs	Holly Campbell	9/12	8	9-10:30		44
Hot News & Cool Views	Rick Vann	9/12	10	9-10:30		48
Humanitarian Work: Challenges and Joys	Linda Tetreault	9/12	6	9-10:30		21
Readers Theater	Gerald Murphy	9/12	8	9-10:30		13
P@s\$w0rdz	Steve Weyer	9/19	3	1-3		46
Understanding Medicare: The ABCs (and D)	Becky Foster	9/19	2	3:30-5		25
Exploring and Conserving Wild Ashland	Coleman/Bergkoetter	9/26	2	9-12		32
E-Bike Skills and Safety	Mike Vergeer	10/3	2	1-3		30
Significant Aspects of Southern Oregon History	Jeff LaLande	10/3	7	1-3		18
Conscious Relationship as a Spiritual Path	William Kastenber	10/3	7	11-12:30		35
Understanding Our Valley's Architectural History	Jeff LaLande	10/3	6	9-11:30		19
Award-Winning and Other Intriguing Podcasts	Maureen Wilson-Jarrard	10/10	5	1-2:30		9
Life Happens. Now What? Life Transition Skills	Howard Jay Rubin	10/10	4	1-2:30		24
Deeper Explorations into Tolle's "A New Earth"	Mark Gibson	10/10	5	11-12:30		36
The Breath's Physiological Power in Brain Health	Shawn Flot	10/10	6	11-12:30		39
The Questions of Megan Phelps-Roper	Tom Woosnam	10/17	2	11-12		50
Cook Along: Pizza and Friends	Barbara Schack	10/17	2	2:30-4:30		42
Bringing It Home: Group Centering Activities	Dave Garcia	10/17	3	9-10:30		30
Mindful Movement: QiGong and Stretching	Nando Reynolds	10/17	4	9-10:30		31
Grand Lodges of the National Parks	Lane/Jurta	10/24	3	11-12:30		42
Unraveling the Mysteries of Consciousness	John Kalb	10/31	3	11-1		40

Wednesday







Introduction to Fly Fishing	Bill Howarth	9/13	4	1-3		42
iPhoneography: It's Not Just Luck	Meri Walker	9/13	5	1-3		14
Scenes From Ancient Rome	Bob Wetmore	9/13	9	1-3		18
Ten Classic Mystery/Suspense Films: Part 3	Roy Sutton	9/13	10	1-4		10
Watercolor Basics: Starting from the Paper Up	Becky Hawkins	9/13	8	1-4		15
Ra and the Law of One	Alan Ackroyd	9/13	8	11-1		38
Current Topics in Older Adult Health	Jennine Greenwell	9/13	3	11-12		48
Enjoy German	Udo Gorsch-Nies	9/13	10	11-12:30		20
French Caroling VIII	Kohler/Jacquot	9/13	10	11-12:30		12
Listening to the Caged Bird Sing	Campbell/Silbaugh	9/13	6	11-12:30		27
Survival: Beyond the Bug-out Bag	Bill Bateman	9/13	6	11-12:30		24
Humanitarian Work: Challenges and Joys	Linda Tetreault	9/13	6	9-10:30		21
Ornamental Gardening in the Rogue Valley: Part 3	Koenig/Kobal	9/13	8	9-10:30		43
Poker and the Meaning of Life	Scott Carter	9/13	6	9-10:30		38
Reviewing and Renewing Basic Spanish	Teri Coppedge	9/13	5	9-10:30		21
Introduction to Racial Justice	Dornbos/Obermeyer	9/13	6	9-11		49
Dancing Broadway	Audrey Flint	9/27	6	11-12		30
Reducing Your Attention Deficit	Tysen Mueller	9/27	6	11-12:30		38

TITLE	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	IN-PERSON OR ONLINE	PAGE
Plumbing the West: Dams, Ditches, and Diversions	John Schuyler	10/4	6	1-2:30		33
Your Personal Journey Between Heart and Soul	Ronnie Kaufman	10/4	4	1-2:30		40
The Constitution in Our Everyday Life	Betsy Massie	10/4	4	11-12		50
Elements of Our Lives: The Periodic Table	Tom Pratum	10/4	6	3:30-5		45
Walking Ashland's Trails in the Fall	Diane DeMerritt	10/4	6	9-11		32
Making Sense of the Climate Crisis	A. & B. Dygert-Gearheart	10/11	3	1-3:30		49
Fundamentals of Investing	Kenji Bleicker	10/18	4	1-2:30		23
The Roaring 20s: How We Got to Now	David Drury	10/18	5	3:30-5		18
Mavens Return to the Mermaid Tavern: A New Look	Stitham/Witucki	10/25	3	3:30-5		28
The Tao Te Ching: An Introduction	Jerome Dirnberger	11/1	3	11-12		50
Happy 400th: Celebrate Shakespeare's First Folio	Robert Graybill	11/1	3	11-12:30		27

Thursday

Confucianism and Daoism in Historical Context	Ean Roby	9/14	10	1-3		47
Quilt-Making for Advanced Beginners/Intermediates	Irene Young	9/14	8	1-3		14
Tax Fun for Older Folks: The IRS & Other Oddities	R. & C. Ter Bush	9/14	5	1-3		25
Using Apple Apps and iCloud	Neal Strudler	9/14	6	1-3		47
The Western Front 1914-1918 in Film and Literature	Daniel Guy	9/14	8	1-4		11
Spiritual Cinema, Part 3	Alan Ackroyd	9/14	8	11-12		10
Anyone Can Do Basic Home Repairs, Especially You	Mitch Hrdlicka	9/14	8	11-12:30		41
Battles of the American Revolutionary War, Part 1	Michael Reynolds	9/14	9	11-12:30		17
Accessing Inner Guidance	Stephanie Lash	9/14	4	2-3		34
Cut-Up Poetry	Sallie Ehrman	9/14	4	3:30-5		16
Favorite French Films	Venita Varga	9/14	10	3:30-6		9
Gamache's World: Exploring Louise Penny's Mysteries	Alice Yucht	9/21	3	9-10:30		26
Nuclear Energy: The Past is Prologue	William Kastenber	10/5	6	1-2		46
Exotic Travel	Maria Geigel	10/12	5	1-2:30		20
Experiments in Artificial Intelligence	James Jarrard	10/12	5	1-2:30		45
History of the Automobile until 1940	Joe Davis	10/12	6	11-12:30		18
Mentoring: Gifting the Next Generation	Lanes/Chertkov	10/12	6	11-12:30		38
Wilderness	John Schuyler	10/12	5	11-12:30		34
Accessing Inner Guidance - Practice	Stephanie Lash	10/12	4	2-3		34
Conversaciones	Ginny Blankinship	10/12	5	3:30-5		20
Local Areas of Critical Environmental Concern	Dave Garcia	10/19	3	1-2:30		33
Breathwork and Mindfulness Meditation	Nando Raynolds	10/19	4	9-10:30		35
Beyond Basics: Watercolor and Negative Painting	Becky Hawkins	10/26	4	1-4		13

Friday

End of Life Preparation - Part 1	Dwight Wilson	9/15	4	1-2		23
How a Divided Congress Works-Or Doesn't	David Runkel	9/15	9	9-10:30		48
Revocable Trusts, Wills, and the Probate Process	Good/Bucy	9/15	4	9-11		24
Photography: Take Control, Move Beyond Auto	Bob Palermi	10/6	6	10-11:15		14
AI and You	Davis/Mueller	10/13	5	1-3		44
End of Life Preparation - Part 2	Dwight Wilson	10/13	4	1-2		23

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

NEW! Award-Winning and Other Intriguing Podcasts

If you like listening to podcasts, but haven't tried award-winning podcasts yet, here's your chance to listen and discuss some of the top winners. We'll investigate Pulitzer Prize winners, Peabody Award winners, and Edward R. Murrow Award winners. After a basic review of podcasts, we'll jump into listening and discussing a variety of podcasts. Students will be asked to listen to at least one episode of an award-winning podcast per week and come to class ready to describe and discuss it in a break-out room. The instructor will use an Apple iPhone and iPad and primarily the Apple podcast player. However, she will demonstrate how to find the podcasts on the Google player for Android users. PowerPoint slides will be used to help find the podcasts and reinforce the learning experience. Students should have basic knowledge and experience using their iPhones and/or iPads. They should have experience using the Internet and the Apple App Store, or for Android users, the Google Play store.

ARTS293 · 5 Sessions
online
class size 25
Tuesday · 1:00–2:30PM
10/10/2023–11/7/2023

INSTRUCTOR: *Maureen Wilson-Jarrard's professional career ranged from elementary school teacher to education technology specialist. She taught in the Department of Defense Dependents Schools and created curriculum for American students about water in Africa at the Peace Corp. She is primarily self-taught, unafraid of and fascinated with learning technology. She expects to learn as much as she shares, and have some fun as well.*

Favorite French Films

This course will explore 10 popular films from the 1930s, 40s and 50s from directors Pagnol, Renoir, Carne, Clouzot and Clement. Each film will be introduced briefly with some historical background and information about the director and the actors. All of these films present interesting and unusual aspects of life in France. An interactive discussion will follow the viewing of each film. All films are in black and white with English subtitles.

ARTS103A · 10 Sessions
Campbell Center – Room E
class size 60
Thursday · 3:30–6:00PM
9/14/2023–11/16/2023


INSTRUCTOR: *Venita Varga was a French teacher for over 45 years and lived in France for 10 years. She earned a BA in French and English and postgraduate credits from the University of California, Santa Barbara, where she was assistant editor for the Film Society Review and a teaching assistant for the History and Philosophy of Film class in the 1960s. She has maintained an interest in French films and was a member of various cinema clubs in France.*

Course Identification

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

A = Ashland **M** = Medford **P** = Phoenix

Online courses or sections will not have a letter after their course number. See page 39 for a complete list of locations and parking information.

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

Spiritual Cinema, Part 3

Cinema is a powerful medium that can inspire us or even change our experience of personal meaning. Spirituality can lead an individual to look more deeply at ordinary life and often illuminates how extraordinary it is to be “merely human.” The movies chosen for this class are intended to inspire and illuminate. The choice of movies is subjective and will not appeal to everyone; however, experience has shown that certain films are highly likely to generate thoughtful conversations and personal insight. Students will watch one movie each week of class and attend the class to participate in a discussion of the film. If you have an aversion to a specific movie, you may choose, of course, not to attend. Alternatively, you may express reactions and concerns in the context of the class. The list of movies to be considered is as follows (order may change): “A Beautiful Mind,” “Hidden Figures,” “Lion,” “Queen of Katwe,” “Slumdog Millionaire,” “Beginners,” “Temple Grandin” and “Forrest Gump.”

ARTS136 · 8 Sessions
online
class size 20
Thursday · 11:00AM–12:00PM
9/14/2023–11/2/2023

INSTRUCTOR: *Alan Ackroyd is a retired physician with a Master’s degree in clinical psychology. He has an avid, long-standing interest in both cinema and 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.*

Ten Classic Musical Films: Part 12

This course will feature 10 classic musical films starting with “The Great Waltz” featuring Fernand Gravey and Miliza Korjus (1938) and concluding with “Shine” starring Geoffrey Rush and Armin Mueller-Stahl (1996). The other eight are “A Song to Remember,” “Rhapsody in Blue,” “Words and Music,” “Three Little Words,” “The Glenn Miller Story,” “The Benny Goodman Story,” “Amadeus,” and “Immortal Beloved.” 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.

ARTS202A · 10 Sessions
Campbell Center – Room D
class size 50
Monday · 1:00–4:00PM
9/11/2023–11/13/2023

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

Ten Classic Mystery/Suspense Films: Part 3

This course will feature 10 classic mystery/suspense films starting with “King Kong” starring Faye Wray (1933) and concluding with “The Birds” featuring Tippi Hedron (1963). The other eight are “Citizen Kane,” “Gaslight,” “The Big Sleep,” “In a Lonely Place,” “The Wages of Fear,” “Diabolique,” “Touch of Evil,” and “North by Northwest.” This course is the third term of a three-term classic mystery/suspense film series. A handout for each film will be provided at the preceding session; for the first meeting, a handout will be available that day.



**Fall 2023
Community
Lectures**

OLLI’s free, public Community Lecture program will focus on health and will be available to all via Zoom. Special thanks to Steven Hersch, MD, Vice President of Medical Affairs and Administrator of Asante Ashland community Hospital, who is organizing the series.

Please watch your Newsflash for dates and times.



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 mystery/suspense films that are true classics and still enjoyable, no matter how many times one views them.

ARTS270A · 10 Sessions
Campbell Center – Room D
class size 50
Wednesday · 1:00–4:00PM
9/13/2023–11/15/2023

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

The Western Front 1914–1918 in Film and Literature

Explore films from France, Germany, Great Britain, and the United States that revolutionized a burgeoning cinema. Based on international literature, the films vividly display the international trauma of history's first fully industrialized global war. Films include the 1928 silent French docudrama "Verdun: Visions of History" filmed with veterans on the fields of history's longest, and deadliest battle, to the 2022 German remake of the classic 1928 anti-war novel, "All Quiet on the Western Front." Students will read the book as part of the class, and they are asked to read chapters 1-3 prior to the second class meeting. The instructor will introduce international literature of WWI that inspired the first generation of post-war film makers. One film will be screened each week in class, in the order of production, followed by commentary on the reception and influence of each film and a discussion on the artistic and historical merits of the work.

ARTS294A · 8 Sessions
Campbell Center – Room D
class size 50
Thursday · 1:00–4:00PM
9/14/2023–11/2/2023

INSTRUCTOR: Daniel Guy is a lifetime student of history and a former soldier who remains fascinated with the darkest of human behaviors, our seemingly endless propensity to resort to violence in international and community conflicts. As an OLLI instructor, Guy has taught courses on film, history, and most recently, French cuisine.

Coming, November 1-5, 2023!

Tickets on Sale Beginning October 16.

**Four evening performances and
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OLLI ABROAD The Musical!

From the OLLI Players, who brought you
Cafe Noir and the Ashland Radio Hour

What happens when OLLI members decide to board a ship for a senior semester at sea, and while on board get mixed up in a plot of zany intrigue involving OLLI, a love story, and a toe tapping musical for ship's entertainment?

Save
the date in
November for a
wine & appetizer
happy hour and a
great show!



Arts: Music

French Caroling VIII

Join us for another course of OLLI French Christmas Caroling. This class appeals to all levels of French language skill. Some can join with minimal practice and rehearsal but can also just enjoy raising our voices in the joy of singing in a group and helping each other learn. Others need extra work and practice to catch the nuances of correct musical phrasing, French pronunciation, and the rhythm of the lines. You can start as a beginner and, with 10 weeks of repetition, end up with a decent French accent (at least with the words of these lovely carols), thanks to the discerning ear and infinite patience of Monsieur Richard. This is an activity that reaches a surprising level of fun and pleasant sound, according to the level of enthusiasm generated by those who have shown up.

ARTS116A · 10 Sessions
Campbell Center – Room E
class size 75
Wednesday · 11:00AM–12:30PM
9/13/2023–11/15/2023

INSTRUCTORS: *Louis Kohler studied French and lived in Poitiers in '86-87, enjoying playing and singing French songs ever since. He instituted French singing at OLLI with the help of native French speakers to really get it right. Richard Jacquot, born in France, has helped with previous French singing courses. We have done this for seven fall terms in the past, missing only 2020 and 2021 for the pandemic.*

NEW! Handel's "Messiah"

Nearly everyone knows a movement or two of Handel's "Messiah." Not everyone knows the history of the English oratorio, "invented" by Handel, or the background of "Messiah." This course will look at these topics plus all 53 movements in the work, which is heard infrequently in its entirety. Since this will be a Zoom class, those of you so inclined will have the opportunity to sing along with the recordings to which we'll listen! If there's time, we'll even compare performances by several groups. The class will be taught in a lecture format using PowerPoint, YouTube examples, and with time for questions and comments. No previous experience is necessary.

ARTS292 · 7 Sessions
online
class size 299
Monday · 11:00AM–12:30PM
9/11/2023–10/23/2023

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.*

The Mature Voice Returns

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.

ARTS101A · 6 Sessions
Campbell Center – Room E
class size 16
Tuesday · 11:00AM–12:30PM
9/12/2023–10/17/2023

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.*



Arts: Theater

Readers Theater

Readers Theater is a dramatic presentation of a written work in script form. Performers read from a script, and parts are divided among the readers. No memorization, costumes, blocking, or special lighting is needed. We will read from a PowerPoint script that will be projected on the classroom screen. If you are nearsighted, bring your glasses. The focus is on reading the text with expressive voices while making the text comprehensible, meaningful, and fun. This class is a continuation of the Readers Theater course offered in Fall 2022 and Spring 2023, with all new theater and radio scripts chosen from classic works as well as from humor and detective shows. New and continuing students are equally welcome. If you can read aloud reasonably well, this class is for you.

ARTS124A · 8 Sessions
Campbell Center – Room A
class size 25
Tuesday · 9:00–10:30AM
9/12/2023–10/31/2023

INSTRUCTOR: *Gerald Murphy taught high school English for 33 years in California and several different classes for OLLI at SOU. He is a published playwright whose plays have been produced in over 40 countries throughout the world.*

Arts: Visual Arts

NEW! Beyond Basics: Watercolor and Negative Painting

Let's say you've moved beyond "total beginner" as a watercolor painter and are ready for a new challenge. You've been told to focus on major shapes and values to create good compositions, but you're not sure how. You've heard about negative space, but not been shown how to work with it. For many watercolorists, negative painting was the game-changing technique that helped them start seeing major shapes and understanding how to use the spaces in between. Each Zoom class begins with a PowerPoint lecture, discussion, and Q and A, followed by a hands-on, in-class painting session. Four painting assignments derived from publicly available materials can be downloaded before each session or you can design your own compositions. Outside of class, plan to spend one and a half to two hours watching videos, reading articles, and painting. All levels are welcome provided that you understand basic color mixing and can transfer a drawing to watercolor paper. You may use your own watercolor supplies.

NOTE: Students will be expected to use Private Padlet online bulletin board and print downloaded materials. Additional material costs, if any, will vary.

ARTS235 · 4 Sessions
online
class size 12
Thursday · 1:00–4:00PM
10/26/2023–11/16/2023

INSTRUCTOR: *Becky Hawkins has always filled her life and head with art. While working as a professional writer/editor, she returned to the University of Utah in mid-career to earn a BFA in graphic design with extra courses in drawing and art history. Since 2008, Becky has studied watercolor in-person and online with professional artists Tony Couch, Gary Spetz, Judy Morris, Dan Mondloch, and Andy Evansen, and completed undergraduate painting courses at RCC.*




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.**

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Email the office at olli@sou.edu

iPhoneography: It's Not Just Luck

That expensive iPhone you're carrying around isn't just for texting or talking. Do you know you can use it to create real art, starting with your own iPhone photographs? Explore new image-making possibilities by using simple tools to shoot, edit, and make mobile artwork. The instructor will guide you through the use of Snapseed, a free image editor, and offer hands-on introduction to the features of the Camera + 2 App. These tools will help you turn your iPhone into a virtual DSLR camera. Students will have several out-of-class shooting and editing assignments, and they will also be assigned a learning partner for weeks two to four. Class time will offer demonstrations, review of student images, and Q and A. Enjoy hands-on instruction, build a learning community with fellow students, and make images you're proud to display, publish, or sell. This course assumes students know the basics of using the iPhone camera, and how to obtain and download apps from the Apple App Store.

NOTE: Students will need to purchase Camera + 2 (Pro) from the App Store for \$3.99/mo. (month-to-month) or \$1.50/mo. (yearly rate). Participants should commit to attending all five classes due to partner work.

ARTS286A · 5 Sessions
Campbell Center – Room A
class size 18
Wednesday · 1:00–3:00PM
9/13/2023–10/11/2023

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.

NEW! Photography: Take Control, Move Beyond Auto

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

before the next class and then viewed and discussed by the entire class the following week. Join this small group to have fun and learn to make better images.

NOTE: Students must have a manually adjustable digital camera (not a phone camera), be familiar with its basic operations, and be willing to read the camera's manual. There will be no class on Friday, November 10, in observance of Veterans Day.

ARTS296A · 6 Sessions
Campbell Center – Room B
class size 14
Friday · 10:00–11:15AM
10/6/2023–11/17/2023

INSTRUCTOR: Bob Palermi has been a professional photographer since high school. After studying photojournalism, he went on to management roles in newspaper technology and production and returned to serious photography in 2008 as a freelance photographer. He has worked for Ashland.news, Rogue Valley Times, OSF, SOU Athletics, and other organizations. He finds that in photography there are always things to learn and new techniques to try.

NEW! Quilt-Making for Advanced Beginners/Intermediates

This course is designed for students who are familiar with quilting basics. Students will make a quilt sampler in the form of a lap or baby quilt, depending on fabric choices. A quilt sampler is a project that does not repeat the same block within its layout. The piecing stays interesting because every block is unique and uses different patterns and sewing techniques. Students will learn about the history of each of the blocks, in-depth tips for choosing fabrics, and design principles. We will have one field trip to a local quilt shop. Students should own and be knowledgeable about the use of rotary cutters and rulers. Students are required to bring their own sewing machine and be familiar with its use. There will be an additional cost of approximately \$100-\$200 for the purchase of the pattern, batting, and fabrics. The instructor will provide some cutting tools and irons. A complete supply list will be provided at the first session.

NOTE: A waiver must be signed in order to participate.

ARTS284A · 8 Sessions
Campbell Center – Room C
class size 12
Thursday · 1:00–3:00PM
9/14/2023–11/2/2023

INSTRUCTOR: Irene Young holds an MA in education from Lesley University in Boston. She taught elementary school in Portland for 18 years, with an emphasis on the arts. She has been a quilter for

15 years and is experienced in both traditional and modern quilting techniques. Young belongs to three guilds and has held offices in each of them. She has earned numerous ribbons at local quilt shows. She creates and quilts for customers, as well as for herself.

NEW! The Mind's Eye Viewed Through Portrait Photography

We all look out at the same world, but as individuals, our perceptions are not the same; they are unique. This course is designed for those who are interested in photographic portraiture, which can be candid, creative, casual, or calculated while still revealing the exterior as well as interior facets of a subject. We will focus on composition, lighting (found/created, indoor/outdoor, backlighting, flash, and so on) as well as effective ways in which to work with one's subject. There will be out-of-class assignments; those photos will be the basis for feedback and discussion of students' work by the instructor and your classmates. Each session will also include a brief lecture on specific topics. Students will need a camera, any variety including smartphones, but no other equipment is needed. It is important that students have a working knowledge of their camera. This course is suitable for the novice as well as the more experienced photographer. Just bring yourself and your unique creativity.

ARTS132A · 4 Sessions
Campbell Center – Room C
class size 25
Monday · 1:00–2:30PM
9/11/2023–10/2/2023

INSTRUCTOR: Dale Robinette has been a professional photographer for over 50 years. Working mainly in the movie industry, he shot the still photography for over 100 films, including "La La Land," "The Help," "Donnie Darko," and recently the WB film, "Barbie." His images were utilized on the acclaimed Netflix Documentary, "Sr." Robinette has been a guest lecturer at UCLA, University of Colorado, SOU, and recently taught a photography course at OLLI.

Watercolor Basics: Starting from the Paper Up

Do you dream of watercolor painting but have never held a brush? Did you try watercolor years ago but have forgotten everything? Or have you worked in watercolor but aren't satisfied with your work? Let this course revive your dreams and build your basic skill set. Each class is a live, three-hour Zoom meeting with breaks. A PowerPoint lecture with discussion and Q and A time will be followed by a hands-on, in-class painting session. All assignments come from a required "beginner-friendly" book that focuses on foundational techniques and value studies. Students will

read from the text and watch short online videos before attending class (about one and a half to two hours outside of class). If you can follow straightforward instructions and practice outside of class, you'll be surprised how far you can progress in eight weeks. All levels are welcome; drawing skill is helpful but not required.

NOTE: Students will be expected to use Private Padlet online bulletin board and download and print handouts. The required text is "Watercolor Basics: Let's Get Started" by Jack Reid. No class will be held the week of Sept. 20.

ARTS213 · 8 Sessions
online
class size 12
Wednesday · 1:00–4:00PM
9/13/2023–11/8/2023

INSTRUCTOR: Becky Hawkins has always filled her life and head with art. While working as a professional writer/editor, she returned to the University of Utah in mid-career to earn a BFA in graphic design with extra courses in drawing and art history. Since 2008, Becky has studied watercolor in-person and online with professional artists Tony Couch, Gary Spetz, Judy Morris, Dan Mondloch, and Andy Evansen, and completed undergraduate painting courses at RCC.



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Arts: Writing

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 with words. Students will have the opportunity, but are not required, to share their poems. Anyone who can use a pair of scissors and who has an open mind and a playful spirit will succeed in this course. No prerequisite or homework. All materials supplied by the instructor.

ARTS276A · 4 Sessions
Campbell Center – Room B
class size 18
Thursday · 3:30–5:00PM
9/14/2023–10/5/2023

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.*

Introduction to Creative Writing

Come develop your writing in this 10-week introduction to creative writing. No previous writing experience is necessary: All you need is a love of writing and a willingness to share your ideas with others. Each class will feature an introduction to a different type of creative writing, including short story, drama, fiction, creative nonfiction, numerous forms of poetry, and haiku. In each class you will have an opportunity to share your work in the genre discussed the previous week. The class will be encouraged to comment 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.

ARTS147M · 10 Sessions
Medford Higher Education Center – Room 118
class size 10
Tuesday · 3:30–5:00PM
9/12/2023–11/14/2023

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.*



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History

Includes US and world history.

Battles of the American Revolutionary War, Part 1

Most Americans learned in school about the first shot heard around the world in Lexington, MA, as the start of the war; the frozen winter camp of Valley Forge; the Christmas surprise at Trenton; and the set-piece siege of Yorktown. No doubt, they were consequential events in the American Revolutionary War. However, they have been placed in such high esteem in American history courses that there's been little space left for other important campaigns and battles. There are many more that are worthy of consideration: the wild battles of Saratoga; the disaster at Flatbush; the defense of Harlem Heights; British defeats at Sullivan's Island; the Cowpens; Kings Mountain; Ninety-six; and the Race to the Dan. This class will introduce many of these places and clashes in a chronological and geographic fashion. This Part 1 of the course covers the foundation and start of the war through the British occupation of Philadelphia in 1778. Part 2 starts with the last battles in the northern colonies.

HIST209 · 9 Sessions
online
class size 299
Thursday · 11:00AM–12:30PM
9/14/2023–11/9/2023

INSTRUCTOR: *Michael Reynolds is a retired military officer and a retired architect. His interest in the American Revolutionary War arose late in life when he mused that George Washington's name had appeared so often in his personal history. Reynolds graduated from Washington-Lee HS in VA, then from George Washington University in D.C., then from Washington University in MO, and then he settled in the State of Washington. Reynolds now resides in Ashland.*

Deep Dive into the USA and the Holocaust

Using the documentary "US and the Holocaust" by Ken Burns, Lynn Novick and Sarah Botstein as a starting point, the course will use video clips and a discussion guide to consider the 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. Seven lessons will be covered, each taking approximately one class. No prior knowledge is required. Watching the entire documentary in advance of the class is recommended, but not required.

WARNING: This film and the course contain material that may be sensitive for some students.

HIST246A · 7 Sessions
Campbell Center – Room E
class size 75
Monday · 11:00AM–12:00PM
9/18/2023–10/30/2023

INSTRUCTOR: *Phil Meyer, President and CEO of Southern Oregon PBS, has worked 30+ years in public media. A 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, he taught a junior-level, three-credit-hour class, Promotion and Marketing in Telecommunications. Meyer has two degrees from the University of Cincinnati and a Non-profit Management Certificate from IU.*

NEW! Fire in the Imagination

Humankind has imagined fire as a god, a means to communicate with gods, a root force in the universe, and a key to the great mysteries. The universal metaphor, fire can symbolize creation and destruction, comfort and cruelty, the eternal and the ephemeral, the power of intense emotion and the illusory nature of all experience, the light of Heaven and the torments of Hell. How can a single phenomenon represent so many contradictory concepts? This course investigates the remarkable ubiquity of fire in human culture—in myth, religion, folklore, philosophy, and science. Through illustrated lectures and discussion, it will foster deeper appreciation of the enigmatic force that shaped our species and gave us control of the world. Practical aspects of fire will not be addressed (wildfire, prevention, fire ecology, or use in agriculture/industry). We will instead follow the torch of fire as a spiritual concept across continents, cultures, and centuries. No prior knowledge or skills required.

HIST247 · 7 Sessions
online
class size 299
Monday · 11:00AM–1:00PM
9/11/2023–10/23/2023

INSTRUCTOR: *Jim Gasperini recently completed a cultural history titled "Fire in the Mind—From the Burning Bush to Burning Man, How We Imagine Fire," after six years of research. He serves as vice-president of the Institute for Historical Study. His previous published work includes educational computer games; books about history for young adults; 3D photo sets for zoos, national parks, and museums; and multimedia artworks. He has a BA from Williams College.*

NEW! History of the Automobile until 1940

Do you wonder how the world became so enamored with the automobile? Also, evidently, the world is completely dependent on its existence. Using PowerPoint presentations, films, lecture and discussion, this course will explore how it all happened up until 1940, including all the successes and some failures. Initial focus will be on the science and engineering of the automobile but told in layman's terms and with good understandable drawings, sketches, and photographs. Early inventors, innovators, and entrepreneurs will be explored, starting in 1850, talking about the people who actually made it all happen, including a bit about their personalities. We will wrap it all up by talking about the artists and designers who pushed the limits on styling in the late 20s and 30s. Henry Ford obviously was a major player but discussion will focus on his innovations, rather than the Ford Motor Company. Additional reading materials will be suggested.

HIST248A · 6 Sessions
Campbell Center – Room D
class size 35
Thursday · 11:00AM–12:30PM
10/12/2023–11/16/2023

INSTRUCTOR: Joe Davis restored his first car—a 1928 Model A Ford—when he was 16 years old. Fascinated by the evolution of the automobile and history behind it, his hobby was restoring pre-war automobiles. After 25 years working in Silicon Valley, Davis started an antique car restoration business and restored three cars that participated in the prestigious Pebble Beach Concours d' Elegance. He has several degrees in engineering and has lectured at car clubs.

The Roaring 20s: How We Got to Now

The American culture that emerged in the 1920s is one that would be easily recognized today, a time of expanding corporate capitalism driven by fast technological change. It was a youthful culture, trying to forget the horrors of war and the virus that had just killed up to 50 million people worldwide. Those who came of age in the Twenties were the first generation steeped in advertising and consumerism, and the first to accept the germ theory of disease. They saw immigrants demonized by nativists in armed militias. Just 100 years ago, it was the first decade that could truly be called modern. Using lecture, videos, group discussion and Q and A, a series of case stories will be explored, from the KKK to Betty Boop, to gain new insights into a time that shaped the way we live today. No previous experience or study is required. There will be an optional reading and media list, but no specific required readings.

HIST244 · 5 Sessions
online
class size 99
Wednesday · 3:30–5:00PM
10/18/2023–11/15/2023

INSTRUCTOR: David Drury has a Master's in city and regional planning and a PhD in cultural and applied anthropology. A lifelong history buff and fan of good storytelling, he has been a lecturer at the University of California, Berkeley, and for 10 years at the University of Hawaii at Hilo. At OLLI, Drury has taught the courses Epidemics and History, the Camino de Santiago, Living the Secular Life, and he has often appeared in the Exotic Travel class.

Scenes From Ancient Rome

This course is an excursion into the civilization of ancient Rome. We will begin by posing questions whose answers may inform us about the Roman people. How did the Romans, among all of the tribes that inhabited the Italian peninsula in ancient times, become the dominant players both in Italy and the larger Mediterranean world? What was daily life like in Rome? What was the place of women in Roman society? Why did the Roman Republic descend into anarchy and then autocracy? How and why were the Romans the great builders of the ancient world? Why and how did Persians, Jews, Germans, and slaves struggle against Rome, and with what results? What was life like in the provinces of Rome such as North Africa, Britain, and Sicily? We conclude by considering one of the key questions in all of history: Why did Rome fall? And did it have to happen? We will proceed in nine sessions, lavishly illustrated with maps, photos, and renderings of buildings, archaeological sites, and artifacts.

HIST105A · 9 Sessions
Campbell Center – Room E
class size 75
Wednesday · 1:00–3:00PM
9/13/2023–11/8/2023

INSTRUCTOR: Bob Wetmore received a Master's degree in European history from UC Berkeley. His interest in the ancient world was kindled as an undergraduate by study of the ancient historians. He and his wife have traveled extensively in Italy. His more recent interest has been in ancient coinage—from the initiation of coinage by the Greeks, through the early to mid-Roman period in the West.

Significant Aspects of Southern Oregon History

The course will focus on various facets of Southern Oregon's history that were significant in forming the environmental, social, and political character of the region.

Among the topics presented will be: a brief review of the area's natural environment; the history of Native peoples (and the subsequent events that transpired after the arrival of the first Euro-American explorers and settlers); history and significance of early mining; rise and decline of logging and the wood-products industry; the 160-year development of the region's unique social/political character (including the 1920s KKK and the 1930s "Jackson County Rebellion"); and the actual, as opposed to "imagined," history of the State of Jefferson secession movement. There will be question/answer time and discussion. A syllabus will include a lengthy bibliography for optional reading.

HIST195 · 7 Sessions
online
class size 299
Tuesday · 1:00–3:00PM
10/3/2023–11/14/2023

INSTRUCTOR: *Jeff LaLande has a PhD in American history and taught (as adjunct faculty) regional and local history classes at SOU for over 25 years. He acquired his knowledge during his career as a Forest Service archaeologist/historian, as well as from both graduate-level coursework and ongoing self-education. Locally, LaLande has given a number of presentations and field trips, and he is the author of numerous articles and several books on local history.*

Understanding Our Valley's Architectural History

What style is that old house? What does that distinctive appearance say about the people that lived in it? The Rogue Valley contains residential, commercial, industrial, and public buildings that represent changing tastes and technologies. This topic will be explored through informal lecture, discussion, and numerous PowerPoint images. A major focus will be on identifying and explaining the various architectural styles that have been popular here over the years: Classic Revival, Queen Anne, Craftsman, Streamlined/Moderne, International, and more. The course will employ numerous photographs, along with the instructor's description/discussion to tell the story of our valley's architectural history. In addition to a strong local focus, the course will provide broad context by tracing various architectural-historical traits, extending in time from Europe's "Classic Age" on through the Enlightenment and on to America's colonial and national architectural history of the past 200 years.

NOTE: This course will include at least one daytime (weekday or weekend) field trip, in/near Ashland, to see examples of our architectural history "in the flesh." (Field trip dates/times to be decided by class vote and instructor's schedule.) A liability waiver will be required.

HIST121 · 6 Sessions
online
class size 299
Tuesday · 9:00–11:30AM
10/3/2023–11/7/2023

INSTRUCTOR: *Jeff LaLande has a PhD in American history and taught (as adjunct faculty) regional and local history classes at SOU for over 25 years. He acquired his knowledge during his career as a Forest Service archaeologist/historian, as well as from both graduate-level coursework and ongoing self-education. Locally, LaLande has given a number of presentations and field trips, and he is the author of numerous articles and several books on local history.*

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Languages and Cultures

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

Conversaciones

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

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

LANG155 · 5 Sessions
online
class size 18
Thursday · 3:30–5:00PM
10/12/2023–11/9/2023

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

Enjoy German

This is a previously taught course with new content. This course aims at broadening a student's vocabulary and understanding of the day-to-day German spoken today. The etymology of certain words will be discussed, and the rules of grammar will be explained on request. As in previous terms, we will continue reading selected chapters of the instructor's memoirs. This term we will read his diary describing travels in six European countries in 2005.

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

LANG109A · 10 Sessions
Campbell Center – Room B
class size 15
Wednesday · 11:00AM–12:30PM
9/13/2023–11/15/2023

INSTRUCTOR: *Udo Gorsch-Nies is a native German speaker. He has taught German classes at SOLIR/OLLI since 2005. Immigrating to the U.S. 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

Do you want to go vicariously to places you may never visit? In this lecture course, speakers will take you to Latin America and Antarctica. On October 12, Maggie and Chris Mellor will share their experiences in Argentina. On October 19, Bobbie Kinsinger will describe her tour to South Georgia, the Falkland Islands and Antarctica. On October 26, Karen Grove and Maria Geigel will take you on a trek in Colombia's Sierra Nevada and a trek to the Lost City, to Medellin, and to towns near Bogota. On November 2, Jeff Wyatt will show us Easter Island and Valparaiso in Chile; and on November 9, Bob Hutton will take you sailing in Baja California. All presenters have personally visited the areas discussed and prepared pictures for viewing. There will be opportunities for questions and discussion.

LANG104 · 5 Sessions
online
class size 299
Thursday · 1:00–2:30PM
10/12/2023–11/9/2023

INSTRUCTOR: *Maria Geigel loves to travel and has visited 50+ countries for pleasure and business. In her younger years, all*

her trips were self-organized, but in the last several years she has also enjoyed taking tours. Geigel likes learning about countries she has not visited and getting ideas for future travel.

Humanitarian Work: Challenges and Joys

In these chaotic times, humanitarian work in our world carries with it many challenges as well as joys in helping to bring about comfort for our most vulnerable populations. This course will demonstrate that anyone can do anything with commitment and focus. The instructor offers first-hand personal experiences living and working with indigenous tribes in the rain forests of Madagascar with the Peace Corps and constructing hospitals with Doctors Without Borders in Afghanistan; in West Africa during the Ebola crisis; and in refugee camps, including, most recently, the Rohingya Camp of over a million in Bangladesh. The instructor will share personal stories and present techniques and lessons learned regarding handling travel, culture, and political challenges in each setting, followed by open discussion and questions at the end of each class. Course content has been expanded from when it was previously offered to include additional personal stories.

LANG123A · 6 Sessions
Campbell Center – Room C
class size 32
Tuesday · 9:00–10:30AM
9/12/2023–10/17/2023

LANG123M · 6 Sessions
Medford Higher Education Center – Room 118
class size 32
Wednesday · 9:00–10:30AM
9/13/2023–10/18/2023

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

Reviewing and Renewing Basic Spanish

Have you taken some beginning Spanish courses or otherwise learned some basics of the language? Was that experience a few years—or decades—ago, and are you a bit rusty? Would you like a quick refresher course that will get you reading, listening for details, and even conversing a bit? In this course, we will read the last few chapters of a very simple Spanish novel written for beginners, “Piratas

del Caribe y el mapa secreto,” and have fun discussing it as we assimilate present and past tenses, commonly used vocabulary, and maybe even some new grammar points of the language. This course is a continuation of the OLLI course “Inching into Intermediate,” offered in Winter 2023, but having attended that class is not required. Students who have a strong intermediate or more advanced comfort level with Spanish are encouraged to find other ways to continue learning.

NOTE: Students should have access to a copy of the text, “Piratas del Caribe y el mapa secreto,” by Mira Canion and Carol Gaab, 2008, TPRS Publishing. Used copies cost less than \$10. This course is intended for students who really do have only a basic knowledge of Spanish. They should have an acquaintance with present tense and possibly some past tense verb forms and be able to manage at least a simple conversation about known subjects.

LANG160A · 5 Sessions
Campbell Center – Room E
class size 25
Wednesday · 9:00–10:30AM
9/13/2023–10/11/2023

INSTRUCTOR: *Teri Coppedge loves teaching Spanish and has been doing it for over 30 years. She has a BA in Spanish, an MA in teaching foreign languages, and has lived, worked or studied in Spain, Mexico, and Peru. She continues her education via conversations with local Spanish-speakers, reading Spanish novels, and occasional trips to Spanish-speaking countries, among other places. She also enjoys riding her bike, hiking, camping, and reading.*

Classes taught online via



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.

Russia's Alphabet

This course should prepare students to sound out written Russian. It is designed as preparation for “Russian Poetry in Russian.” No previous knowledge of Russian will be assumed, although the class could be a useful review for anyone but a literate native speaker of Russian. The class will explore the Cyrillic alphabet as it is used in modern printed Russian. Topics include: the history of the Russian alphabet; the vowels and how they affect the pronunciation of consonants; the consonants that are very similar in Russian and English; the consonants Russian shares with Greek; and the Russian consonants peculiar to Cyrillic. The instructors will share PowerPoint presentations and a list of YouTube videos with students for practice outside class. Students who have taken OLLI classes on Russian poetry in Russian (or are considering doing so) are encouraged to join.

LANG107 · 3 Sessions
 online
 class size 299
 Monday · 9:00–10:30AM
 9/11/2023–9/25/2023

Dates to Remember



IMPORTANT DATES

Fall catalog posted online: July 24

Fall course requests lottery:
 July 24–August 4

Winter course proposal period: August 1–31

Fall course assignments sent out: August 14

Fall open registration begins: August 21

Fall term begins: September 11

Fall term ends: November 17

OFFICE CLOSURE

Labor Day: September 4

Veterans Day: November 10

Thanksgiving Holiday: November 23–24

INSTRUCTORS: *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.*



Russian Poetry in Russian

Anyone who knows the Cyrillic alphabet can enjoy Russian poetry with us. Join us in reading aloud from great poems chosen from Yale’s website, Russian Poetry for Learners of Russian. Poems will be emailed before class, with stress (accents) marked. In our Zoom class, 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 will 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 and appreciate how they interact with its meaning.

NOTE: Students should have a plan for printing out the emailed poems. Unless you have mastered the alphabet and pronunciation (palatalization and vowel reduction) please consider taking “Russia’s Alphabet.”

LANG125 · 7 Sessions
 online
 class size 299
 Monday · 9:00–10:30AM
 10/2/2023–11/13/2023

INSTRUCTORS: *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.*

Life Planning

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

End of Life Preparation – Part 1

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

LIFE107M · 4 Sessions
Celia's House in Holmes Park
class size 15
Friday · 1:00–2:00PM
9/15/2023–10/6/2023

LIFE107 · 4 Sessions
online
class size 20
Friday · 1:00–2:00PM
9/15/2023–10/6/2023

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

End of Life Preparation – Part 2

This course comes within a place of mindful caregiving and a culture of being present, kind, and real. This course builds on the material presented in Part 1 of this series, although attendance in Part 1 is not required. Each of the four hourly sessions will be led by an expert on hospice, spiritual, and bereavement care. Sessions will be devoted to the challenges of caring for someone at the end of life.

Topics will include: 1) hospice care and what it provides; 2) challenges of caring for the dying individual; 3) aspects of spiritual care; and 4) bereavement care and support. Please come prepared to discuss your concerns and experiences to enhance the class experience. This course is open to any student who wishes to gain an important understanding of this phase of life and its requirements. Students should be prepared to share their experiences and be interested in this phase of life.

NOTE: Attendance in End of Life Preparation–Part 1 is not required.

LIFE146M · 4 Sessions
Celia's House in Holmes Park
class size 15
Friday · 1:00–2:00PM
10/13/2023–11/3/2023

LIFE146 · 4 Sessions
online
class size 20
Friday · 1:00–2:00PM
10/13/2023–11/3/2023

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

Fundamentals of Investing

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

LIFE122A · 4 Sessions
Campbell Center – Room A
class size 25
Wednesday · 1:00–2:30PM
10/18/2023–11/8/2023

INSTRUCTOR: *Kenji Bleicker is a local financial planner and investment counselor. 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.*

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.

LIFE127 · 4 Sessions
online
class size 299
Tuesday · 1:00–2:30PM
10/10/2023–10/31/2023

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 Spouse

This course will help those affected by the death of a loved one in a relationship to navigate the daily struggles of this powerful life phase and begin to take their own pivotal next steps towards emotional, mental, physical, and financial well-being. Widowhood is a passage with no timetable, often marked by grief and the challenge to take on new and perhaps unfamiliar skills and responsibilities. This course is a compassionate exploration of the knowledge and resources to find the support and strength you need, 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 spouse 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.

LIFE126 · 4 Sessions
online
class size 299
Tuesday · 1:00–2:30PM
9/12/2023–10/3/2023

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! Revocable Trusts, Wills, and the Probate Process

Students can expect to learn broad legal concepts for Oregon estate planning. The course context will highlight differences between simple wills and revocable living trusts as well as the probate process. Students will learn how wills and trusts relate to probate, estate taxes, and distribution to beneficiaries. Discussion on the probate process, including its purpose, timeframes, notices, and associated legal obligations will be highlighted. In addition, the purpose and function of the legal documents which accompany a simple will estate plan versus a revocable living trust estate plan will be discussed. Instruction will include context about different types of wills, durable powers of attorney, advanced healthcare directives, certificates of trust, and other associated documents. The instruction method will primarily be lecture with student interaction encouraged. Students do not need to have prior knowledge of the subject, only a desire to learn. No text will be required.

LIFE144A · 4 Sessions
Campbell Center – Room A
class size 32
Friday · 9:00–11:00AM
9/15/2023–10/6/2023

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

Survival: Beyond the Bug-out Bag

This course will discuss preparation necessary to face an emergency event, including how to build a collection of recommended supplies, a way to transport them, training on how to use them, and developing a personalized plan. This will empower you to be self-sufficient in an emergency until help arrives, even if that is days

away. We will focus on the necessary foundational work specifically with seniors in mind. This is a long-term undertaking that will take thought, and it will challenge your comfort zone. Please join us to meet in a respectful space for a six-session guide to help you focus on creating “Bug-out Bags” and all that goes with it for you and your family. Some material will be prepared to view before class, with group discussion to follow.

LIFE114A · 6 Sessions
Campbell Center – Room D
class size 50
Wednesday · 11:00AM–12:30PM
9/13/2023–10/18/2023

LIFE114 · 6 Sessions
online
class size 299
Wednesday · 11:00AM–12:30PM
9/13/2023–10/18/2023

INSTRUCTOR: *Bill Bateman has been doing regular podcasts and training locally on emergency preparation for six years. His real-life skills began during the Northridge earthquake and culminated as a resident of Talent during the Alameda/Oben-chain fire. Bateman retired from SOU last year where he was an instructional designer for the Center of the Advancement of Teaching and Learning (CATL). Bateman was a teacher and corporate trainer for a total of 35 years.*

NEW! Tax Fun for Older Folks: The IRS & Other Oddities

This course is about changes in the income tax laws and how those changes affect people as they become older and/or retire. After a basic non-technical overview of individual tax law, in plain English, the course covers the twists that come into play as people collect retirement income, have increased medical expenses, or sell a home they’ve lived in for a long time. The course is intended to provide students with the knowledge to better communicate with their financial advisors. Tax preparation options, including self-preparing and paid preparers, will be covered, including tips on choosing a tax preparer. Instructional methods include lectures, hands-on exercises, and plenty of time for questions and answers. No prior knowledge of taxes, beyond the general understanding citizens typically have, is assumed.

LIFE145A · 5 Sessions
Campbell Center – Room A
class size 25
Thursday · 1:00–3:00PM
9/14/2023–10/12/2023

LIFE145 · 5 Sessions
online
class size 10
Thursday · 1:00–3:00PM
9/14/2023–10/12/2023

INSTRUCTORS: *Ruth Ter Bush has a PhD in computer science and was an IRS certified Enrolled Agent for 10 years. She volunteers in Ashland as an IRS-certified tax counselor, site coordinator, instructor, and co-district coordinator for AARP Tax Aide. Charles Ter Bush is a retired attorney and CPA, who spent most of his career in the field of tax law publishing. He volunteers as an IRS-certified tax counselor, instructor, and co-coordinator for AARP Tax Aide.*

Understanding Medicare: The ABCs (and D)

This course will inform students on the basics of Medicare as well as more specific and current topics in Medicare that are locally relevant. Through lecture and interactive discussion, a highly trained Medicare counselor will provide valuable information to ensure that attendees and their loved ones are getting the most out of their Medicare coverage. Topics include Medicare Parts A and B, Medicare Advantage vs. Medigap, the prescription drug plan (Part D), annual reevaluation of plans, tips for finding a provider, coverage limitations or exclusions, and local resources for assistance. The course will help prepare soon-to-be eligible or current beneficiaries for the Medicare open enrollment period beginning October 15.

LIFE120A · 2 Sessions
Campbell Center – Room A
class size 32
Tuesday · 3:30–5:00PM
9/19/2023–9/26/2023

INSTRUCTOR: *Becky Foster volunteers with the Senior Health Insurance Benefits Assistance (SHIBA) program, counseling Medicare beneficiaries on how to navigate this complex program. She did similar work in the Bay Area for six years. Professionally, Foster advises life science and medical technology companies on how to make their products accessible to patients by ensuring adequate insurance coverage. She has an MA in public health from UC Berkeley.*

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Literature

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

NEW! Best American Short Stories of the Century, Part 1

Best American Short Stories of the Century, Part 1 is the perfect course for those who might enjoy a deep dive into some of the finest short stories ever written in the 20th century, by some of the major writers of the modern age, including F. Scott Fitzgerald, Ernest Hemingway, Dorothy Parker, and William Faulkner, just to name a few. Before each session, students will read three designated submissions from the short story anthology, “The Best American Short Stories of the Century,” which will be discussed in a comfortable, inclusive, classroom setting. We will cover the first 19 offerings from the 55-story text. These stories will chronicle from 1915 thru 1943. In the future, we hope to cover the remainder of the book during the following two OLLI Fall quarters.

NOTE: “The Best American Short Stories of the Century,” edited by John Updike, is required. Both e-book and hard copy are available, either new or used.

LIT112A · 8 Sessions
Campbell Center – Room C
class size 25
Tuesday · 11:00AM–12:30PM
9/12/2023–10/31/2023

INSTRUCTOR: Timothy Kelly has been a member of OLLI for over 10 years and has taught at OLLI for several terms, including “LIVE: Greatest Speeches in History” and a playwriting class. He has written some plays, has performed at Camelot Theatre, Randall Theater, Oregon Stage Works, and has most recently understudied for Oregon Cabaret Theatre’s 2022 production of “White Christmas.” Kelly is an enthusiastic reader of short stories.

NEW! Contemporary American Poetry

In this course on contemporary American poetry, we will look at 10 poets over the course of five weeks. They will represent some of the most interesting and innovative poets currently or recently writing. These are a diverse group of writers, characterized by varying identities including ethnicity/culture, gender, orientation, and perspective. The course will include lectures to explore the poets’ backgrounds, writing influences, and prosodic elements that distinguish their writing. We

will read a number of their poems in class, followed by discussion. There will be a brief writing exercise each week to give students a chance to experience, first-hand, specific writing techniques. Ample time will be given for discussion and Q and A. There will be no outside assignments; however, further suggested reading will be provided. All interested members are welcome, no matter one’s experience with poetry.

LIT205A · 5 Sessions
Campbell Center – Room A
class size 30
Monday · 11:00AM–12:30PM
9/25/2023–10/23/2023

INSTRUCTOR: Linda Jaffe holds BA, MBA, and MFA (Writing) degrees. She has published poems and essays in numerous literary journals and recently published a chapbook of poetry with two Ashland poets. She served as chief editor for “Ursa Minor,” a literary journal published by UC Berkeley. Jaffe has taught numerous writing courses at OLLI, as well as literature, Zumba, and international folk-dance courses.

NEW! Gamache’s World: Exploring Louise Penny’s Mysteries

Let’s explore Louise Penny’s ongoing mystery series about Armand Gamache, chief Inspector of the S^orete du Quebec, and the villagers of the small hamlet 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. Participants should read the specific titles before each lecture/discussion session. Session 1: “Still Life” (2005); Session 2: “A Fatal Grace” (2006) and “The Cruellest Month” (2007); Session 3: “A Rule Against Murder” (2008) and “The Brutal Telling” (2009); Session 4: “Bury Your Dead” (2010).

NOTE: Students should read “Still Life” before the first session. This course meets every three weeks on Thursday, 9/21, 10/12, and 11/2.

LIT204 · 3 Sessions
online
class size 299
Thursday · 9:00–10:30AM
9/21/2023–11/2/2023

INSTRUCTOR: Alice Yucht earned a Master’s in library science from Pratt Institute (NYC). For 45 years she was a public and school librarian, information skills educator, and book discussion leader in New York City and New Jersey. Since 2012 Alice has been actively involved with the OLLI at the University of Nevada, Reno, where she offers programs on cyber-skills and contemporary literature.

NEW! Happy 400th: Celebrate Shakespeare's First Folio

No one had ever undertaken anything quite like this before. It was on a tight budget. It had an impossible deadline. There was no project manager. The legal headaches were almost unbearable. And some of the workmen were patently incompetent. How could a situation like this produce what some regard as the most important work of English literature ever printed: Shakespeare's First Folio? To celebrate the 400th anniversary of its first printing in 1623, this class will take a close look at the Folio as a business enterprise, a literary experiment, and a marketing triumph. This will be primarily a lecture course, requiring some hands-on student participation. There may be a short field trip to the Hannon Library to view Shakespeare's Second Folio and Ben Jonson's Folio of 1616. Some folks may find the course a bit wonky.

LIT207A · 3 Sessions
Campbell Center – Room A
class size 32
Wednesday · 11:00AM–12:30PM
11/1/2023–11/15/2023

INSTRUCTOR: Robert Graybill holds a BA and MA in theatre from Arizona State University and has done doctoral work at Indiana University. He directed a high school musical in a small farm town in Southern Indiana. Graybill also worked a stint as board president of a nonprofit community theatre and would like to forget it.

Introduction to the Hebrew Scriptures

This course will approach the materials as the record of a specific people's effort to form its identity and maintain it over time, despite historical vicissitude. Attention will be paid to the variety of literary forms—myth, history, legislation, poetry, prophecy, and parable—in which they pursued and conveyed their understandings. Some relevant parallels to modern Israel may be noted. Readings will be assigned and class discussion encouraged.

NOTE: Required material: A copy of the TaNaKh or the Bible (any translation).

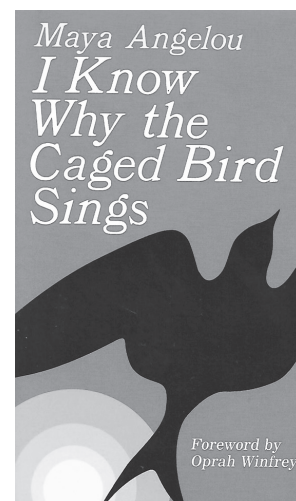
LIT101A · 7 Sessions
Campbell Center – Room D
class size 40
Monday · 9:00–10:30AM
9/18/2023–10/30/2023

INSTRUCTOR: Herbert Rothschild was trained in textual studies at Yale and Harvard. He taught for 22 years in the English Department of Louisiana State University and later in the

Honors College of the University of Houston. In addition to scholarly articles on literature, he published a book on Shakespeare for the general reader called "Profoundly Entertaining." His column, "Relocations," appears every Friday in Ashland news.

NEW! Listening to the Caged Bird Sing

We will do our best to dive into the experience of Marguerite Johnson (Maya Angelou) in this troubling tale of her childhood reflected in "I Know Why the Caged Bird Sings." Angelou's unguarded depiction of rape and sexual abuse, and her treatment of topics such as racism and teenage pregnancy, place the work in the top 100 of the American Library Association's list of banned books. The attempted censorship of the book only serves to illuminate its most important themes: the power of literature and the power of our own voices, as well as the greater theme of freedom in all its varieties, and the struggles we undertake to preserve it. We will read six chapters each week, and participants will be encouraged to view outside class videos of Maya Angelou lecturing and/or reading her poetry. During class we will engage with the text through reading, remembering, and storytelling as Ms. Angelou invites us into the world she grew up in that still haunts us today.



The attempted censorship of the book only serves to illuminate its most important themes: the power of literature and the power of our own voices, as well as the greater theme of freedom in all its varieties, and the struggles we undertake to preserve it. We will read six chapters each week, and participants will be encouraged to view outside class videos of Maya Angelou lecturing and/or reading her poetry. During class we will engage with the text through reading, remembering, and storytelling as Ms. Angelou invites us into the world she grew up in that still haunts us today.

LIT209 · 6 Sessions
online
class size 299
Wednesday · 11:00AM–12:30PM
9/13/2023–10/18/2023

INSTRUCTORS: Jerry Campbell is an avid reader who believes in the power of the written word to educate, illuminate, and transform the world we live in. He has a BA in music from ASU, an MDiv from PSR, and is currently director of the Rogue Valley Peace Choir. Morgan Silbaugh has an MA in English from Cornell and has led classes at OLLI for over 10 years. He has extensive experience facilitating small groups and works to create a secure place for learning.

NEW! Maggie Shipstead's "Great Circle"

Much of the novel "Great Circle" is set in the first part of the 20th century and follows the fictional life of aspiring aviatrix, Marian Graves. It also describes the personal trajectory of young actress, Hadley Baxter, who is cast to portray Marian in a 21st century Hollywood biopic. We will explore questions of narrative style, character, family, gender issues, history, relationship, sacrifice, and social obligation. Classes will be conducted as a discussion group, with encouragement for all participants to share their insights, questions, and perceptions. Students should expect to learn a good deal of history of the early years of aviation, and to be prompted to consider questions of character motivation and decision-making that are relevant to their own lives as well as to an understanding and appreciation of the novel.

NOTE: Please try to read the entire novel before the first class meeting, although that is not a requirement for the class. A print edition is preferable, to allow for close reading and margin notes.

LIT206A · 4 Sessions
Campbell Center – Room A
class size 25
Tuesday · 11:00AM–12:30PM
9/12/2023–10/3/2023

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

NEW! Mavens Return to the Mermaid Tavern: A New Look

Mark Rylance, founding artistic director of Britain's Shakespeare's Globe, asserts that "the creator of [the texts of] Shakespeare had the greatest understanding of women any playwright has ever displayed. What would be the next question you would ask?" Join Suzanne Witucki and Susan Stitham for one possible answer to Rylance's question through a different reading of Shakespeare's sonnets; together, we will discuss how our perspectives change if we read the poems as if they were written by a woman. After some brief background on a few of the possible writers, the course will focus on the texts themselves, not on any specific potential author. Copies of the poems will be provided. No previous experience with either Shakespeare or poetry is required, just

an open mind and willingness to participate in the conversation.

NOTE: This course will be held in the Ashland Elks Lodge on Main Street.

LIT125A · 3 Sessions
Ashland Elks Lodge–Dining Room on 2nd floor
class size 40
Wednesday · 3:30–5:00PM
10/25/2023–11/8/2023

INSTRUCTORS: *Susan Stitham has taught Shakespeare over six decades to students from 13 to 93 in classes from Maine to Alaska to Oregon and loves the new insights she discovers in every single class. Suzanne Witucki has taught courses on Shakespeare's life, times, and works, as well as novels, modern drama, and poetry for OLLI and Road Scholar. She has also conducted Shakespeare workshops and lectured to groups visiting the Oregon Shakespeare Festival.*

NEW! Soulful: Black Women Poets Who Changed America

There is a long line of dynamic Black female poets, from Phyllis Wheatley to Amanda Gorman, whose sassy and soulful words profoundly impacted this nation and the world. This course will explore their poetry, backgrounds, and the social contexts in which they wrote or performed. The focus will be on those women whose works significantly impacted social justice movements. A packet of poems will be distributed at the beginning of the course, and each week the class will hear the poems read out loud. Maya Angelou, Lucille Clifford, Audre Lorde, Nikki Giovanni, and Margaret Walker are among the poets who will be spotlighted.

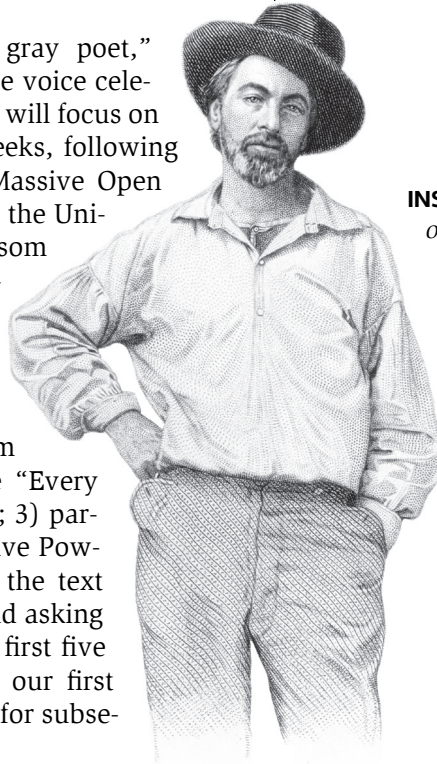
NOTE: First class meets in person OR on Zoom. The remaining classes are online.

LIT208 · 4 Sessions
online
class size 299
Monday · 11:00AM–12:30PM
9/18/2023–10/9/2023

INSTRUCTOR: *Lorenzo Taylor is a poet, playwright, novelist, journalist, and storyteller. He retired to Palm Springs after 30 years of working for the federal government in international affairs and public health. He has published two novels and a book of poetry and short stories. He occasionally teaches courses on poetry and civil rights history for adult education programs at Southern Oregon University and at California State University, San Bernardino.*

Walt Whitman's "Song of Myself"

Walt Whitman, America's "good, gray poet," endures as a rich, powerful, inclusive voice celebrating democracy and diversity. We will focus on "Song of Myself" for the first six weeks, following the structure of "Every Atom," a Massive Open Online Course (MOOC) produced by the University of Iowa, created by Ed Folsom and Christopher Merrill, first published in 2014. We will then study "Crossing Brooklyn Ferry" in our final session. Weekly activities will include: 1) listening to readings of the poems and reading them aloud ourselves; 2) listening to the "Every Atom" videos explicating the poetry; 3) participating in the instructor's interactive PowerPoint presentation; 4) processing the text by reading, sharing, commenting, and asking questions. Students should read the first five songs of "Song of Myself" prior to our first class; several songs will be assigned for subsequent sessions.



NOTE: Required texts (available free online): "Song of Myself," 1892 version, and "Crossing Brooklyn Ferry."

LIT107 · 7 Sessions

online

class size 25

Tuesday · 1:00–3:00PM

9/12/2023–10/24/2023

INSTRUCTOR: *While his academic degrees are in biology, Dave Ferguson is a lifelong lover of poetry. In graduate school at UC Davis, he took classes taught by Louise Gluck, Karl Shapiro, and Alan Williamson. While a high school biology teacher, he regularly taught poetry classes as a guest speaker including annual sessions on Walt Whitman. Dave has taught Walt Whitman's "Song of Myself" as an OLLI course for many years.*



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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! Bringing It Home: Group Centering Activities

In this course the instructor will share some wonderful movement experiences that he hopes you will enjoy as much as he does. Over the course of three sessions, we will move with mindful intent through the calming Heart Chakra Meditation as practiced in Pune, India, and Findhorn, Scotland. We will go back to the playground and get silly with games from Berkeley, California, and Eugene, Oregon. We will do sacred dances from Findhorn and a little Yang Style Tai Chi as taught at Esalen, California. Hopefully, class members will have an activity to share with the group. All these activities allow us to move very slowly and gently.

NOTE: This is an active class and students will need to sign a liability waiver at the first class. Students must bring and change into indoor shoes when at the Oak Street Dance Studio to preserve the professional dance floor. Tennis shoes that have been washed and worn only indoors are permitted.

MOV119A · 3 Sessions
Oak Street Dance Studio
class size 25
Tuesday · 9:00–10:30AM
10/17/2023–10/31/2023

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

Dancing Broadway

If you have ever fantasized about being a Broadway performer, this is the class for you! Students will learn gentle standing warm-ups and balance moves and then learn basic choreographed routines to classic Broadway music. Fall term students will dance to music

from “Grease,” “Chicago,” “Hamilton,” “Mamma Mia,” “Guys and Dolls” and more. The dances will be geared for the mature body and ability. Routines will be mostly beginning level, but all levels are welcome. This is an online course via Zoom so that students can dance from the comfort of their own living rooms. Participants must sign a waiver before the first class.

MOV113 · 6 Sessions
online
class size 50
Wednesday · 11:00AM–12:00PM
9/27/2023–11/1/2023

INSTRUCTOR: *Audrey Flint has been teaching dance her whole career. She ran a professional dance studio in Berkeley, taught in London and in schools for 25 years, choreographed many musicals in local theaters and abroad, and currently runs Broadway and Oldies dance classes for people over 50 around the valley and online. The instructor and her Broadway Boomers have become known for their holiday flash mobs!*

E-Bike Skills and Safety

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

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

MOV103A · 2 Sessions
Campbell Center – Room B
class size 12
Tuesday · 1:00–3:00PM
10/3/2023–10/10/2023

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

Free the Shoulders, Arms and Hands

In this course, we will explore the structure and primary movements of the shoulders, arms, and hands,

learning 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 turning ability. You will experience reduced tension as you adjust and move with more comfort and ease.

NOTE: An OLLI waiver form must be signed prior to the first class.

MOV146A · 6 Sessions
Campbell Center – Room A
class size 12
Monday · 2:00–3:00PM
9/11/2023–10/16/2023

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 must be signed prior to the first class.

MOV144A · 6 Sessions
Campbell Center – Room A
class size 14
Monday · 3:30–4:30PM
9/11/2023–10/16/2023

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.*

Mindful Movement: QiGong and Stretching

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

NOTE: Since this is online, students must be prepared to take complete responsibility for their own physical well-being. Classes will not be recorded. Students will need to sign a liability waiver prior to the first class.

MOV125 · 4 Sessions
online
class size 299
Tuesday · 9:00–10:30AM
10/17/2023–11/7/2023

INSTRUCTOR: *Nando Reynolds, 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.*

Walking Ashland's Trails in the Fall

Enjoy walking the local trails around Ashland in the autumn! We will explore six local walking trails at a friendly pace, walking 2-4 miles each week. It is important to be reasonably fit for this course as some of the walks will have elevation gain, and some paths may be rocky. Feeling confident about your balance and walking ability is required. You will learn where to access the trails, parking considerations, and how to use the Ashland Map Guide. As we enjoy the beauty and views from each trail, we will take time to consider the environment around us. Directions on where to meet and details to consider will be emailed each week. Trails that may be included: Lithia Park trails, Snark/Bandersnatch trail, Emigrant Lake trails, Strawberry-Hald TID ditch trail, Ashland Greenway, Oredson-Todd loop, and the North Mountain Park/Oak Street loop.

NOTE: Please make sure that you can participate in all six sessions. Since the course is limited in the number of participants, attendance is expected each week. We will walk rain or shine. A liability waiver must be signed prior to participation in the first class.

MOV147A · 6 Sessions
Field Trips
class size 10
Wednesday · 9:00–11:00AM
10/4/2023–11/8/2023

INSTRUCTOR: *Diane DeMerritt has been an Ashland resident since the early 70s and is an avid walker and a member of several walking groups. She has walked the trails around Ashland for many years. As a retired Ashland School District teacher, Diane has experience leading groups and educating students. In addition to her career as an elementary school teacher, she has mentored many SOU student teachers and has taught previous SOU education courses.*



Nature

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

NEW! Exploring and Conserving Wild Ashland

This course will consist of two outings—to Pompadour Bluff and Oredson-Todd Woods—during which participants will engage in such tasks as trail grading, cleaning out bird boxes, removal of blackberry vines, and other activities as needed to help maintain these scenic areas. Participants will perform physical labor, learn why some invasive plants should be removed, hike to the top of Pompadour Bluff, enjoy the beauty of the Oredson-Todd Woods, and learn some of the history of the bluff and the woods. Each of the two outings will last three hours. Part of that time will be taken up with walking to and from the work sites and instruction before the work begins. This course will take place in the field, not at the SOU campus. Participants will receive instructions on how to get to Pompadour Bluff, the Oredson-Todd Woods, and where to park.

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

NAT138A · 2 Sessions
Field Trips
class size 15
Tuesday · 9:00AM–12:00PM
9/26/2023–10/3/2023

INSTRUCTORS: *Retired journalist Jim Coleman has taken part in stewardship work with Southern Oregon Land Conservancy (SOLC) and has volunteered with Sierra Club and Cabrillo Marine Aquarium. As SOLC Land Steward, Rebekah Bergkoetter conducts baseline assessments, monitors conservation easements, advises on conservation, and provides support to landowners engaged in land management and stewardship. She has a BS in biology from SOU and an MS in biological sciences from Cal State Sacramento.*

Learning About Birds

Expect to hear a poem or two in between viewing photographs of birds and lovely places in nature. This class weaves storytelling about local birds with a PowerPoint presentation of photographs, most taken locally. New photos, new information, and new poetry are always included. No prior knowledge of birding is necessary.

Class interaction is encouraged (but not required). The emphasis is on having fun and connecting with the natural world.

NAT130A · 3 Sessions
Campbell Center – Room E
class size 75
Monday · 9:00–10:30AM
9/11/2023–9/25/2023

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. The Rogue Valley has been her home for more than 40 years, where she has been a mother, wife, friend, and grandmother, as well as a nurse practitioner.*

NEW! Local Areas of Critical Environmental Concern

The Oregon Natural Areas Program was established by the 1979 Oregon Legislature to help protect natural areas in Oregon. This course will look at the conservation of natural resources in Oregon with a focus on Research Natural Areas (RNAs) and Areas of Critical Environmental Concern (ACECs). We will briefly survey Federal Natural Areas as well as those lands protected by The Nature Conservancy and the Southern Oregon Land Conservancy. The major ecosystems found in Oregon and the specific habitats included in the Natural Areas Programs will be reviewed. Students will be asked to browse The Oregon Natural Areas 2020 Report (available online) before the first class session. Lectures, multi-media presentations, guest speakers, and discussion will be included.

NOTE: It is possible that an optional field trip to a local RNA or ACEC might be available, but this would be limited in number due to environmental impacts and may be determined by lottery. Do not assume a field trip will be included, or you are likely to be disappointed. Any field trips would require a liability waiver.

NAT139A · 3 Sessions
Campbell Center – Room A
class size 32
Thursday · 1:00–2:30PM
10/19/2023–11/2/2023

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

Plumbing the West: Dams, Ditches, and Diversions

The quote, “Whiskey is for drinking and water is for fighting over” has been attributed to Mark Twain and frames the controversy over western water policies. Learn the history of how development of the western states led to water being moved from its source to distant mines, farms, and cities. This is not a Democrat or Republican issue, as both parties have a history of supporting water projects. The course will begin with John Wesley Powell’s call for state boundaries to be based on watersheds, which went unheeded. Learn about the underhanded way in which Los Angeles absconded with water from a distant valley or how a dam in a national park was a catalyst for modern environmentalism. The class will conclude with contemporary issues such as the pending removal of Klamath River dams for salmon restoration. Classes will include lectures, slides, videos, and plenty of time for discussions.

NAT120M · 6 Sessions
Medford Higher Education Center – Room 118
class size 35
Wednesday · 1:00–2:30PM
10/4/2023–11/8/2023

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 management, recreation, minerals, planning, and administration. He now spends his time building trails and stewarding a five-acre parcel of forest.*

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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.

Wilderness

Wilderness—what does that term mean to you? Is it your unmown backyard? Is it an area large enough for a two-week backpack trip without seeing a road, building, or other symbol of modern society? Does the word even have meaning to the indigenous peoples that stewarded North America prior to Euro-American conquest? In 1964, America made the decision through federal legislation not to develop every acre of our country—but instead to create a system of preserves where natural processes are allowed to function. This course looks at the development and history of wilderness as a simple descriptive, yet highly subjective, notion. Included are the visionaries that pushed for setting aside some of our wildlands. Managing wilderness (an oxymoron?) is not an easy task with climate change, fires and overuse. Does the wilderness system have the political support that it once enjoyed? How much is enough? Classes will include lectures, slides, videos, guest speakers, and time for discussions.

NAT117A · 5 Sessions
Campbell Center – Room A
class size 32
Thursday · 11:00AM–12:30PM
10/12/2023–11/9/2023

NAT117 · 5 Sessions
online
class size 299
Thursday · 11:00AM–12:30PM
10/12/2023–11/9/2023

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 management, recreation, minerals, planning, and administration. He now spends his time building trails and stewarding a five-acre parcel of forest.*



Personal Exploration

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

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

Accessing Inner Guidance

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

PERS102A · 4 Sessions
Campbell Center – Room B
class size 18
Thursday · 2:00–3:00PM
9/14/2023–10/5/2023

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

Accessing Inner Guidance – Practice

Everyone has the ability to access their inner guidance with appropriate training and practice. This course is open to anyone who has had an experience of receiving inner guidance as well as anyone who has taken (or is

currently taking) the OLLI “Accessing Inner Guidance” course. If you would like to refine your ability to access your inner guidance, this class is for you! In class we will practice using various focusing techniques as well as sharing experiences of guidance. As a student you will experience personal mentoring to support you in receiving clear inner guidance. This class will be fun and experiential with lots of discussion, coaching, and feedback.

PERS266A · 4 Sessions
Campbell Center – Room B
class size 18
Thursday · 2:00–3:00PM
10/12/2023–11/2/2023

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

Breathwork and Mindfulness Meditation

Hack your neurology! Breathwork is a powerful way to influence states of consciousness and overall well-being. It’s particularly powerful when combined with self-compassionate mindfulness. This course will present an overview of breathing science and introduce a rich menu of different breathing practices. In this introductory course, you’ll get experience with a wide variety of different breathing approaches, which you can then incorporate in your daily life. Want more energy? There is a breath pattern for that. Want to calm down and reduce anxiety? Want to boost your immune system? Or change your consciousness? There are breaths for that. This is for people in good health. We’ll breathe hard, fast, slow, deep, shallow, hold our breath, and tolerate the way this impacts our blood flow and blood pressure. Breathing patterns can create dizziness and other short-lived symptoms. Students will sign a liability waiver prior to the first class. Classes will not be recorded.

PERS232 · 4 Sessions
online
class size 299
Thursday · 9:00–10:30AM
10/19/2023–11/9/2023

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.

Conscious Relationship as a Spiritual Path

A spiritual path in modern context has expanded beyond a religious process oriented towards seeking God to include personal growth, encounters with paranormal events, and with one’s own “inner dimension.” This course is an opportunity to explore how a conscious relationship—one where both partners feel committed to a common sense of purpose—can be a vehicle for emotional and spiritual growth. The partners may be romantic, committed, intimate, friends, family, or business partners. The course will be a combination of lectures, journaling, and discussion providing an opportunity for personal discovery and growth regarding: What obstacles inhibit a conscious relationship? How can these obstacles be overcome? What are the values, practices, and communication skills that form the basis of a conscious relationship? By sharing in small groups and the class as a whole, students can begin to embody what is desirable and possible.

NOTE: This course is recommended for those who have had some experience with internal inquiry.

PERS258 · 7 Sessions
online
class size 25
Tuesday · 11:00AM–12:30PM
10/3/2023–11/14/2023

INSTRUCTOR: *William E. Kastenberg, PhD, is Professor of Engineering, Emeritus at the University of California, Berkeley. His teaching and research interests included nuclear reactor analysis and safety; risk analysis; ethics; and the impact of technology on society, energy, and the environment. Following retirement, he became an emotional growth facilitator working on healing the wounds of the heart through conscious relationship, and he has authored a book.*



Creating an Extraordinary Life

This course is an opportunity to discover and connect more fully with your true self and become the conscious co-creator of your life. You will discover false assumptions you hold about yourself and others, along with expanding your connection and trust in the wisdom of your internal guidance. Interactive lectures, discussions, and journaling will facilitate the development of the conscious connection to your true nature. Discovering who we are at our essence, the passions of our soul, and our purpose in life can be a pathway to a happier and more productive life. This is an interactive experience in which students and teacher learn from each other.

NOTE: Required text: “The Evolving Higher Self: A Directed Guide to Fulfillment” by Charles Albert Huth. This spiral-bound book can be purchased from Light-house-Empowerment.com for \$14.99 + SH \$4.50, or as an e-book for \$5.95 at Amazon.com by searching Charles Al Huth or Al Huth.

PERS210M · 8 Sessions

Medford Higher Education Center – Room 118

class size 20

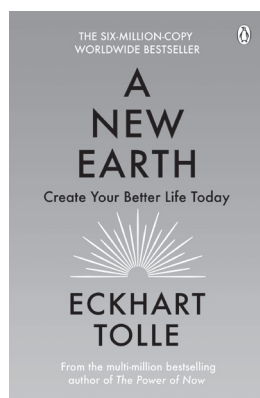
Tuesday · 11:00AM–12:30PM

9/12/2023–10/31/2023

INSTRUCTOR: Charles “Al” Huth has a bachelor of science degree and a master of education degree. He is a retired California public school teacher who taught psychology and motivational classes in high school and in adult education. He has published five books.

Deeper Explorations into Tolle’s “A New Earth”

Ready to expand into your next level of consciousness? In his book “A New Earth, Awakening to Your Life’s Purpose,” world-acclaimed spiritualist Eckhart Tolle takes us beyond our own lives to show that we can create a new, more loving world. This involves a radical inner leap of consciousness from identification with ego to a new way of transformative thinking that few of us have achieved. In this highly interactive course, you will have opportunities to bring to the group specific Tolle passages that you would like the group to explore for clarification and deeper meanings. We will create a “collective consciousness” that uses members’ shared experiences and



insights to reveal new interpretations of Tolle’s ideas as well as raise questions and answers about our evolution as physical and spiritual beings. Tolle’s ultimate goal is to inspire readers—spiritual pioneers—to more fully realize who they really are.

PERS130A · 5 Sessions

Campbell Center – Room B

class size 18

Tuesday · 11:00AM–12:30PM

10/10/2023–11/7/2023

INSTRUCTOR: Mark E. Gibson is a certified life coach who specializes in coaching, stress relief, fearless living, and truth. He has published two books, “How to Find Love Through Online Dating,” and “Living Unconditional Love.” He currently is writing his third book, “Truth is the Path to Freedom.” Gibson offers several different courses in consciousness and spirituality for OLLI.

NEW! Developing a Fulfilling Mindfulness Practice

Mindfulness has been introduced into the workplace, psychotherapy, and the military in the last two decades. Thousands of peer-reviewed articles have demonstrated that mindfulness provides a benefit for a broad range of mental and physical health conditions and supports happiness. But to realize these benefits one needs to develop a mindfulness practice. In this course you’ll learn five mindfulness practices. Each practice is focused on developing three skills of attention: concentration, sensory clarity, and equanimity. We’ll do the practices together, and you’ll have a chance to ask questions and share reports. Also, strategies will be presented for developing a regular formal practice as well as for applying mindfulness in daily life. No previous experience with mindfulness or meditation is expected. This is a secular presentation which is intended for people of any cultural, religious, or non-religious background.

PERS232 · 8 Sessions

online

class size 20

Tuesday · 11:00AM–12:30PM

9/12/2023–10/31/2023

INSTRUCTOR: Fred Perloff is a Unified Mindfulness coach, and he has taught mindfulness to both individual clients and to groups. He has an extensive background in a variety of styles of meditation from different countries and cultures. He has been a volunteer at Resolve Center for Dispute Resolution and Restorative Justice in Medford for three decades, where he has trained and coached mediators and restorative justice practitioners.

Exploring Ukrainian Culture through Women's Lives

Students will 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. Since the course will combine new Ukrainian guest speakers, discussion on events currently impacting Ukrainians, ritual circle sharing, as well as lecture, out-of-class readings and reflective writing, it can be repeated.

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

PERS118 · 8 Sessions
online
class size 25
Tuesday · 1:30–3:30PM
9/12/2023–10/31/2023

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

Happiness and Beyond

What is this thing called happiness? Was Aristotle right when he said, "Happiness is the meaning and the purpose of life, the whole aim and end of human existence"? Or could the respected American philosopher Eric Hoffer also be right when he said, "The search for happiness is one of the chief sources of unhappiness"? Let's unravel these paradoxes of happiness and its pursuit, including the science, Zen, and art of it. Then, we will continue on to examine what true psychological well-being really is. Finally, we will explore what's beyond happiness: the

development of wisdom and, ultimately, self-transcendence! This introductory course is based on the latest scientific information and will be presented through lecture, full-color slide presentations, some discussion, and questions and answers.

PERS122 · 5 Sessions
online
class size 299
Tuesday · 11:00AM–1:00PM
9/12/2023–10/10/2023

INSTRUCTOR: John Kalb has 40+ years' experience as a wellness chiropractor and health coach. He earned a BA in psychology and chemistry, an MS in biology and a DC degree. He has long been fascinated by consciousness, taken many post-graduate courses in psychology and neuroscience, and practices diverse meditation techniques. He recently published his third book, "Keep Your Marbles, Your Game Plan for a Healthy Brain." This is his 12th year teaching at OLLI.

NEW! Have You Had a Spiritual Experience?

Have you ever had an unexplainable feeling you've had a direct experience with God, the universe, a higher power, source, or another dimension of reality? Has the experience stayed with you and made you wonder, "What was that?!" In this course we'll explore different types of spiritual experiences (dreams, past-life recall, out-of-body, near death, inner guidance through intuition, coincidence, out-of-the-ordinary experience in daily life that felt like a sign from God, among others). We'll also discover spiritual tools that people of all religions and spiritual beliefs can use to help gain insight into what your experience means for you and how to have more spiritual experiences in your daily life. You may not have a framework to understand them, but your experiences are your reality. And you're not alone. In a poll by the Pew Research Center, 49% of the people say they've had a spiritual experience. Discover the unique messages of guidance life has for you!

PERS274A · 2 Sessions
Campbell Center – Room B
class size 18
Tuesday · 11:00AM–12:30PM
9/12/2023–9/19/2023

INSTRUCTOR: Murphy Larson has a Bachelor of Business degree and worked as an accountant on the finance team in a venture capital firm. She has been exploring her inner/spiritual life for over 40 years and is a trained and experienced facilitator of spiritual discussion groups and workshops.

Mentoring: Gifting the Next Generation

Have you considered ways that you could offer your own depth of experience and wisdom to the next generations? This course will explore the potential and richness of mentoring—giving back to youth in our community or developing this kind of relationship as a parent, uncle, aunt, or grandparent. The classes will consist of presentation, demonstration, discussion, and small group practices. Students will learn a communication model that is positive in its message and approach and practice active listening, trust development and reflection, as well as becoming aware of beliefs that are held in unconscious ways affecting how we respond to others. Joining the class does not require a commitment to becoming a mentor, but simply opens the door to understanding how valuable this kind of relationship is in our modern culture. Having lost so much positive intergenerational interaction, this course will reveal how easy and rewarding it can be.

PERS248A · 6 Sessions
Campbell Center – Room B
class size 18
Thursday · 11:00AM–12:30PM
10/12/2023–11/16/2023

INSTRUCTORS: *Leslie Lanes and Lynn Chertkov first met at a mentor training and quickly realized they shared an interest in learning how to listen to and hear what usually gets lost in the “generation gap” and subsequently became colleagues at Rogue Valley Mentoring. Each of them has devoted their life to implementing programs for underserved children and families, as well as supporting adults who likewise are drawn to this field.*

NEW! Poker and the Meaning of Life

Appropriate for expert players, absolute beginners, and everyone in between, this course will explore the spiritual, philosophical, and psychological life lessons offered by the great American game of poker. Students will discover, through lectures and class discussions, how an appreciation and understanding of poker can make you not only a better player of the game, but more importantly, a better, wiser, happier human. No texts are required. Relevant mathematical concepts will be referenced, but no math will be done in the course. Topics covered will include: the meaning of life, human happiness, skill and mastery, flow and peak experience, virtue and vice, deception and insight, cooperation and competition, fortune and fate—all through the lens of poker. The class will touch on poker’s history, lore, language, and cultural significance, but it will also start you asking life’s “big questions.” Bring

all your questions. Discover what poker and life have in common. Win at both.

PERS268A · 6 Sessions
Campbell Center – Room A
class size 32
Wednesday · 9:00–10:30AM
9/13/2023–10/18/2023

INSTRUCTOR: *Scott Carter is a founder, sometime host, and past champion of the Ashland Invitational Poker Club, the decades-old “great American home game” located here in Southern Oregon. Father Scott is an ordained Independent Catholic priest and a graduate of Sophia Divinity School with a degree in English from CSUS, where he also studied Zen, Taoism, and other spiritual traditions from around the world. He previously studied psychology at Napa College.*

NEW! Ra and the Law of One

“The Law of One” is a channeled body of information received through a woman by the name of Carla Rueckert in the early 1980s. The source of the material is a 6th-dimensional entity named Ra, influential in establishing monotheism in ancient Egypt and engineering the Pyramids of Giza. His message was largely unheeded, however, at the time. Many areas of metaphysical importance are dealt with in the material—including the origin of the universe and its ultimate purpose; the meaning of gravity; the significance of black holes; the nature of all seven dimensions; the Earth quarantine and its guardians; the purpose of the pyramids; angels and demons; wanderers (starseeds); the true meaning of the Trinity; direct alien contact; and much more. Perhaps the most emphasized material deals with our relationship with the “One Infinite Creator” of the entire universe, which is basically coming to self-realization, our true identity. No prior knowledge is needed, other than an open mind.

PERS272 · 8 Sessions
online
class size 20
Wednesday · 11:00AM–1:00PM
9/13/2023–11/1/2023

INSTRUCTOR: *Alan Ackroyd is a retired physician with a Master’s degree in clinical psychology. He has an avid, long-standing interest in both cinema and 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.*

Reducing Your Attention Deficit

Are you having a more difficult time focusing? Do you find yourself unable to remember what you just read on a page in a book? Do you think that it is due to being a

senior? Author Johann Hari in his bestselling book “Stolen Focus” identifies 12 factors in our daily life that are contributing to our attention deficit. One of the key factors is our extensive use of social media. Since email, Facebook, Twitter, and so forth are free, social media uses “surveillance capitalism” to fund itself. As a result, the use of artificial intelligence coupled with behavior modification keeps you glued to your screen. This class will use Hari’s book to explore the 12 factors and find solutions for reducing your attention deficit so that you can achieve the things that you want to achieve. The course will be presented using PowerPoint slides and include class discussion and the Netflix movie: “The Social Dilemma.”

NOTE: Reading: “Stolen Focus” by Johann Hari is recommended but not required.

PERS261 · 6 Sessions
 online
 class size 40
 Wednesday · 11:00AM–12:30PM
 9/27/2023–11/1/2023

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.

NEW! The Breath’s Physiological Power in Brain Health

Breathing well isn’t deep breathing; it’s breathing less for optimizing oxygen delivery to the brain, heart, and all tissues. That is breathing well. Experiencing the breath’s power through a physiological and cellular health perspective will bring clarity to the concept that breathing less is healthy. Learn how attending to distinct qualities of breathing, while employing exercises in daily life, build the pillars of healthy breathing that support healthy brains. Healthy aging brains sustain function: learning, information processing, social cognition, focus, concentration, task decisions, planning, clear perception, and reasoning. Healthy breathing begets a healthy brain and its capacities. This six-week course is experiential with some lecture on the history, concepts, and science involved in the breath. Participants will practice specific exercises available to everybody to cultivate a keen awareness about how to breathe to support brain health. No previous experience or knowledge of the breath is required.

NOTE: Movement in this class will be similar to movement in daily life. Changing habits can trigger some discomfort; therefore, a waiver will be signed.

PERS270A · 6 Sessions
 Campbell Center – Room D
 class size 50
 Tuesday · 11:00AM–12:30PM
 10/10/2023–11/14/2023

PERS270 · 6 Sessions
 online
 class size 50
 Tuesday · 11:00AM–12:30PM
 10/10/2023–11/14/2023

INSTRUCTOR: Shawn M. Flot has a Master’s in physical therapy, a BS in exercise physiology, and is an Advanced Oxygen Advantage instructor. He continues to serve his community at Moving Into Harmony, with in-person and online classes and workshops. Flot has personally experienced access to health capacities through movement, breath, and contemplative practices in the healing arts of hatha yoga and Vajrayana, as well as being an avid hiker/backpacker.



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.

Additional class venues:

Ashland Elks Lodge, 255 E. Main St., Ashland

Blue Heron Park: 4385 S. Pacific Hwy., Phoenix

Celia’s House, 217 S. Modoc St., Medford

Oak Street Dance Studio: 1287 Oak St., Ashland

Pickleball Courts, Lithia Park, Ashland

NEW! Transforming Lives: Syd Banks' Insights

This class will be a lighthearted and inspiring exploration of the insights of Sydney Banks. Following Syd's unexpected mystical experience, he discovered and articulated a simple, revolutionary understanding of Three Principles that point us to live with a deeper sense of contentment and inner peace. Core teaching will come from video segments with Syd and a variety of contemporary Three Principles teachers. There will always be time for questions, insights and discussion. Here is a new, unknown twist—we will experiment together with using AI and ChatGPT to help us understand Syd's teachings. It will be fun to see if AI can help us understand our own minds. We will discover what Syd calls "insights," which come from beyond our intellectual, thinking minds. For a five-minute introduction to Syd Banks and his discoveries, watch "The Genesis of the Three Principles" on YouTube.

PERS275A · 5 Sessions
Campbell Center – Room D
class size 25
Tuesday · 1:00–2:30PM
9/12/2023–10/10/2023

PERS275 · 5 Sessions
online
class size 299
Tuesday · 1:00–2:30PM
9/12/2023–10/10/2023

INSTRUCTOR: *Following a successful career as a software programmer and entrepreneur, Dan Altman has devoted himself to a spiritual path of awakening and inner peace, and he has studied the work of Syd Banks for six years. Altman is a certified Three Principles Transformational Coach and 3PGC Apprentice Practitioner. He has a degree in computer science and is an active writer and transformational life coach.*

NEW! Unraveling the Mysteries of Consciousness

Let's explore together the greatest mystery in all of science and philosophy, perhaps in the entire universe—consciousness. What could be more basic or important? Everything we know, love, and experience, including our sense of self, depends on it. How does the most complex object in the known universe create something that is simultaneously both the most mysterious and the most intimate to our awareness? We will explore this mysterious nature of consciousness, its levels, and why it even exists. In addition, we will examine out-of-body experiences, near-death experiences, psychedelics, and self-transcendence. This is primarily a science-based course (with some excursions into metaphysics and

Buddhist philosophy), using full color slides, lecture, some discussion, and Q and A. There are no prerequisites, except bringing your open and conscious mind!

PERS273 · 3 Sessions
online
class size 299
Tuesday · 11:00AM–1:00PM
10/31/2023–11/14/2023

INSTRUCTOR: *John Kalb has 40+ years' experience as a wellness chiropractor and health coach. He earned a BA in psychology and chemistry, an MS in biology and a DC degree. He has long been fascinated by consciousness, taken many post-graduate courses in psychology and neuroscience, and practices diverse meditation techniques. He recently published his third book, "Keep Your Marbles, Your Game Plan for a Healthy Brain." This is his 12th year teaching at OLLI.*

NEW! 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 PBS special "Excuses Begone"; 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 "Dimensions of Self Awareness" and how this awareness connects our heart to the wisdom of our very own soul.

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

PERS269A · 4 Sessions
Campbell Center – Room B
class size 18
Wednesday · 1:00–2:30PM
10/4/2023–10/25/2023

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

Recreation

Includes hobbies, crafts, and games.

Absolute Beginners Pickleball

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

NOTE: A waiver must be signed prior to beginning the instruction. This is a skills-building class; please plan to attend for the five days. Safety is a primary concern; if you have mobility issues this may not be the class for you.

REC103A · 5 Sessions
Lithia Park–Pickleball Courts
class size 20
Daily · 2:30–4:00PM
9/11/2023–9/15/2023

INSTRUCTOR: Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. Frank developed this class and oversees a pickleball shared interest group every Tuesday at Lithia Park for OLLI members. She also volunteers at YMCA to teach youth pickleball.

Advanced Beginners Pickleball

This pickleball series is designed for people who have completed the Absolute Beginners Pickleball and who have a rudimentary knowledge of the game. It will be taught by seasoned instructors at Lithia Park for 1.5 hours over five consecutive days. You should know the basic game: court position, scoring, serving, return of serve, non-volley zone, calling “out” balls, safety and sportsmanship. This skills-building class will focus on different types of serves, third shot drops, drives, lobs, partner communication, dinking, drills, Bert and Ernie, Nasty Nelson, Rally Scoring, and strategies. The last day will be a FUN round robin whereby everyone will have a game with everyone else.

NOTE: A waiver must be signed prior to beginning the instruction. This is a skills-building class; please plan to attend for the five days. Safety is a primary concern; if you have mobility issues this may not be the class for you.

REC137A · 5 Sessions
Lithia Park–Pickleball Courts
class size 20
Daily · 2:30–4:00PM
10/16/2023–10/20/2023

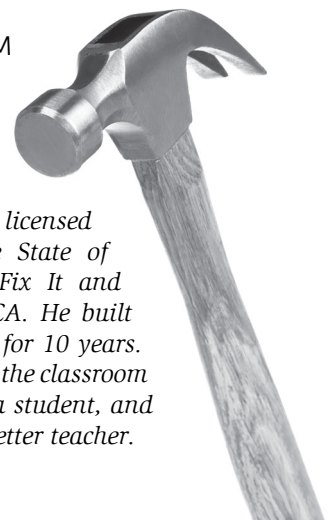
INSTRUCTOR: Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. Frank developed this class and oversees a pickleball shared interest group every Tuesday at Lithia Park for OLLI members. She also volunteers at YMCA to teach youth pickleball.

Anyone Can Do Basic Home Repairs, Especially You

This is a class 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 benefit our lives; and how to shut them off in the event of an emergency. Do you know how to change the filter in your furnace or clean the coils in your refrigerator? We’ll talk about what type of paint to choose and how best to apply it; how to replace a light switch or plug; what is a good basic set of hand tools to have; what to watch for outside your home like 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. Any and all questions and comments are welcomed and desired.

REC152A · 8 Sessions
Campbell Center – Room C
class size 32
Thursday · 11:00AM–12:30PM
9/14/2023–11/2/2023

INSTRUCTOR: Mitch Hrdlicka is a life-long repairman and retired police detective, both requiring the ability to solve problems. He is a licensed construction contractor with the State of Oregon and owner of Mitch’ll Fix It and works part-time at Ashland YMCA. He built homes for Habitat For Humanity for 10 years. Mitch hopes for many questions in the classroom as he believes the best teacher is a student, and your questions will make him a better teacher.



NEW! Cook Along: Pizza and Friends

Homemade pizza can be extraordinary! Toppings are infinite and adaptable. Other baked goods will be explored, including flatbread and focaccia/fougasse. Let's work together using Zoom: you cook in your kitchen, and I'll cook in mine to show you tricks of the trade. You'll be provided with recipes, demonstrations, and support to make your own baked goods using common kitchen equipment. Students should be comfortable in the kitchen and have basic cooking skills. Our baking will not be gluten free.

REC136 · 2 Sessions
online
class size 24
Tuesday · 2:30–4:30PM
10/17/2023–10/24/2023

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

NEW! Grand Lodges of the National Parks

This course is intended for anyone interested in visiting the national parks and learning about the great lodges that were built to attract tourists to these national treasures. There are 15 great lodges (built between 1910 and 1938) still operating. The course will look at the history of the lodges, their architecture, their amenities, their special features, and their relationship to the parks. Each class will include some history of the related national parks but will focus on how the lodges meld with this history. The instructors will provide tips on how to plan your visits and optimize your adventure based on their personal experiences visiting each of these lodges. The course will consist of a series of lectures supported by slide show presentations highlighting photography of the lodges and national parks.

REC153A · 3 Sessions
Campbell Center – Room E
class size 75
Tuesday · 11:00AM–12:30PM
10/24/2023–11/7/2023

INSTRUCTORS: *John Lane and Rebecca Jurta are retired engineers who spent 30 years in the aerospace and semiconductor industries. They have visited all 15 of the great lodges of the national parks. They learned a great deal about the planning*

and logistics necessary to optimize this wonderful adventure, and they want to share this with other fans of our beautiful national parks.

NEW! Home Grooming for Your Dog

Would you like to learn how to take care of all of your dog's grooming needs at home? This course will teach you how to set up for home grooming: what equipment and supplies you will need; how to handle common behavioral challenges; how to safely trim nails, clean ears, and brush your dog's teeth. We will also discuss how to do a "snout to tail" assessment of your pooch, looking for coat and paw debris, ticks, lumps and bumps, skin issues, and other health-related problems. At the end of the course we will discuss the science of shampoos and conditioners, how to assess canine obesity, tips for choosing a good dog food, and what resources are available for continued learning. Please bring your enthusiasm for providing the best care possible for your furry family member and all your questions about canine health and behavior.

REC156A · 4 Sessions
Campbell Center – Room C
class size 32
Monday · 3:30–5:00PM
9/11/2023–10/2/2023

INSTRUCTOR: *Kent Bailey is a graduate of the Nash Grooming Academy in Kentucky and the American Grooming Academy in California. He owned a grooming business for 12 years and has groomed approximately 15,000 dogs and cats. He has taken advanced coursework in dog skincare, massage, and non-aversive training. Kent currently volunteers at the Jackson County Animal Shelter, working to rehabilitate dogs with abusive backgrounds and poor socialization skills.*

Introduction to Fly Fishing

Over the course of four sessions at Blue Heron Park, students will learn the skills and knowledge needed to have a successful fly-fishing experience. This will include casting demonstrations; choosing equipment; the history of fly fishing; knots and leaders; how to care for rods, reels, and lines; entomology and fish diet; choosing flies; and where to fish in Southern Oregon. This course is open to both men and women. Students must sign a liability waiver at the first class meeting.

REC138P · 4 Sessions
Blue Heron Park
class size 6
Wednesday · 1:00–3:00PM
9/13/2023–10/4/2023

INSTRUCTOR: *Bill Howarth has a BA in education from Penn State and an MA in education from Trenton State. He spent 25 years in the fly-fishing industry, including owning the Delaware River Fly-Fishing School in Pennsylvania. He has guided and instructed at the Alaska Rainbow, Alaska, Talaheim lodges in Alaska, and at Three Forks Ranch in Colorado. Howarth was also an Orvis-endorsed guide in the San Francisco Bay area.*

Lace Knitting

Learn the techniques necessary for lace knitting. Practice different ways of increasing and decreasing stitches. Read and understand both written and charted directions. Learn ways to keep track of your completed work and to protect your completed work. Knit a scarf using these techniques. This is an intermediate course. Students must know how to knit, purl, cast on, and bind off. Students should expect to knit in every class and to practice at home between classes.

NOTE: Required materials include 150 grams of #2 or #3 weight white or cream-colored yarn and size 6 or similar needles. More specific details will be sent directly to enrolled members.

REC155A · 6 Sessions
Campbell Center – Room B
class size 12
Monday · 1:00–3:00PM
10/9/2023–11/13/2023



INSTRUCTOR: *Kay Johnson learned to knit while she was in college. Knitting has been her favorite art form since then. She has knit countless sweaters, afghans, socks, hats, scarves and more. She has taught several different knitting classes for SOLIR and for OLLI for close to 20 years. She continues to learn new things about knitting as she prepares her classes.*

Ornamental Gardening in the Rogue Valley: Part 3

Are you an experienced or novice ornamental gardener looking to establish, enlarge, or renovate an ornamental garden? In Part 3 of Ornamental Gardening in the Rogue Valley, we will continue to explore the many possibilities you can choose from. We will introduce you to more plants that may fit into your landscape plans, how to incorporate art in your garden, how to attract birds to your yard by selecting the right plants, how to create a living privacy screen (without alienating your neighbors), and many more topics to help you create a garden oasis. It is not necessary to have taken Parts 1 and 2. Jump right in! Students will be assigned reading

homework to prepare for class. Instructors will provide plenty of time for Q and A after the PowerPoint lecture.

REC113A · 8 Sessions
Campbell Center – Room D
class size 50
Wednesday · 9:00–10:30AM
9/13/2023–11/1/2023

REC113 · 8 Sessions
online
class size 299
Wednesday · 9:00–10:30AM
9/13/2023–11/1/2023

INSTRUCTORS: *Susan Koenig and John Kobal are both life-long gardeners who became certified master gardeners through the OSU Extension Service in 2016 and 2015, respectively. Both are mentors who teach plant propagation in the Master Gardener program to new students and ornamental gardening for the past two years through OLLI. Both live in the Rogue Valley on acreage with raised vegetable beds, extensive ornamental gardens, and orchards.*



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Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

NEW! 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.

NOTE: There will be no class on Friday, November 10, in observance of Veterans Day.

STEM209A · 5 Sessions
Campbell Center – Room D
class size 40
Friday · 1:00–3:00PM
10/13/2023–11/17/2023



INSTRUCTORS: *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. 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.*

Animal Intelligence

Studies and observation have revealed that animals of all sorts are a lot more intelligent than originally believed, and the identities of some of the smartest species of non-humans might surprise you. What are some of the animals besides humans who use tools? Can non-humans solve many-stepped problems? What animals have the best memories? What surprising species has one of the most complex languages known? Do some animals plan ahead? We will answer these and other questions, as well as learn about animals with sophisticated modes of non-verbal communication, which animals seem to have names for themselves, and whether some species have cultures. Animals are not only intelligent problem-solvers, the emotional lives of many of them are more sophisticated than commonly thought, including cross-species compassion. Through lecture, videos, anecdotes, and discussion we will explore the capabilities of some of the many remarkable non-human species with whom we share this planet.

NOTE: This previously taught course contains new material, including new information on the sophistication of animal communication, on insects and other life forms, on domestic animals, on social relationships within and between species, and more about the importance of animals for the health of the environment.

STEM207A · 10 Sessions
Campbell Center – Room E
class size 75
Monday · 1:00–2:30PM
9/11/2023–11/13/2023

INSTRUCTOR: *Jenny Sill-Holeman has a BA in cultural anthropology and is a certified hypnotherapist. Her background in human social structure and the mind gives her a unique perspective on animal intelligence. She continues to study animal cognition and behavior, observing animals she has personally known or encountered, and keeps current on the research literature on animal intelligence. This is the fifth time she has offered this course at OLLI.*

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.

STEM138M · 8 Sessions
Medford Higher Education Center – Room 118
class size 10
Tuesday · 9:00–10:30AM
9/12/2023–10/31/2023

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.

Elements of Our Lives: The Periodic Table

Everything we experience in this universe depends on the properties of the known chemical elements. These properties are summarized in one of the iconic images of modern science: the periodic table. The periodic table is all too familiar to anyone who has taken a chemistry class. Where did it come from? What does it really mean? What are some interesting properties of the elements? These questions and others will be discussed in this six-session lecture class. A chemistry background is not required, but a high school-level chemistry class will be helpful. Attendance at the first session will be very

important as it will provide a foundation for the sessions that follow. This course has been taught before, but it will be updated with new discoveries and is always presented based on students' backgrounds and feedback gathered on the first day.

STEM142M · 6 Sessions
Medford Higher Education Center – Room 118
class size 30
Wednesday · 3:30–5:00PM
10/4/2023–11/8/2023

INSTRUCTOR: Tom Pratum obtained his PhD in physical chemistry at the University of California Berkeley and has taught chemistry at the undergraduate level for over 10 years. Prior to teaching, he was a research scientist in an academic setting for 15 years. He is currently an affiliate faculty member in chemistry at SOU. Tom and his wife Peggy continue to enjoy the chemistry of the Rogue Valley after moving here from northern California seven years ago.

NEW! Experiments in Artificial Intelligence

The Fall 2022 launch of ChatGPT by OpenAI led to a rapid proliferation of artificial intelligence (AI) in various forms. This seminar will examine the current state of publicly available AI systems and explore how students can benefit from and responsibly use various AI tools. We will discuss both free and paid AI services including digital assistants (e.g., Microsoft Bing, Google Assistant, and Amazon Alexa); AI chatbots (e.g., ChatGPT, Google Bard, and Poe); language translators (e.g., Google Translate and Apple Translate); and graphic AI services (e.g., DALL-E and Firefly). The use of these AI services will be demonstrated on desktop computers, tablets, and both iPhone and Android phones. Students will be encouraged to explore using the services on their own devices. We will also discuss some of the potential social impacts of these new AI technologies. Students should have a basic understanding of computer operations including installing programs and applications.

STEM210 · 5 Sessions
online
class size 40
Thursday · 1:00–2:30PM
10/12/2023–11/9/2023

INSTRUCTOR: James Jarrard worked as a technology and information professional with the federal government for over 25 years. He taught technology courses for the Department of Defense, the US Peace Corp, and Boston University. He was the knowledge management coordinator for the Peace Corps headquarters. In the early 2000s he worked on K-12 educational performance metrics.

NEW! Nuclear Energy: The Past is Prologue

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

STEM208 · 6 Sessions
online
class size 25
Thursday · 1:00–2:00PM
10/5/2023–11/9/2023

INSTRUCTOR: *William E. Kastenberg, PhD, is Professor of Engineering, Emeritus at the University of California, Berkeley. His teaching and research interests included nuclear reactor analysis and safety; risk analysis; ethics; and the impact of technology on society, energy, and the environment. Following retirement, he became an emotional growth facilitator working on healing the wounds of the heart through conscious relationship, and he has authored a book.*

P@s\$w0rdz

We will explore how to create strong passwords for your devices and accounts and amp up security for sensitive accounts by providing unique secret answers, adding recovery information, and enabling Multi-Factor Authentication (MFA) via app or phone. You will learn to reduce stress and declutter your brain by remembering just one strong central password using a “password manager” app such as 1Password to store, encrypt, and fill in your online logins and other information. 1Password will be compared with other password managers and storage methods (paper, encrypted spreadsheet, and so on). You will learn to recognize when accounts have been hacked and when to change passwords. Recent developments suggest that “passkeys”, which use biometrics or other devices for authentication, could completely replace passwords in the future; we will discuss

their current limitations. Other privacy and security topics and advice will be included as time permits. Previous students of the course are welcome.

NOTE: 1Password for Mac and iPad will be demonstrated. The menus and commands for 1Password on different platforms (Android, ChromeOS, iOS, Linux, Mac, Windows) and browsers should be almost identical in user interface and function. For other password managers, the concepts and features should be very similar, though analogous commands and menus may be named and organized differently.

STEM110A · 3 Sessions
Campbell Center – Room A
class size 35
Tuesday · 1:00–3:00PM
9/19/2023–10/3/2023

INSTRUCTOR: *Steve Weyer has taught OLLI courses about crossword puzzles, disaster preparedness, and Internet technology. He has 55+ years of experience with computer software, including research and development on programming languages, learning environments, electronic books, and artificial intelligence at Stanford, Xerox PARC, Atari, HP Labs, and Apple.*

NEW! Physics for Nonphysicists: Physics X

Do you have questions about topics in physics or technology? Did you read an article or book about physics, the Webb Telescope, black holes, time, gravity, elementary particles, medical imaging, nuclear reactors, etc., that raised more questions than answers? Perhaps you want to learn more about the relationship between physical ideas and current technology. How do transistors, integrated circuits, computers, electric motors, rockets, digital watches, clocks, etc., work? This course is your opportunity. The course content will be based on your questions. Well before the course begins, you will receive instructions for submitting questions by email. Questions about all topics in physics and technology are encouraged. So, start thinking about your questions now. Questions will also be accepted during the course. The course will be presented as a lecture using PowerPoint with animations and videos from the Web. You are also strongly encouraged to ask questions about the lecture in class.

STEM177A · 5 Sessions
Campbell Center – Room D
class size 50
Monday · 11:00AM–12:30PM
10/16/2023–11/13/2023

INSTRUCTOR: *In spite of the general public's fear and loathing of physics, John Johnson has presented topics in physics at SOLIR/OLLI for a number of years. He continues to work to convince his students that physics can be fun. He has extensive education in physics at Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University.*

Using Apple Apps and iCloud

This course was designed to help participants learn to use a variety of apps and how to sync them across Apple devices via iCloud. Students will learn: (1) the benefits of Cloud applications for managing everyday tasks, (2) how to set up and manage iCloud applications to enable efficient syncing across devices, (3) how to share applications with others and control their level of access, and (4) privacy and security issues pertaining to iCloud apps. Applications addressed will include Apple Mail, Calendar, Notes, Reminders, Photos, Find My and AirTags, iCloud Drive and Files, Keychain for passwords, Music and other free or inexpensive services, and podcasts. We will explore commonalities across applications and introduce the basics for making it all work. Students should have basic skills using Apple devices to access online resources.

STEM174 · 6 Sessions
online
class size 50
Thursday · 1:00–3:00PM
9/14/2023–10/19/2023

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.*

Social Sciences

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

NEW! Confucianism and Daoism in Historical Context

This lecture course will explore the creation and early development of two great Chinese schools of thought in their historical contexts. Starting with a survey of early Chinese history up to the lifetime of Confucius, the course will then trace his life and teachings—and their subsequent development in figures such as Mencius. Then we will investigate political and social changes during the Period of the Warring States, and the culmination of that warfare in the founding of the Qin Dynasty. Next will come our discussion of the early development of Daoism in the Dao De Jing and the work of Zhuang Zi, followed by a close look at developments in both Confucianism and Daoism during the Han Dynasty. Finally, the course will then consider the further developments of these two traditions in Three Kingdoms and Northern and Southern Dynasty Periods.

SOC197 · 10 Sessions
online
class size 50
Thursday · 1:00–3:00PM
9/14/2023–11/16/2023

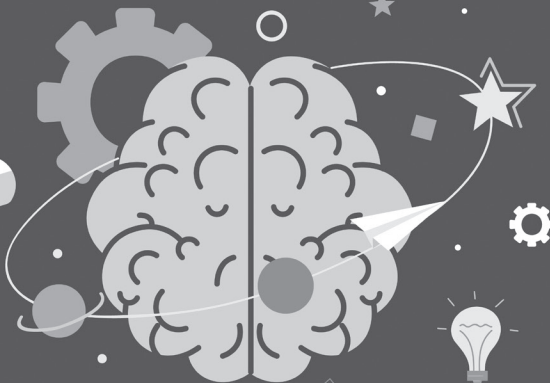
INSTRUCTOR: *Ean Roby is Professor Emeritus at Ohlone College in Fremont, California, where he taught for 34 years. He regularly teaches OLLI classes in philosophy, religious traditions, and ancient history. He holds Master's degrees in philosophy, religion, and English.*

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 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.



Current Topics in Older Adult Health

Want to learn about and discuss current older adult health topics? The US Surgeon General and the National Institutes of Health and Aging have focused recently on several topics of interest. The topics that will be presented and discussed in this course include: age friendly health-care using the 4Ms of mobility, medication, what matters, and mind; older adult social isolation and loneliness; and healthy stress relief. Current resources for older adults in the Rogue Valley to improve social connection and foster wellbeing will also be presented. Teaching methods will include lecture with PowerPoint slides, videos, and discussion. Some reading material will be provided.

SOC206 · 3 Sessions
online
class size 25
Wednesday · 11:00AM–12:00PM
9/13/2023–9/27/2023

INSTRUCTOR: *Jennine Greenwell is Jackson County's Older Adult Behavioral Health Specialist with the Oregon Older Adult Behavioral Health Initiative and Jackson County Health and Human Services. She holds a Master's degree in human services with an emphasis in health and wellness. She is passionate about serving older adults in the Rogue Valley to reduce gaps in health services by connecting and providing community education and resources.*

Hot News & Cool Views

Hot News & Cool Views is an open discussion forum to explore and discuss breaking news from Oregon to around the globe each week. All differing views and opinions are welcome and an integral part of the lively discussion we encourage in the class. Each session is unique and informative, and we cover a wide range of topics from politics to climate change to technology and much more. An agenda with articles from various news sources is sent out every Sunday ahead of our class on Tuesday to give everyone time to get up to speed on the news we will discuss. Students are encouraged to send in topics and articles to discuss, and these are often



added to our agenda. Please join us for a journey around the world with our fast, fun class. Better than a strong cup of coffee to get your week going!

SOC139A · 10 Sessions
Campbell Center – Room D
class size 50
Tuesday · 9:00–10:30AM
9/12/2023–11/14/2023

SOC139 · 10 Sessions
online
class size 299
Tuesday · 9:00–10:30AM
9/12/2023–11/14/2023

INSTRUCTOR: *Rick Vann is a retired corporate executive from the foodservice equipment and design industry. Rick brings four decades of experience in the business world and a business degree from San Diego State University as credentials, but the success of Hot News & Cool Views is largely a product of the wisdom and experience of our group each term.*

How a Divided Congress Works — Or Doesn't

How well is the 118th Congress functioning with the Democrats having a narrow margin in the Senate and the Republicans with a narrow margin in the House, while the president is a Democrat? This will be a discussion course on provisions of the Constitution regarding the legislative branch of the federal government, the leadership and procedures of the House and Senate, as well as pending issues before the Congress. Classes will begin with a brief lecture, followed by open discussion. All viewpoints will be welcome. The goal will be for all class members to listen respectfully to one another. The only requirement for class attendance is an interest in our country and those issues pending before Congress at this time.

NOTE: There will be no class on Friday, November 10, in observance of Veterans Day.

SOC161A · 9 Sessions
Campbell Center – Room D
class size 35
Friday · 9:00–10:30AM
9/15/2023–11/16/2023

INSTRUCTOR: *David Runkel has followed the workings of Congress for many years as a newspaper reporter, a lobbyist, a committee staffer, and an interested citizen. He has led several OLLI courses on politics and government, drawing from his experience as acting director of Harvard's Institute of Politics, and also in high-level staff positions with the US Department of Justice and the House of Representatives.*

NEW! Introduction to Bitcoin and Cryptocurrency

What is this Bitcoin thing anyway? Join us and find out. The course level ranges from those who know little-to-nothing about Bitcoin and cryptocurrencies, to those who have subject knowledge and want a deeper understanding. The course will be in-class instruction followed by group discussions and Q and A. Classes may include online Web sites and video clips, Power-Point presentations, and live examples. By the end of the course, you can expect to have enough knowledge to procure, manage and sell your own Bitcoin, as well as to understand the basics of managing those assets. You can also expect to gain a greater understanding of the role Bitcoin plays in the world's political and monetary arenas, as well as the history of money and world economies. The course focuses only on Bitcoin, but will touch on other "alt" coins.

NOTE: You will be expected to own a smart phone, tablet or home computer, where you'll be asked to download apps to manage the above (if you want to obtain Bitcoin).

SOC195A · 7 Sessions
Campbell Center – Room C
class size 32
Tuesday · 1:00–3:00PM
9/12/2023–10/24/2023

INSTRUCTOR: *Dana J Goulston has been in information technology for over 40 years and in the cryptocurrency space since 2019, when he joined a Bitcoin group in Ashland, Oregon. He was a leader in a Florida Bitcoin group for the past two years. He's a published author, lecturer and course developer in IT, project management, psychology, and child autism spectrum disorders. He taught graduate school at UC Davis and developed their IT Risk Management course.*

Introduction to Racial Justice

Together we will unpack what race means historically and socially and how racism functions in American society. We will establish common vocabulary to support fruitful conversations, and we will dive into the history of racism in our country, including how that history has socialized us, and where we see the impact of that history today. We will also learn about, discuss, and wrestle with topics like implicit bias, microaggressions, whiteness, IRO and IRS (how all of us internalize messages about race), and racial trauma. Pre-work will be assigned weekly via email, containing assignments that should be completed before the start of the class (about two hours each week: videos/reading/reflective writing). This prepares students for class teaching and

our discussions. Classes are structured to build on previous lessons and topics, so attendance at all six classes is expected, as is a high level of engagement. This is not a course where you will sit back and passively obtain information.

SOC184 · 6 Sessions
online
class size 30
Wednesday · 9:00–11:00AM
9/13/2023–10/18/2023

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

NEW! Making Sense of the Climate Crisis

This course is for any human living on Mother Earth. The course is based on the community 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 that we can all move from our default position of causing the problem to making a choice to be part of the solution. No previous knowledge is necessary, only an openness to learning. Participants will be asked to review material before class each week, and then discuss it and any additional videos in the class.

SOC196 · 3 Sessions
online
class size 299
Wednesday · 1:00–3:30PM
10/11/2023–10/25/2023

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

The Constitution in Our 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. The purpose of this class is to identify current events which 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 that applies to them. We will identify and learn how this issue and many others apply to our democracy.



SOC146 · 4 Sessions
online
class size 30
Wednesday · 11:00AM–12:00PM
10/4/2023–10/25/2023

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.”*

NEW! The Questions of Megan Phelps-Roper

Megan Phelps-Roper went from being a purveyor of hatred as a spokesperson for the Westboro Baptist Church to a kind, insightful, and empathetic interviewer on the podcast “The Witch Trials of JK Rowling.” She summarized her transformation in the form of questions that all of us should be able to answer to justify our firmly held beliefs. Class one will be an overview and discussion of the questions in terms of the general view of belief in whatever form it exists. Class two will be an opportunity for the instructor to apply those questions publicly to his own strongly held view that there is a reasonable doubt about the authorship of the works of William Shakespeare. It may seem a stretch to link classes one and two, which could not be more different in their ultimate impacts on people’s lives. A link does exist, though, in the very nature of belief itself. “No Doubters” are encouraged to sign up, as well as those who are simply curious.

SOC199A · 2 Sessions
Campbell Center – Room A
class size 25
Tuesday · 11:00AM–12:00PM
10/17/2023–10/24/2023

INSTRUCTOR: *Tom Woosnam has no formal qualifications for teaching this class. He does, however, have a lifelong interest in epistemology, i.e., how do we know that what we’re told is the truth really is the truth. In his 45 years of teaching high school physics and math, he has had many opportunities to present that question to his students.*

The Tao Te Ching: An Introduction

This course is an introduction into the famous Chinese philosopher Lao Tzu’s book titled “Tao Te Ching.” This book (Ching) describes his view of the cosmos (Tao) and how we as social beings should live in community (Te). The instructor will loan each student a copy of the Tao Te Ching for his or her use during the class, or it can be purchased. The book, consisting of 81 short chapters, is a meditative one. Students should read a chapter at a time and then reflect on its ideas and concepts; they will see that the same admonitions are in other philosophies and religions. Taoism (aka Daoism) is very popular in Eastern cultures and has millions of religious followers. However, in our review, we will only concentrate on its philosophical content, not the religious practices of Taoism that have evolved over the centuries. The class will be mainly discussion, with very little lecture, except for historical and cultural background.

SOC167A · 3 Sessions
Campbell Center – Room C
class size 25
Wednesday · 11:00AM–12:00PM
11/1/2023–11/15/2023

INSTRUCTOR: *Jerome Dirnberger received his Bachelor’s degree from the University of Notre Dame, where he concentrated his studies in comparative religions and cultural anthropology. He published the Tao Te Ching in modern English and has taught many classes on it, including at the OLLI program at California State University, Chico.*





OLLI Legacy Fund 2022-2023

Donations to the OLLI Legacy Fund are from estates or from individual gifts. The Legacy Fund is administered by the Southern Oregon University Foundation as an endowment. The principal of the gift remains intact, while earnings are used to fund the OLLI annual operating budget.

Terry Ansnes & Anne Bellegia | Ellen Downes | Margaret Evans
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Donations to the Annual Fund support OLLI's operating budget, which help keep our membership fees low and program quality high.



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This past year brought many opportunities for growth. As always, your flexibility and willingness to adapt to meet the needs of OLLI at SOU made for an exceptionally rewarding year. Your generosity and commitment to this community are noticed and appreciated by OLLI members, staff, and fellow volunteers. Thank you!

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Jennine Greenwell
Mary Greto Pierce
Karen Grove
Melissa Grudin
Daniel Guy
Joanne Haddad
Charles Hall
Ellie Hall
Myrna Hall
Elaine Hamlin
Linda Hammer-Brown
Sandra Hansen
Bill Harris
Bernie Hartman
Jim Hartman
Thomas Hartmann
Ruddy Havill
Becky Hawkins
Sunny Hawkins
Kathy Healy
Gloria Hebert
Bob Heilbronner
William Hering
Lily Herwald
Nancy Heyerman
William Hillar
Edward Hirsch
Carol Hirt
Jeanne Hoadley
Jack Homeyer
Jason Houk
Bill Howarth
Roger Howe
Mitch Hrdlicka
Paul Huard
Jeff Huff
Ian Hunter
Larry Hunter
Florence Hutchison
Charles "Al" Huth
Cynthia Hutton
Silvia Iglesias
Esther Jackson
Paulette Jacobson
Linda Jaffe
Ken Jaffee
James Jarrard
Mac Jefferson
Steven Jessup
Lars Johansson
Bonnie Johnson
Debra Johnson
Edwin Johnson
John Johnson
Kay Johnson
Judy Jordan
Alan Journal
Rebecca Jurta
John Kalb

William Kastenberg
Nancy Keeley
Barbara Keen
Tim Kelly
Molly Killefer
Joanie Kintscher
Barbara Klein
Joanne Kliejunas
John Kloetzel
John Kobal
Susan Koenig
Louis Urban Kohler
Kathy Kokay
Camille Korsmo
Gary Kovnat
Barry Kraft
Andrew Kramer
Chuck Krausnick
Cathy Kreisman
Sue Kurth
Mary Kwart
Jeff LaLande
Kathleen Lamborn
Joan Lamont
Liz Landreth
John Lane
Leslie Lanes
Stephanie Lash
Barbara Laskin
William Lawson
Marta Leipzig
Dolores Lendrum
Karen Leng
Victoria Leo
Joe Lessard
Marcus Levitt
Wendy Levy
Risa Lewellyn
Terry Limbert
MaryBeth Limpert
Lori Lind
Lynne Lithgow
Mitzi Loftus
Marcia Lomneth
Sue Lopez
Ann Lovett
Irv Lubliner
Melissa Luckow
Cherstin Lyon
Ann Magill
Montye Male
Elise Manders
Connie Markovich
Carl Marsak
Becky Martin
Ben Martin
Michael Martin
Marissa Marx
Betsy Massie
Ed McBride
Karen McClintock
Bill McDonald
Mike McGuire
Ken McKelvie
Robin McKenzie
Robbi McMinimy
Jeri Mendelson
Phil Meyer
Jude Moana
Carol Mockridge
Mary Moreaux
Laurie Morgan
Nicole Morgan
Sherrill Morgan
Caroline Morse
Diane Mueller

Tysen Mueller
Gerald Murphy
Clay Nelson
George Nielsen
Lois Nobles
Barbara Northrop
Charlotte O'Hare
Michael O'Neill
Charlotte O'Hare
Sarah Obermeyer
Dotty Ormes
Bob Palermi
Tracy Palermi
Louise Paré
Margaret Pashko
Colleen Patrick-Riley
Kent Patrick-Riley
Diane Paulson
Mary Ann Perry
Sugeet Posey
John Pratt
Cathy Prazenica
Susan Kay Preslar
Carl Prufer
Steve Radcliffe
Benita Rashall
Marc Ratner
Nando Raynolds
Beth Remington
Jazzy Renteria
Allison Renwick
Mike Reynolds
Shannon Rio
Domingo Rivera
Jeff Roberts
Thea Robertshaw
Stephen Robidoux
Dale Robinette
Ean Roby
Katherine Roselli
Kim Rosmaier
Joan Rote
Sue Rothenberger
Herbert Rothschild
Howard Jay Rubin
Jerry Rubin
Donna Ruffer
David Runkel
Joyce Russo
Susan Rust
Becky Sanders
Benjamin Santer
Cristina Sanz
David Savage
Christine Saylor
Barbara Schack
Patricia Schaefer
Susan Schaefer
David Schmidt
John Schuyler
Jeffrey Seideman
Jack Seybold
Carolyn Shaffer
Paul Sheldon
Ursula Shepherd
Earl Showerman
Jeff Siederman
Morgan Silbaugh
Jenny Sill-Holeman
Sarah Silver
Laura Simonds
Richard Simonds
Cass Sinclair
Nancy Skinner
Ruthie Sloan
Stephanie Smagala

Ed Smith
Michael Smith
Janet Sonntag
Heather Souders
William Southworth
Karen Spence
Paul Steinle
Jonathan Luke Stevens
Susan Stitham
David Stone
Esther Stone
Carol Stoufer
Lucy Strasburg
Neal Strudler
Michael Sullivan
Roy Sutton
Sue Swarbrick
Leandra Swent
Charisse Sydoriak
Kathy Tarr
Alice Taylor
Terry Terrall
Linda Tetreault
Larry Theis
Sandy Theis
Linda F Thomas
Allen Thomashefsky
Adam Thompson
Maggie Thompson
Fred Tonge
John Tyler
Kerry Tymchuck
Kathy Uhtoff
Lorraine Vail
Mila Valenta
Rick Vann
Venita Varga
Mike Vergeer
Carl Vischer
Larl Vischer
Noah Volz
Susy Wagner
Meri Walker
Sue Ward
Jim Watkins
JoAnn Weisel
Michael Wells
Rachel Werling
Christin Westland
Bob Wetmore
Steve Weyer
Keith Whitman
Sylvie Whitman
Linda Whorton
David Widup
Dwight Wilson
Maureen Wilson-Jarrard
Suzanne Witucki
Shannon Wolff
Kathleen Woods
Tom Woosnam
Janet Wright
Kevin Wright
Jerry Wujek
Shelly Wujek
Jeff Wyatt
Patricia Wyllie
Irene Young
Deb Yturralde
Elisabeth Zinser

With so many volunteers and the variety of ways that you contribute to OLLI, we may have inadvertently omitted some names. If your name is missing, please accept our sincere apologies for the oversight, and contact Volunteer Coordinator Taliah Mortensen at olli@sou.edu or 541-552-6048 so we can correct the error. Thank you for your understanding.



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: _____	
Zip code associated with 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.



OLLI at SOU

Course Request Form

FALL 2023

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)

P = Phoenix (Blue Heron Park)

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, July 24 to Friday, August 4

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, August 14.

Choice	Course Number	Course Title
1		
2		
3		

Open Enrollment Begins Monday, August 21

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.



 **ASANTE**[®]
Community lives here.



OLLI *at* **SOU**

1250 Siskiyou Blvd.
Ashland, OR 97520

NON-PROFIT ORG
US POSTAGE
PAID
Southern Oregon
University

OLLI Annual Sign Up Starts Now Varied Learning & Connection Options



In-person classes and connections



Online classes and connections

Join a Community of Curious Adults

- Hundred of classes on a range of topics; take all you want
- Social events, discussion groups, co-curricular activities
- Annual member fee of \$150; no per-course tuition



VIEW CATALOG

Learn More. Age Less. Together.