Osher Lifelong Learning Institute

OLLI at SOU
Southern Oregon University

Spring 2020 Course Catalog
March 30 to June 5, 2020
inside.sou.edu/olli • 541.552.6048 • olli@sou.edu

Classes in Ashland, Medford, and Phoenix
Discover a **more** enriching retirement lifestyle

Retirement isn’t a time for slowing down, it’s a time to cultivate an active, stimulating, hassle-free lifestyle. With learning opportunities through our partnership with Southern Oregon University, as well as countless classes, workshops, and activities right on our sprawling 668-acre campus, Rogue Valley Manor has more of what you need to enhance your mind, body, and spirit. Enjoy your days surrounded by like-minded people who are ready to take on all that life has to offer.

**Call today to schedule a tour!**

541-857-7214  
retirement.org/rvm

Rogue Valley Manor is a Pacific Retirement Services community and an equal housing opportunity.
The cover artwork is a watercolor painting titled “Flutters of Spring” by Sydney Embry. Sydney also helped with the completion of the Giving Garden mural in the renovated OLLI member lounge, and along with her husband Ray, generously supported the Campbell Center ReNEWall project. If interested in seeing some of Sydney’s other watercolor florals and acrylic/mixed media abstracts, email elfmother@gmail.com.

Catalog Staff
Editor: Peg Evans
Production Manager: Rob Casserly
Communications and Community Outreach Committee: Peg Evans, Chair
Curriculum Committee: Sara Brown & Susan Stitham, Co-chairs
Community Group Distribution: Kay Godwin
Graphic Design: David Ruppe, Impact Publications
Come for the Classes … Stay for the Connections

For many adults aged 50 and over, the Osher Lifelong Learning Institute at Southern Oregon University is the Rogue Valley’s premier choice for remaining curious and socially involved.

OLLI keeps members intellectually stimulated and engaged

OLLI’s rich, diverse curriculum expands the world of ideas, deepens understanding, and activates neural pathways. But beyond the classroom, OLLI also opens the doors to new experiences and rewards, such as teaching a course or taking a leadership role.

OLLI keeps members socially connected and involved

Retirement. Relocation. Loss of loved ones. These are the challenges that aging adults may face. That’s where the kindred spirits at OLLI come in. Through lively class discussions, social events, shared interest groups, and volunteer opportunities, members can discover new and rewarding personal connections.

OLLI provides affordable and fun “edu-tainment”

With no academic prerequisites, tests or grades, OLLI courses are stress-free. Keeping the mind active, engaged and eager to learn is an effective anti-aging technique. And now it’s more affordable than ever to give OLLI a try.

Try Out OLLI This Spring at a Special Introductory Rate

➤ $75 for Spring Term ➤ 109 Courses
➤ Take as many classes as you can schedule ➤ No additional fee per course

Sign up today! Registration Starts February 24

Three Ways to Enroll

Online: Visit inside.sou.edu/olli and click “Join OLLI”
By Phone: Call 541-552-6048
In Person: Visit the OLLI office
SOU Campbell Center
655 Frances Lane, Ashland

Classes in Ashland, Medford, and Phoenix
Greetings from the OLLI Council President

As I type this, heavy snow is falling in the Valley. By the time that you read it, however, there may already be some early harbingers of Spring.

One of those harbingers is located at Campbell Center where the new floors have been installed, the walls coated with fresh vibrant paint and new lighting banishing the old illumination. The grand reopening celebration is planned for March 27, just in time for the opening of Spring Term classes.

Who would have imagined, almost one year ago, that Project ReNEWall would have gone so smoothly? I didn’t, and I’m glad that I was wrong, although there were some bumps along the way and many, many tense moments. We were blessed by some doses of serendipity such as the fine weather as the old roof was being replaced and the fact that one contractor’s bid was very close to our budget. Mainly, though, it was the leadership of Cliff Edwards, Lorraine Vail, et al. that saw the rest of us through the difficult times.

Also playing a large role was Rob Casserly and his staff. Somehow, they found alternative venues and worked out the many scheduling issues. OLLI’s dedicated instructors stepped up and took on heavier course loads and agreed to teach at unfamiliar venues and at inconvenient times.

You, the members of OLLI at SOU contributed greatly to the success of ReNEWall. I had feared that there would be a serious reduction in membership as many members decided to wait until the reopening of Campbell. Once again, I was wrong. Membership responded to the call with financial contributions that amazed many of us. Additionally, there were minimal complaints about the inconveniences and the disruptions to routine. Who said that we “oldsters” couldn’t be flexible?

Lastly, a special mention goes to my fellow Council members, committee chairs and committee members who worked tirelessly behind the scenes. There were numerous instances in which something large or small needed to be done, and I don’t know of any time at which a volunteer was asked for help that they didn’t chip in. Our OLLI at SOU is truly a community.

It’s almost Spring, 2020; a time for ReNEWall.

Sincerely,

Patrick Alexander, OLLI at SOU Council President
Ignite the Spark!

Become a volunteer OLLI at SOU instructor

- Share your expertise with a learning community of 2100 adults
- Offer 2 to 10 weekly class sessions of up to 90 to 120 minutes
- Enjoy teaching without the need to grade tests or papers
- No prior teaching experience necessary
- Non-OLLI members welcome as instructors
- 3 course proposal periods a year; Fall 2020 proposals accepted May 1–31

Come to an introductory meeting April 6th, time TBD

If you’ve ever thought about teaching at OLLI or have a passion you’d like to share, at this meeting you’ll learn why OLLI instructors say, “The only thing more fun than taking an OLLI class is teaching one.” Refreshments will be served. For more information, email Susan Stitham at omm1961@gmail.com. Note: to ensure adequate seating, registration to attend is required; see the event link on the inside.sou.edu/olli website.

Range of topics
Varied formats
Classes in Ashland & Medford

General Questions?
Visit the “Teaching at OLLI” link at inside.sou.edu/olli or phone 541-552-6048.
A note from SOU Director, Outreach and Engagement Programs...

Over the weekend I registered for the 2020 Osher Institutes National Conference, which takes place every 18 months. It will be my first time attending, and I’m eager to learn from our peers from OLLI programs across the country. What struck me though, as I reviewed the breakout session topics, is the many ways OLLI at SOU is already excelling. Growing membership? Check. Recruiting and training outstanding new instructors? Check. Innovative fundraising? Check. Thoughtful strategic planning? Check. Solid financial management and engaged volunteers? Check and check!

So what will I be looking for at the National Conference? In addition to celebrating our strengths, this conference gives us an opportunity to dive into big topics. One of those is our changing demographics. This important topic has implications for the university and for our OLLI program, and is one we will continue to wrestle with as we consider our future role in the community.

I’m also intrigued to learn more from presentations on increasing diversity, and on the benefits of intergenerational programming. Discussions about effective campus and community partnerships always present the opportunity to consider new collaborations and fresh approaches. Additionally, a plenary session on higher education strategic planning during a period of great uncertainty resonates strongly for me. The big issues that higher ed is wrestling with have relevance and significance for OLLI programs as well, and it’s important to consider those factors as we build a strategic plan for OLLI at SOU for the next five years.

With so many big topics to unpack, it’s bound to be a conference full of opportunities to learn. I’m continually inspired by the spirit of OLLI, and look forward to representing you at this national conference. Enjoy the spring term!

Rachel Jones
Director, SOU Outreach & Engagement

Volunteers are the creative force powering OLLI’s classes, office support, communications, social and special events, planning, and so much more.

To learn more, contact OLLI’s Volunteer Coordinator, Pauline Black, at 541-552-6975 or blackp@sou.edu.
Course request period opens February 24 and closes March 6. Open registration begins March 23; Spring term March 30–June 5

Courses are listed by day of the week, then chronologically by start date.
Course locations are indicated by city (A=Ashland, M=Medford, P=Phoenix).
Course descriptions, including locations, begin on Page 9.
For additional details, visit the Catalog page on the OLLI website.

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<td>Butterflies</td>
<td>Dave Garcia</td>
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<td>THE OVERSTORY</td>
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<td>Flannery O’Connor’s Short Stories</td>
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<td>Moving Meditations, Visualization, and Dance</td>
<td>Monica Caldwell</td>
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<td>Hearing Loss: Psychosocial Health and Communication</td>
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<td>The Art of Agitation: Shrink Wool to Knitted Felt</td>
<td>Margaret Mallette</td>
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<td>Alan Ackroyd</td>
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<td>Roger Howe</td>
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<td>Physics for Nonphysicists: Optics</td>
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<td>See Like a Geologist: The Landscape Around You</td>
<td>Karen Grove</td>
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<td>The Mavens at the Mermaid Tavern: Another Reprise</td>
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<td>Organizing and Sharing Your Digital Photos</td>
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<td>Robert Black</td>
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Tuesday

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<td>Songs and Politics: Woody, Pete and Other Lefties</td>
<td>Paul Seymour</td>
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<td>Caregiving for Alzheimer’s: A Personal Journey</td>
<td>Bill Harris</td>
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<td>Jeff Wyatt</td>
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<td>An Appreciation of Jazz: The Big Band Era</td>
<td>David Stone</td>
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<td>Battles of the American Revolutionary War</td>
<td>Michael Reynolds</td>
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<td>Mindful Movement: Energizing T'ai Chi and Qigong</td>
<td>Nando Raynolds</td>
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<td>Ron Kramer</td>
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<td>Exploring your Miraculous Brain, Part II</td>
<td>John Kalb</td>
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<td>Moral Support for Planet Activists and Healers</td>
<td>Bob Heilbroner</td>
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<td>Still Advancing in Beginning Spanish</td>
<td>Teri Coppedge</td>
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<td>Honing Your Communication Skills</td>
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<td>Native American Women Change Makers</td>
<td>Louise Paré</td>
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<td>Quest for the North Pole: Tales of Fantasy/Fiction</td>
<td>Dave Baker</td>
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<td>Marianne Werner</td>
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<td>Introduction to Fly Fishing</td>
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**Wednesday**

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<td>Dennis Read</td>
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<td>Exercise Fundamentals</td>
<td>John Jacob</td>
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<td>Enjoy German!</td>
<td>Udo Gorsch-Nies</td>
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<td>Dan Altman</td>
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<td>Carl Prufer</td>
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<td>Ten Classic Comedy Films: Part 6</td>
<td>Roy Sutton</td>
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<td>Judith Peterson</td>
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<td>Improv: Intermediate Level</td>
<td>Thomas Hartmann</td>
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<td>Susan Stitham</td>
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<td>Archetypal Psychology and the Cultivation of Soul</td>
<td>Carl Marsak</td>
<td>A</td>
<td>4/1</td>
<td>6</td>
<td>3:30-6</td>
<td>32</td>
</tr>
<tr>
<td>The ILIAD</td>
<td>Marc Ratner</td>
<td>A</td>
<td>4/8</td>
<td>9</td>
<td>1-3</td>
<td>24</td>
</tr>
<tr>
<td>Persuasive Communication for Maximum Impact</td>
<td>Will Wilkinson</td>
<td>M</td>
<td>4/8</td>
<td>8</td>
<td>1-3</td>
<td>48</td>
</tr>
<tr>
<td>Estate Planning 101</td>
<td>Cheri Elson</td>
<td>A</td>
<td>4/22</td>
<td>3</td>
<td>11-12:30</td>
<td>22</td>
</tr>
<tr>
<td>LWV 100th Birthday. Who Are They? What Do They Do?</td>
<td>Barbara Klein</td>
<td>A</td>
<td>4/22</td>
<td>6</td>
<td>3:30-5:30</td>
<td>48</td>
</tr>
<tr>
<td>Have Fun Learning About Birds</td>
<td>Shannon Rio</td>
<td>A</td>
<td>5/6</td>
<td>4</td>
<td>9-10:30</td>
<td>30</td>
</tr>
<tr>
<td>Soleri’s Arcology and Arcosanti: Urban Laboratory</td>
<td>Dan Wells</td>
<td>M</td>
<td>5/6</td>
<td>4</td>
<td>11-12:30</td>
<td>48</td>
</tr>
<tr>
<td>Taking the Mystery Out of Electric Bikes</td>
<td>Nikolas Lidtke</td>
<td>A</td>
<td>5/6</td>
<td>2</td>
<td>1-3</td>
<td>46</td>
</tr>
<tr>
<td>Out and About</td>
<td>Dave Garcia</td>
<td>A</td>
<td>5/13</td>
<td>2</td>
<td>9-4</td>
<td>31</td>
</tr>
<tr>
<td>TITLE</td>
<td>INSTRUCTORS</td>
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<tr>
<td>Plants and People</td>
<td>Melissa Luckow</td>
<td>A</td>
<td>4/2</td>
<td>10</td>
<td>9–10:30</td>
<td>45</td>
</tr>
<tr>
<td>Everyone Can Be a Pundit</td>
<td>Dave Runkel</td>
<td>A</td>
<td>4/2</td>
<td>10</td>
<td>9–10:30</td>
<td>47</td>
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<tr>
<td>Hike It</td>
<td>Multiple Instructor</td>
<td>A</td>
<td>4/2</td>
<td>10</td>
<td>9–1</td>
<td>28</td>
</tr>
<tr>
<td>THE TEMPEST: Our revels now are ended</td>
<td>Suzanne Witucki</td>
<td>A</td>
<td>4/2</td>
<td>7</td>
<td>11–12:30</td>
<td>25</td>
</tr>
<tr>
<td>Funk it Up: Jazz Dance for Boomers and Beyond</td>
<td>Audrey Flint</td>
<td>A</td>
<td>4/2</td>
<td>6</td>
<td>11–12:30</td>
<td>28</td>
</tr>
<tr>
<td>The Sixth Extinction: Human Caused?</td>
<td>Ursula Shepherd</td>
<td>A</td>
<td>4/2</td>
<td>4</td>
<td>11–12:30</td>
<td>31</td>
</tr>
<tr>
<td>Cut-UP Poetry</td>
<td>Sallie Ehrman</td>
<td>A</td>
<td>4/2</td>
<td>4</td>
<td>1–3</td>
<td>16</td>
</tr>
<tr>
<td>Intermediate Improv: Seriously Funny!</td>
<td>Ellen Reiterman</td>
<td>A</td>
<td>4/2</td>
<td>8</td>
<td>1–3</td>
<td>14</td>
</tr>
<tr>
<td>Chinese Philosophy: From Han to Song</td>
<td>Ean Roby</td>
<td>A</td>
<td>4/2</td>
<td>10</td>
<td>1–3</td>
<td>17</td>
</tr>
<tr>
<td>Opening the Eight Gates of Wisdom</td>
<td>Alexis McKenna</td>
<td>A</td>
<td>4/2</td>
<td>9</td>
<td>1–3</td>
<td>35</td>
</tr>
<tr>
<td>The Art of Knowing Yourself</td>
<td>Multiple Instructor</td>
<td>M</td>
<td>4/2</td>
<td>10</td>
<td>1–3</td>
<td>36</td>
</tr>
<tr>
<td>How the City of Ashland Works</td>
<td>Sandy Theis</td>
<td>A</td>
<td>4/2</td>
<td>10</td>
<td>1–3</td>
<td>47</td>
</tr>
<tr>
<td>Sharpen with Charades</td>
<td>Jack Seybold</td>
<td>A</td>
<td>4/2</td>
<td>6</td>
<td>1:30–3:30</td>
<td>14</td>
</tr>
<tr>
<td>Cork Dorks: Wines and Wineries of Southern Oregon</td>
<td>Dan Dawson</td>
<td>A</td>
<td>4/2</td>
<td>8</td>
<td>3:30–5</td>
<td>30</td>
</tr>
<tr>
<td>How To Do Almost Anything Successfully</td>
<td>Allan Sandler</td>
<td>A</td>
<td>4/2</td>
<td>4</td>
<td>3:30–5</td>
<td>47</td>
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<tr>
<td>Earthquake Awareness and Preparation</td>
<td>Eric Dittmer</td>
<td>M</td>
<td>4/9</td>
<td>4</td>
<td>11–12:30</td>
<td>42</td>
</tr>
<tr>
<td>Classic French Films</td>
<td>Venita Varga</td>
<td>A</td>
<td>4/9</td>
<td>8</td>
<td>3:30–6</td>
<td>9</td>
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<tr>
<td>Revitalize Your Resilience</td>
<td>Allan Weisbard</td>
<td>A</td>
<td>4/23</td>
<td>3</td>
<td>9–10:30</td>
<td>35</td>
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<tr>
<td>Romancing Your Sourdough</td>
<td>Linda Anderson</td>
<td>A</td>
<td>4/30</td>
<td>3</td>
<td>3:30–5</td>
<td>39</td>
</tr>
<tr>
<td>Knitting: A New Angle on Scarves</td>
<td>Marianne Adams</td>
<td>A</td>
<td>5/7</td>
<td>3</td>
<td>1–3</td>
<td>38</td>
</tr>
<tr>
<td>Protect Yourself from Wildfire Smoke</td>
<td>Multiple Instructor</td>
<td>M</td>
<td>5/14</td>
<td>2</td>
<td>11–12:30</td>
<td>45</td>
</tr>
<tr>
<td>Knitting: Whipping your WIPs into Shape</td>
<td>Marianne Adams</td>
<td>A</td>
<td>5/28</td>
<td>2</td>
<td>1–3</td>
<td>38</td>
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<td><strong>Friday</strong></td>
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<tr>
<td>Mind Frames: Behavioral Communication</td>
<td>Marnie Hancock</td>
<td>A</td>
<td>4/3</td>
<td>4</td>
<td>9–10:30</td>
<td>34</td>
</tr>
<tr>
<td>A Beethoven Birthday Celebration: Music for Piano</td>
<td>Peggy Evans</td>
<td>A</td>
<td>4/3</td>
<td>8</td>
<td>11–12:30</td>
<td>12</td>
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<tr>
<td>Moving Meditations, Visualization, and Dance</td>
<td>Monica Caldwell</td>
<td>A</td>
<td>4/3</td>
<td>8</td>
<td>11–12:30</td>
<td>29</td>
</tr>
<tr>
<td>Everyone Can Be a Pundit</td>
<td>Dave Runkel</td>
<td>M</td>
<td>4/3</td>
<td>10</td>
<td>11–12:30</td>
<td>47</td>
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<tr>
<td>The Bill of Rights, A Deeper Understanding</td>
<td>Michael Wells</td>
<td>A</td>
<td>4/3</td>
<td>10</td>
<td>1–3</td>
<td>18</td>
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<tr>
<td>Latin Partner Dance</td>
<td>Monica Caldwell</td>
<td>A</td>
<td>4/3</td>
<td>8</td>
<td>1:30–3</td>
<td>28</td>
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<tr>
<td>Stratford Festival Encore!</td>
<td>Michael Jasperson</td>
<td>A</td>
<td>4/3</td>
<td>6</td>
<td>1–4</td>
<td>14</td>
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<tr>
<td>Film Noir: Femme Fatales, Private Eyes and Cops</td>
<td>Clive Rosengren</td>
<td>A</td>
<td>4/3</td>
<td>8</td>
<td>1–4</td>
<td>9</td>
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<tr>
<td>Art of the Ancient Near East</td>
<td>Allison Renwick</td>
<td>A</td>
<td>4/3</td>
<td>8</td>
<td>1:30–3</td>
<td>15</td>
</tr>
<tr>
<td>Beginning Argentine Tango</td>
<td>Multiple Instructor</td>
<td>M</td>
<td>4/3</td>
<td>4</td>
<td>3:30–5</td>
<td>27</td>
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<tr>
<td>Constructing Crosswords</td>
<td>Steve Weyer</td>
<td>A</td>
<td>4/10</td>
<td>3</td>
<td>11–12:30</td>
<td>38</td>
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<tr>
<td>The Evolution of Federal Public Land Management</td>
<td>Don Barry</td>
<td>M</td>
<td>4/17</td>
<td>7</td>
<td>1–3</td>
<td>19</td>
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<tr>
<td>P@sSw0rdz</td>
<td>Steve Weyer</td>
<td>A</td>
<td>4/17</td>
<td>2</td>
<td>1–3</td>
<td>44</td>
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<tr>
<td>The List/Reality Dynamics</td>
<td>Marnie Hancock</td>
<td>A</td>
<td>5/1</td>
<td>6</td>
<td>9–10:30</td>
<td>36</td>
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<tr>
<td>Your Marvelous Mitochondria</td>
<td>John Kloetzel</td>
<td>M</td>
<td>5/1</td>
<td>5</td>
<td>1–3</td>
<td>46</td>
</tr>
</tbody>
</table>
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.

**Arts: Film/TV/Radio**

**Classic French Films**

This class will present eight classic French films from 2000 to 2010 from directors Agnes Varda, J. P. Jeunet, Francis Veber, Francois Ozon, Tirard, Barratier, and Dahon. These films will offer exposure to the French language as well as to diverse aspects of life in France. All films have English subtitles. A short introduction that includes the historical context, the director, and the actors will precede each film. Following the film, an interactive discussion will be led by the instructor. This is a continuation of a series on the history of French films since 1930 that began in the fall of 2017.

**NOTE:** There will be no class meeting on April 16.

**NEW! Film Noir: Femme Fatales, Private Eyes and Cops**

“Film Noir” refers to a genre of films that dominated Hollywood’s output from the 1940s through the early 1960s. The films often included femme fatales and hard-nosed cops and private eyes in an ominous atmosphere that was conveyed by shadowy photography and foreboding background music. These cinematographic films were marked by a mood of pessimism, fatalism, and menace. The term was originally applied by a group of French critics to American thrillers or detective films made during that period. Directors associated with noir films include Orson Welles, Fritz Lang, and Billy Wilder. The course will include some representative films such as “Double Indemnity,” “The Postman Always Rings Twice,” and “The Big Heat.” The format will include a brief background, viewing of the film, and discussion afterward.

**Arts106A · 8 Sessions**

SOU Art Building – Meese Auditorium  
Class size 100  
Thursday · 3:30–6:00PM  

**INSTRUCTOR:** Venita Varga has been a French teacher for over 47 years and lived in France for 10 years. She has a B.A. in French and English as well as postgraduate credits from the University of California, Santa Barbara, where she was assistant editor of the Film Society Review and teaching assistant for the History and Philosophy of Film class taught in the early 1960s. Varga was a member of various cinema clubs in France.

**Arts121A · 8 Sessions**

Campbell Center – Room D  
Class size 50  
Friday · 1:00–4:00PM  

**INSTRUCTOR:** Clive Rosengren has previously taught 11 film courses at OLLI, including Oscar at the Movies, Oscar’s Leading Men, Oscar’s Leading Ladies, an Appreciation of Gene Hackman, and Easy Riders, Raging Bulls. He is a recovering actor with a 40+ year career behind him, 18 of them in Hollywood. Rosengren is also the author of four private eye novels featuring Hollywood actor/private eye Eddie Collins.
OLLI Goes to the Ashland Independent Film Festival

Cinema is first and foremost a step into an imaginary world, one that asks us to think, engage, reflect, and maybe even laugh or cry. In this course, OLLI members will view five pre-selected films that will be shown on April 17, 18, and 19 during the Ashland Independent Film Festival (AIFF). The films are all shown in Ashland and will include documentary and narrative films released in 2019. Tickets for the five films are offered at $50. (See note below for details.) The first class will include an overview of the Festival and the films. The classes after the Festival will be discussion classes that will focus on the film’s message and impact on you the viewer. One class will include an intergenerational discussion with SOU honors college students joining us. Dave Ferguson, an experienced OLLI instructor, avid film-goer, and AIFF film screener, will join the instructor as discussion leader.

NOTE: Tickets will be pre-purchased by the instructor to ensure seats are available. Once you are enrolled in the course, the instructor will email instructions on how to submit your $50 payment. At the first class, students will be asked to donate $5 to the Presbyterian Church for use of the space.

NEW! Radio/Television Programs that Changed Us

Radio and television have had a profound cumulative effect upon our nation. Individual programs, series, and on-the-spot live coverage have, however, occasionally produced a profound, often virtually immediate, political/social effect. This course will use excerpted and full-length radio and television programs/coverage to illustrate 10 such instances, including the first truly “fake” news coverage (1938 Orson Welles’ “War of the Worlds”); the red scare and Sen. Joe McCarthy’s downfall following Edward R. Murrow’s reporting; programs challenging social convention (Mae West, Murphy Brown’s pregnancy, “All in the Family”); Norman Corwin’s programs rallying the nation during WW II; the JFK assassination coverage; September 11, 2001; wars presented live in our living rooms; civil rights coverage; programs that changed popular music; and some additional spellbinding television moments. The course will combine audio/video content, lecture, and discussion.

Ten Classic Comedy Films: Part 6

This class will show 10 classic comedy films starting with a Buster Keaton silent film, “The Cameraman” (1928), and finishing with “Forrest Gump” (1994) with Tom Hanks. The other eight are “The Thin Man,” “Bringing Up Baby,” “The Lady Eve,” “Born Yesterday,” “The Apartment,” “Take the Money and Run,” “Monty Python and the Holy Grail,” and “Airplane!” A handout for each film will be made available the week before the showing of that film, except for the first film. That first handout will be made available on the day of the showing of the first film. The instructor will mention anything special to be noticed about each film just before it is shown, and students may offer comments or questions at that time. A guided discussion will follow the end of the film. Students need bring nothing more than a desire to see these special comedy films that are true classics and still enjoyable no matter how many times one views them.
Ten Classic Musical Films: Part 3

This course, a repeat from four years ago, will feature 10 classic musical films that highlight dancing without Fred Astaire. It will begin with the 1933 musical, “42nd Street,” with Ruby Keeler and conclude with the 1952 film, “Singin’ in the Rain,” starring Gene Kelly, Debbie Reynolds, Donald O’Connor, and Cyd Charisse. The other eight are “The Little Colonel,” “Babes in Arms,” “Yankee Doodle Dandy,” “Stormy Weather,” “Anchors Away,” “The Red Shoes,” “On the Town,” and “An American in Paris.” 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. The selected films are true classics and can be enjoyed no matter how many times they are viewed.

NOTE: There will be no class meeting on Memorial Day, May 25.

NEW! The Mind’s Eye Captured Through Photography

We all look out at the world, but each of us sees it in a unique way. This course is designed for those who want to capture their unique vision in their photos while improving their basic skills. We will focus on composition and lighting (found/created, indoor/outdoor, backlighting, flash, etc.) as they apply to portraits, landscapes, nature, abstract themes, and more. Each session will include a brief lecture with questions and discussion followed by hands-on time to take photographs. Students will share their images in class to receive feedback from the instructor and classmates. There will be out-of-class assignments, and those photos will be considered in the following session. This course is suitable for the beginner as well as for the more experienced photographers.

NOTE: There will be no class meeting on Memorial Day, May 25.

ARTS202A · 9 Sessions
Campbell Center – Room D
class size 50
Monday · 3:30–6:30PM
3/30/2020–6/1/2020

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

NEW! The Mind’s Eye Captured Through Photography

We all look out at the world, but each of us sees it in a unique way. This course is designed for those who want to capture their unique vision in their photos while improving their basic skills. We will focus on composition and lighting (found/created, indoor/outdoor, backlighting, flash, etc.) as they apply to portraits, landscapes, nature, abstract themes, and more. Each session will include a brief lecture with questions and discussion followed by hands-on time to take photographs. Students will share their images in class to receive feedback from the instructor and classmates. There will be out-of-class assignments, and those photos will be considered in the following session. This course is suitable for the beginner as well as for the more experienced photographers.

NOTE: There will be no class meeting on Memorial Day, May 25.

ARTS132A · 3 Sessions
Campbell Center – Room B
class size 15
Wednesday · 1:00–3:00PM
4/1/2020–4/15/2020

INSTRUCTOR: Dale Robinette has made his living as a photographer for over 50 years. Working primarily in the movie industry, he shot the still photography for over 100 films, including “La La Land,” “The Help,” and “Donnie Darko.” He has also been a guest lecturer at UCLA, the University of Colorado, and SOU. Robinette has won numerous awards, and his images have been published worldwide.

OLLI Membership Benefits

OLLI at SOU membership entitles you to:

- Submit registration requests for OLLI at SOU courses.
- The right to vote in OLLI at SOU elections, such as the annual election of Council members.
- An invitation to OLLI at SOU members-only social events.
- If you are age 65 or older, and you have lived in Oregon for the past 12 months, and you are registered in an OLLI at SOU course that qualifies as an SOU one credit course, and you fill out a one-credit student application, then you can check books out from the SOU’s Hannon Library using your driver’s license or another form of photo ID.
- 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).
- A substantial discount on tickets to SOU sporting events (Call the Athletic Department at 541.552.6772 for details.)
- A $10 discount on a Friends of the Hannon Library at SOU membership (Call the library at 541.552.6816 for details).
- A special rate on Cascade Shuttle taxicab service for transportation to attend OLLI classes at Campbell Center in Ashland (Call Cascade Shuttle at 541.488.1998 for details).
Arts: Music

NEW! A Beethoven Birthday Celebration: Music for Piano

The year 2020 marks Beethoven’s 250th birthday. In this spring 2020 class we’ll look at his music for piano—the 32 piano sonatas, the many sets of variations, and the piano concertos. In fall 2020 we’ll focus on his chamber music. This mostly lecture class will examine the history of each genre and Beethoven’s impact. We will look at representative works and this composer’s contributions. Each class will include listening to music. No previous knowledge is necessary. It will be helpful to attend each class.

ARTS127A · 8 Sessions
Campbell Center – Room E
class size 75
Friday · 11:00AM–12:30PM

INSTRUCTOR: Peggy Evans, SOU professor emerita of music, has taught music for many years. She holds music degrees from Chatham University, the University of Michigan, and the Eastman School of Music of the University of Rochester. She has taught many courses for OLLI at SOU over the years.

NEW! An Appreciation of Jazz: The Big Band Era

Jazz is often considered to be America’s greatest contribution to music. This course will focus on the “big band” era and the iconic vocalists of those years. Benny Goodman, Glenn Miller, Duke Ellington, Count Basie, Stan Kenton, and others will be featured, as well as legendary vocalists such as Frank Sinatra, Ella Fitzgerald, Doris Day, Billie Holiday, and June Christy. The class will provide an historical perspective of the era in which these artists flourished, including the racial tensions resulting from white and black musicians performing together in the South and the influence of World War II on the music. Students will be introduced to the musicians and their music through stories and anecdotes. The format will include listening to signature recordings as well as viewing slides and video presentations. The instructor will provide an analysis of each band’s unique sound and inside stories that reveal the human angle and personalities of these artists.

ARTS123A · 7 Sessions
Campbell Center – Room D
class size 50
Tuesday · 11:00AM–12:30PM
3/31/2020–5/12/2020

INSTRUCTOR: David Stone, a retired attorney, has represented many performing arts companies in San Francisco. He has been an avid jazz fan since, as a teenager, he first heard the radio rebroadcast of the landmark 1938 Benny Goodman concert at Carnegie Hall. He has satisfied his musical needs by immersing himself in the recordings of the jazz greats, by attending their live concerts, and by seeking to share that music with the students in this course.

Beginning Blues Harmonica

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

NOTE: A $15 fee for materials is due at the first class. The instructor will provide you with two “Blues Band” harmonicas in different keys, printed materials, and audio recordings. Each class session builds on the last, so it is important that students attend all class sessions. If you know you will miss more than one session, please postpone taking the class until another quarter.

ARTS150A · 8 Sessions
Campbell Center – Room A
class size 20
Monday · 3:30–5:30PM
3/30/2020–5/18/2020

INSTRUCTOR: Irv Lubliner is excited to teach both math and harmonica classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught math in the Bay Area for 30 years and led math seminars for teachers in 39 states. He was too busy to play harmonica professionally while teaching but performed for five years at the OSF Green Show and at blues clubs in England, Australia, Canada, and on Bourbon Street in New Orleans.
**NEW! You Must Remember This: America Sings!**

The course title embodies the mission—You Must Remember This—and is designed for your musical delight! We will explore a number of genres, such as folk music, country music, patriotic songs, and popular tunes. We will cover various songs spanning the decades from the “Roaring 20s” up through the ‘70s. Particularly rich are the World War II years, with evocative patriotic songs as well as those that speak to longing and love. The instructors will present iconic tunes such as “As Time Goes By,” “This Land is Your Land,” and “God Bless America.” The format of each class includes a brief lecture/discussion of the genre followed by recordings and videos of great singers performing great songs. Students will be able to suggest favorite tunes, and each session will include a sing-along, with the lyrics displayed on the screen. Actor Lee Fishel and librarian Carolyn Fishel will also serve as assistant instructors. If you’re ready to move beyond singing in the shower, this class is for you!

**ARTS124A · 6 Sessions**
Campbell Center – Room E
class size 75
Tuesday · 3:30–5:00PM
3/31/2020–5/5/2020

**INSTRUCTORS:** Jerry Rubin was an associate producer of two Broadway musicals, has attended numerous Broadway shows, and has taught an OLLI course on Broadway musicals. He has an M.A. in history. Allen Kenner has experience as a musical technical advisor, choir director, and soloist.

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**Arts: Theater**

**Improv: Intermediate Level**

This class is designed for students who wish to develop their skills and experience at a little higher level than their first exposure to improv. Using enhancement techniques, we will utilize long form as well as engendering character, use of names, and bringing in location. We will practice as many tools of improv as possible in somewhat more difficult exercises than those found in an introductory class. After a couple of class sessions, students will be encouraged to try their improv skills with family and friends a few times using the basic “Yes, and” method. Students should have some basic-level improv acting background. Bring paper and pen (or some electronic means) to class for note taking. A waiver must be signed at the first session.

**ARTS134M · 6 Sessions**
Medford Higher Education Center – Room 305
class size 18
Wednesday · 3:30–5:00PM
4/1/2020–5/6/2020

**INSTRUCTOR:** Thomas Hartmann took improv courses at Second City, Chicago, and for three years at the Cultural Center in Chicago. He has an M.A. in library and information studies from Northern Illinois University and a B.A. in secondary education with an emphasis in English from DePaul University in Chicago. He taught junior high and high school English and social studies for four years.
Intermediate Improv: Seriously Funny!

This is an active course geared toward those familiar with improv basics: “Yes, and...,” listening, agreement, and CROWE (character, relationship, objective, where, and emotion). We will focus on topics such as creating characters, building environments, initiating and ending scenes, heightening humor, slowing down, and finding the truth of the scene. Topics may be added depending upon the participants’ wants and needs. Each session will involve a number of exercises followed by questions and discussion. We will close with a longer-form exercise using the skills that were worked on. The nature of improv requires us to build a community. Attendance is important; each class will build on the previous one. If you know that you will miss more than two of the sessions, please consider signing up at another time. For those who took this course previously, feel free to sign up again. A waiver must be signed at the first session.

NOTE: There will be no class meeting on April 23.

**NEW! Sharpen with Charades**

Students will learn the conventions of the parlor game Charades and practice playing. They will share their own experience with the game (if any), watch and critique videos of charade games, learn pantomime techniques, and develop a group spirit. Students will be encouraged to experiment and take risks, sharpen their quick-thinking skills (within the structure of the charades game), and laugh at appropriate times, which should be often. Resources for the class will include YouTube videos of Charades performances (TV shows like “Stump the Stars”) and the Charades experience of both the participants and the instructor. No prior experience is necessary, only a willingness to participate. No outside reading is required—the class experience is contained in the classroom. A waiver must be signed at the first session.

**Stratford Festival Encore!**

This course will introduce students to what Sheridan’s Mrs. Malaprop might call the “very pineapple” of theatrical brilliance—four productions by the Stratford Festival of Canada as performed on their several stages. We’ll view televised live performances of works by Gilbert and Sullivan and by William Shakespeare. The performances are “The Pirates of Penzance” by Gilbert and Sullivan; Shakespeare’s beloved comedy “Twelfth Night”; his heart-wrenching tragedy “King Lear”; and his final masterpiece, “The Tempest.” We’ll also look at season two of the much-praised Canadian television series, “Slings and Arrows,” an affectionate “send-up” of the Stratford Festival. One of the highlights of all of the Shakespeare productions is the recurring appearance of the brilliant Canadian character actor Stephen Ouimette, who also shines as the melancholy ghost in “Slings and Arrows.” The instructor will lead a discussion after each performance, and students are encouraged to comment on each.
vocal exercises, drama exercises, and games designed to improve the presentations. Emphases will be placed on tone, pace, volume, emotion, and sensory development. The primary focus will be on student performance with suggestions for improvement given by the instructor and classmates. Discussions will be positive and constructive. No prior experience is necessary, just a desire to improve and have fun. Memorization is encouraged but not required. Students should plan to practice outside of class and bring in written material that is not memorized. Some materials for presentation may be provided by instructor.

**ARTS122A** · 8 Sessions  
Campbell Center – Room B  
class size 18  
Wednesday · 3:30–5:00PM  
4/1/2020–5/20/2020

**INSTRUCTOR:** Judith Peterson holds a B.A. in vocal performance and a master’s in education from California State, L.A. She has performed in numerous musicals for over 30 years, most recently as Mrs. Bedwin in “Oliver!” at the Camelot Theater. She studied acting methods with Lee Strasberg, David Alexander, and Carmen Zapata. Peterson taught for 30 years during which she produced programs with her students. In addition, she co-taught a drama class at OLLI in Fullerton.

**ARTS102A** · 8 Sessions  
ScienceWorks Museum – Theatre  
class size 80  
Friday · 1:30–3:00PM  

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

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### Start an OLLI SIG

(Shared Interest Group)

- Any OLLI member can propose a SIG
- One or more SIG members facilitate the SIG
- SIG members decide when, where, and how often they will meet
- Meet on or off campus

**Find out more!** SIG Coordinator Barb Barasa  
barb@websitings.net · 541–621–2739

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### Arts: Visual Arts

#### Art of the Ancient Near East

The ancient Near East (modern Iraq and Iran) gave us the beginnings of western civilization: writing, the city-state, law codes, mathematical calculation, and a system of human-god relationships generally thought of as organized religion. The art and architecture of those civilizations reveal a set of values and an intellectual evolution that we can recognize today, although the visual arts themselves may seem quite alien. We will look at the art of these cultures from Neolithic Turkey through historic Sumer, Assyria, and Persia through copious slides in a lecture format. Students will learn how the forms of art developed and changed as each successive culture swept through Mesopotamia. This is a repeat of a Winter 2020 class at HEC.

**Join an OLLI SIG**

- Art on Fire!
- Come Work on Your Watercolor Goals
- Common Good
- Day Hiking
- Eleusis Logic Game
- Knitting for Fun
- Men’s Talk
- Science Fiction Movie Group
- Strummin’ for Fun (guitar)
- The 3 Principles of Sydney Banks
- U.S. Constitution in light of current events
- Write Your Life Story

For details about these SIGs, visit the OLLI website: [sou.edu/olli](http://sou.edu/olli) and click “Shared Interest Groups” in the left menu.
Arts: Writing

Cut-Up Poetry

You do not have to be a poet or writer to take and enjoy this hands-on course for composing poetry. After a bit of instruction and some examples, you will begin to cut snippets from texts of varying sorts. In every class there are prompts to guide you to choose your words or phrases. For example, you may be instructed to look for words that start with a certain letter. You may be asked to choose only nouns at first. After an allotted period of time, you will begin to look at the words you have cut out and begin to formulate the pieces into a whole that makes some kind of sense to you. It may be nonsense or spiritually attuned. It may be about nature or the human psyche. Students should expect to find this class enjoyable and relaxing.

ARTS112A · 4 Sessions
Campbell Center – Room C
class size 15
Thursday · 1:00–3:00PM
4/2/2020–4/23/2020

INSTRUCTOR: Sallie Ehrman is an award-winning poet whose work has been published in many literary magazines, including “Rattle,” “Jefferson Monthly,” and “Greensprings Review.” She has taught this class to a wide range of ages in a variety of settings from a yoga festival to a literary conference.

NEW! Voices from the Dead: Spoon River/Emigrant Lake

“Spoon River Anthology” by Edgar Lee Masters is a collection of poetic epitaphs spoken from the dead by real and imagined characters. Masters’ insights into human nature—sorrow, regret, secrecy, hypocrisy, and occasional irony—were echoed by the men and women he gave “life” to. The book is a somber look into human souls. The course will examine the characters of Spoon River, and, using the insights we gain from these poems, we will visit the Pioneer Cemetery at Emigrant Lake. There, Roger Roberts, a member of the Jackson County Cemetery Board, will provide some history about the cemetery and the people in it. We will wander the gravestones and select an individual who might be worthy of a contemporary epitaph. The poems-epitaphs can be based on some history of that individual if it is discoverable or a story can be created. A liability waiver will be signed at the first class meeting.

NOTE: Read “Spoon River Anthology” by Edgar Lee Masters (any edition) for the first class meeting.

ARTS130A · 5 Sessions
Campbell Center – Room B
class size 18
Tuesday · 11:00AM–12:30PM
4/7/2020–5/5/2020

INSTRUCTOR: Marianne Werner holds a B.A. in English from San Diego State University, an M.A. in creative writing from Syracuse University, and a J.D. from the University of San Diego. She taught in California high schools for 24 years and at Butte Community College for 13 years. She has published poems, articles, and photographs in local and national papers, magazines, and journals. She self-published “Moments” (poems and photographs) and “Findings” (poetry) in 2018.
History

Includes US and world history.

Battles of the American Revolutionary War

Most Americans have heard of the ‘shot heard round the world’ in 1775 at Lexington, the frozen 1777 winter camp at Valley Forge, the 1775 Christmas surprise attack on Trenton, and the set-piece siege of Yorktown in 1781. Without question these were high points in the American Revolutionary War. However, they’ve been placed in such high esteem in American history courses that there’s been little room left for other important battles that were highly consequential, including the massacre of Waxhaws, the disaster of Camden, the exquisite victory at Cowpens, the destruction of a loyalist force at King’s Mountain, the narrow escape in the “race to the Dan,” and the siege and capture of Charleston, all of which (and more) will be explored in this course. The lecture format will include maps and illustrations as well as photographs and videos of the battle sites.

HIST203M · 10 Sessions
Medford Higher Education Center – Room 305
class size 36
Tuesday · 11:00AM–12:30PM
3/31/2020–6/2/2020

INSTRUCTOR: Michael J. Reynolds has a B.A. in geography and a master’s of architecture. He retired after more than a 28-year career in the U.S. Air Force/Air National Guard. He also retired after a 33-year career in architecture, primarily designing schools for public school systems. He undertook the study of the American Revolutionary War before his final retirement and has read extensively and personally visited the majority of the battle sites.

NEW! Chinese Philosophy:
From Han to Song

Early schools of Chinese philosophy emerged over several centuries of increasingly violent civil war that ended with China under the rule of the short-lived Qin Dynasty (221-206 BC). This lecture course will investigate what happened next by tracing major developments in Chinese thought during the almost 15 centuries of history from the Han Dynasty (206 BC-220 AD) to the Song (860-1279). Along the way we will investigate the further evolution of Daoism and Confucianism, as well as Buddhism, a new philosophy (and religion) that appears in China late in the Han Dynasty. Our emphasis in the course will be upon seeing these intellectual developments in their historical context, so we will pay a lot of attention to significant historical events and personalities as we go along. No previous knowledge of these subjects is needed; the lectures will provide the necessary background. Questions are always welcome.

HIST121A · 10 Sessions
Campbell Center – Room E
class size 75
Thursday · 1:00–3:00PM

INSTRUCTOR: Ean Roby regularly teaches OLLI classes in philosophy, religious traditions, and ancient history. He holds master’s degrees in philosophy and religion (both from the Pacific School of Religion in Berkeley, California) and in literature (UC Davis) and taught all of these subjects for 34 years at Ohlone College in Fremont, California, where he is a professor emeritus.

NEW! Militarism and America’s Myths of World War II

In this course we will read and discuss writings of four combat-veteran historians who brilliantly expose the ugly reality and dangerous legacy of the myths surrounding America’s World War II. Our primary text will be the short but powerful book by wounded combat veteran Edward W. Wood, Jr., “Worshiping the Myths of World War II: Reflections on America’s Dedication to World War II” (required), written in 2006 to explain and perhaps exorcise the mental and emotional trauma he and his colleagues had felt during the Vietnam War. We will use two supplemental texts, also by World War II American combat veterans, Paul Fussell and Howard Zinn, that confront the destructive romance of a “Good War.” The instructors frankly acknowledge their bias as antiwar, as confirmed by the selection of texts, but class discussion will be fully and respectfully open to dissenting opinion.

HIST124A · 6 Sessions
Campbell Center – Room A
class size 32
Tuesday · 1:00–3:00PM
3/31/2020–5/5/2020

INSTRUCTORS: Daniel Guy is a former reserve soldier. John Marciano is a professor emeritus at the State University of New York and an independent historian. They previously taught together an OLLI course about the Vietnam War.
Quest for the North Pole: Tales of Fantasy/Fiction
Attempts to reach the North Pole are, in many ways, similar to expeditions that attempted to reach the South Pole. However, there are profound differences that this lecture series will examine. We will travel with some of the well-known Arctic explorers such as Cook, Peary, and Nansen, who were but a few of the men who undertook a challenge that would expose them to incredible mental and physical hardships in a world where very few had ever gone before. Using narrative, maps, and the instructor’s personal imagery and videography, these lectures will deliver an intimate and fascinating story of the hardships, occasional deceit, frustrations, and failures that underlie the history of the High Arctic. No previous knowledge of the polar regions is required, just a deep curiosity about men’s willingness to challenge themselves in unimaginable ways.

HIST141A · 4 Sessions
Campbell Center – Room E
class size 70
Tuesday · 9:00–10:30AM
4/7/2020–4/28/2020
INSTRUCTOR: Dave Baker has lectured to audiences of all ages in the years since he first traveled to the Antarctic. His personal experiences, combined with rigorous historical research, provide the opportunity to travel to the Arctic without enduring the rigors that come with actually undertaking such a journey. In 2017 he sailed with the National Geographic to the Svalbard Archipelago, aka the High Arctic, and recorded imagery of polar bears and walruses.

NEW! Songs and Politics: Woody, Pete and Other Lefties
Come and listen to the songs of Woody Guthrie, Pete Seeger, and other “lefties” and learn how they influenced progressive politics from the 40s to the 60s and beyond. We will explore the history of American roots music and the different genres that developed from the original folk music brought to America by immigrants. Using film, audio, lecture, and discussion, we will savor their music and learn of their life stories. The class is not just musical and historical in nature but will also examine some of the deeper psychological and cultural influences that created their legacies and the current “folkies” of today. No prior knowledge or outside reading is required. We might even try writing our own lyrics to a topic of interest.

HIST130A · 6 Sessions
Campbell Center – Room A
class size 32
Tuesday · 9:00–10:30AM
3/31/2020–5/5/2020
INSTRUCTOR: Paul Seymour began playing and singing the songs of Woody Guthrie and Pete Seeger in the 1960s. He has remained true to his folk roots and has continued playing in the singer/songwriter tradition. One of the songs he wrote (Utah Blues) is housed in the Fife Folklore Collection in the Utah State University Library. He has a Ph.D. in psychology and has taught adult education workshops for the past 30+ years.

NEW! The Bill of Rights, A Deeper Understanding
The Bill of Rights is stated in text that is simple and succinct, but its interpretation and history are complex and important. In this course we will explore the first 10 amendments to the U.S. Constitution, together with the 13th, 14th, and 15th amendments and some important civil rights acts. We will look at a number of U.S. Supreme Court decisions that interpret these amendments in an effort to gain a modern understanding of the freedoms and protections that they guarantee. Many of the decisions we will look at offer fascinating glimpses into history through the brilliant minds of Supreme Court justices, such as Hand, Warren, Douglas, Rehnquist, Scalia, and Brennan. This will be a lecture course. There are no background requirements, and there is no level of experience required.

HIST120A · 10 Sessions
Campbell Center – Room E
class size 75
Friday · 1:00–3:00PM
INSTRUCTOR: Michael Wells is a retired attorney who practiced law in Oregon and California for 32 years. He has a great deal of experience in criminal and civil litigation and has appeared before the Oregon and California appellate courts. Wells has previously taught at OLLI, including courses on the history of the U.S. Constitution, Reconstruction (following the Civil War), Mao Ze Dong, Josef Stalin, and the Korean War.

NEW! The Cold War Meets the Information Age
This course explores the symbiotic relationship between technology development and the U.S. government’s waging of the Cold War, which resulted in life-changing innovations such as computers, the Internet, GPS, the smart phone, and space travel. From 1945 to the
present day, the period covered in this course, technological innovation was a major recipient of government funding, with the USSR and other powers as adversaries. The course will include a description of the evolution of the doctrine of mutually assured destruction from nuclear weapons through cyber warfare. Instruction will include lecture and discussion with supporting photos, film clips, charts, and newspaper articles. There is no required reading and a bibliography will be supplied.

**HIST123M** · 10 Sessions  
Medford Higher Education Center – Room 321  
class size 48  
Tuesday · 11:00AM–12:30PM  
3/31/2020–6/2/2020

**INSTRUCTORS:** Joel Sorem has engineering and business degrees from Santa Clara University and spent 39 years working in high-tech in Silicon Valley. Jack McNamara has a Ph.D. in journalism and mass communications from the University of Texas and is retired from the U.S. Marine Corps where he did two combat tours in Vietnam. Sorem retains an interest in the impact of technology on our lives. McNamara has an enduring interest in U.S. First Amendment issues.

### The Evolution of Federal Public Land Management

This course will consist of seven two-hour lectures that cover this country’s federal land management policies from the Revolutionary War to the present. We will begin by coming to an understanding of the constitutional basis for federal land ownership and tracing how, for the first 100 years, the divestiture of our publicly owned lands was this country’s top priority. We will see the subsequent emergence of a public land conservation movement and the creation of the national park, wildlife refuge, and forest systems. The course will describe the management of the wildlife refuge and national park systems, including a look at the Everglades, Yosemite, and Yellowstone. It will also focus on the establishment of more than 100 million acres of new conservation areas in Alaska and on the old growth forest battles in the Northwest. There will be no assigned reading and the course will involve a mixture of lectures and robust class discussions. No prior knowledge or skill will be required.

**HIST110M** · 7 Sessions  
Medford Higher Education Center – Room 305  
class size 36  
Friday · 1:00–3:00PM  

**INSTRUCTOR:** Don Barry spent more than 44 years working on wildlife and federal public lands conservation issues, having served for many years as the chief counsel for the U.S. Fish and Wildlife Service (FWS) and as Interior Department assistant secretary overseeing the National Park Service and FWS. He was the Interior Department’s lead counsel for the passage of the Alaska Lands Conservation Act and heavily involved in Northwest old growth forest battles.
Languages and Cultures

Explore classroom “journeys” around the globe.

Enjoy German!

This course aims at broadening students’ vocabulary and understanding of day-to-day spoken German. The etymology of certain words will be discussed, and the rules of grammar will be explained on request. This term we will read selected chapters of the instructor’s memoirs of his life in West Berlin before “The Wall” came down in 1989. Students should have a basic knowledge of German. Because there is no clear definition of “basic knowledge,” the instructor invites students to attend the first class to find out if their knowledge is sufficient to profit from the course.

LANG100A · 10 Sessions
Campbell Center – Room B
class size 18
Wednesday · 11:00AM–12:30PM
4/1/2020–6/3/2020

INSTRUCTOR: Udo Gorsch-Nies was born and educated in Germany. He has an M.S. in physics. He has vivid memories of WW II and its aftermath and has observed the politics of Germany and the East West conflict throughout his adult life. He has taught German classes at SOLIR/OLLI for more than 14 years.

Still Advancing in Beginning Spanish

This course is intended for students who have already studied Spanish a little but want to learn more tenses and more vocabulary and to become more comfortable speaking and listening to Spanish. It is not for people who have never studied Spanish, nor is it aimed at more advanced students. Join us for a lively, participatory class. We’ll create stories together to teach you new ways of expressing ideas. Most of our stories will be told in past tenses so you become comfortable using them. Every day we’ll add vocabulary as needed to expand our stories. We will be listening, reading, and speaking in every class, but we never open those big grammar books. Songs, videos, and reading in Spanish will help you learn more every day.

NOTE: You may join this class if you have already studied/learned a little Spanish—a bit more than “tequila, por favor,” including some command of present tense verbs and other general grammar, but not so much that you use subjunctive or advanced tenses. If you have taken any of the beginning classes, you are probably ready for this one. The stories are always new. Note that we meet twice a week.

LANG105A · 8 Sessions
Campbell Center – Room A
class size 25
Tuesday, Thursday · 3:30–5:00PM

INSTRUCTOR: Teri Coppedge has a B.A. in Spanish, an M.A. in teaching foreign languages (Spanish), and both Oregon and California teaching licenses. She has studied or worked in Spain, Mexico, and Perú. She loves teaching, learning, reading, and speaking Spanish. Since the 1990s she’s taught at middle and high schools, colleges, and OLLI, her favorite. She knows that monolingualism can be cured.

OLLI 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. Prospective OLLI members who are interested in joining or renewing their membership, but cannot afford to pay the full membership fee, may apply for a scholarship in exchange for performing volunteer work for OLLI.

To apply for a scholarship, please stop by or call the OLLI Ashland office at 541.552.6048 and request a scholarship application form.
Life Planning

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

Caregiving for Alzheimer’s: A Personal Journey

The stress of caregiving is a major concern for someone whose loved one has been diagnosed with dementia or Alzheimer’s. This course will provide an overview of the issues confronting the caregiver, the impact of the diagnosis on the caregiver, and the resources available to help the caregiver survive this stressful role. We will discuss coping strategies for the patient and caregiver after the diagnosis and specific issues typically to be discussed between the caregiver, the loved one, a lawyer, and a financial planner. These may include advanced directives, end-of-life choices and ethical issues, changes to a will or trust, and strategies for dealing with medical expenses. This course is based on lessons learned from personal experience helping and supporting a loved one go through the stages of Alzheimer’s and facilitating three support groups for caregivers over a three-year period. Classes will consist of lectures using PowerPoint slides with time for questions and discussion.

**LIFE104A**  ·  6 Sessions
Campbell Center – Room B
class size 18
Tuesday · 9:00–10:30AM
3/31/2020–5/5/2020

**LIFE104M**  ·  6 Sessions
Medford Higher Education Center – Room 305
class size 36
Wednesday · 9:00–10:30AM
4/1/2020–5/6/2020

INSTRUCTOR: **Bill Harris** has a B.S. in political science and in secondary education and an M.S. in political science from the U of O. When his wife was diagnosed with Alzheimer’s in 2009, he studied the disease and its impact on families and joined an Alzheimer’s Association support group in northern California. After moving to Ashland, Harris initiated the first weekly support groups in Southern Oregon and has taught this course for the past four terms.

DIY FUNdamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and determine whether they are selling at a fair price. We use FUNdamental analysis methods as taught by Better Investing (www.betterinvesting.org) to help students form sound judgments, compare values between companies, make wise strategic portfolio choices, and do online research. Students will use an Internet-based stock analysis tool and various research websites to learn how to evaluate a company and then practice articulating their judgments about the company. This seven-session class will be part lecture, part activity workshop, and will include practice tools. Maximum benefits will be achieved by attending all sessions. Students must have basic math skills, an email address, a PC or Mac, and a working printer. They also must be able to access company websites online and have a comfort level with Wi-Fi and YouTube. A roadmap to continue independent study will be provided in the last session. Beginners and repeaters are welcome!

**NOTE:** Equities discussed are for educational purposes only. NO recommendations will be made. NO penny stocks, ADRs, ETFs, index funds, bonds, mutual funds, financial advisors, cryptocurrencies, or foreign stocks will be discussed.

**LIFE142M**  ·  7 Sessions
Medford Higher Education Center – Room 305
class size 24
Tuesday · 1:00–3:00PM
3/31/2020–5/12/2020

INSTRUCTORS: **Marcia Couey** has been a contract writer for the medical, financial, and high-tech industries. She has a B.A. in English from UC Irvine, and an M.B.A. in finance/marketing. **Michael Smith** has been a pastry chef, a property manager, and a purchasing agent for a plumbing supply company. He has a B.S. in earth and planetary science and a mathematics minor from the University of New Mexico. Like Couey, he is a passionate volunteer with BetterInvesting.
Estate Planning 101

This three-session course introduces you to the world of estate planning. We will look closely at the components that make up a comprehensive plan and define the terms used in estate planning. Turning to revocable living trusts and wills, we will examine how they work together and when one might choose one over the other. We will also explore powers of attorney and advance directives for healthcare. Most people see an estate plan as something effective only after death. We will explore how an estate plan may also come into play during our lives should we become unable to make decisions on our own. At the end of this class, you should have a thorough understanding of what an estate plan is and why it is important. Even if you took the intermediate class or this basic course previously, the repetition of these concepts will increase your level of competence in and understanding of estate planning. No previous knowledge is required.

Your Advance Directive: Time to Get it Done

We all know we should complete a thoughtful, up-to-date advance directive (AD) so that loved ones will know what care we want in the face of life-threatening illness. Still, we may not have one. Or, we may have one completed years ago when our health or wishes were different. We may need to name a younger person to speak for us when we can’t speak for ourselves. In this class you will develop an AD that defines your values and the care you want, including addenda for matters such as dementia that were not part of earlier ADs. You will make your last days easier and more peaceful for yourself and those you love. The class format will be instructor presentations supported with handouts and opportunities to ask clarifying questions. There will be exercises and conversations to complete between classes, and you will be coached on the topics to cover so you can complete, sign, and distribute your improved AD. Isn’t it time for you to just get this done?

NOTE: There will be a $5 materials fee collected at the first session. Plan to spend 2 to 4 hours each week on exercises and crucial conversations outside of class. Your goal should be to complete your AD by class 4.

INSTRUCTOR: Cheri Elson is licensed to practice law in both California and Oregon. Her practice has focused almost exclusively on estate planning since 2001. She was certified by the California State Bar Board of Legal Specialization as a specialist in estate planning, trust, and probate law. Elson is passionate about estate planning, and one of her greatest joys is sharing that passion and knowledge with others.

INSTRUCTOR: Joanne Kliejunas has a Ph.D. in theory of the family and taught Talking About Dying As If It Might Happen to You at OLLI for five years and at Rogue Regional Medical Center for Asante Hospice for two years. She has been a hospice volunteer and serves on the RRMC ethics committee. Kliejunas is passionate about assisting community members to develop ADs that truly reflect their values and strengthen connections with their loved ones.

Literature

NEW! BRING DOWN THE HOUSE: A (Very) Short Course

Oregon Shakespeare Festival’s 2020 season features Shakespeare’s three Henry VI plays in a two-part adaptation by director Rosa Joshi. Shakespeare’s history/political plays can be confusing to follow, and these three plays are without doubt the most complicated of such plays since they cover the end of England’s Hundred Years War with France as well as nearly the entire 30-year civil war, The Wars of the Roses. Fortune’s Wheel turns and turns again for the Henrys, Edwards, and Richards who populate the stage. The first class of this two-session course will provide historical and dramatic background for the OSF adaptation. The second class is scheduled four weeks later to allow students a number of opportunities to see the two plays before coming together again to discuss the production.

NOTE: The second session of this course will take place on April 29. The instructor expects that students will have seen both plays before this session.

LIT125A · 2 Sessions
Campbell Center – Room E
class size 75
Wednesday · 3:30–5:30PM
4/1/2020–4/29/2020

INSTRUCTOR: Susan Stitham has taught Shakespeare over six decades to students from ages 13 to 83 in classes from Maine to Alaska to Oregon; she has found something new in every reading and learned something new from the students in every class. Being one of the OLLI Shakespeare Mavens has been a highlight of her move to Ashland.

NEW! CROSSING TO SAFETY

In all fictional works, the primary gratification is, in C.S. Lewis’s words, “to know that we are not alone.” In this class we will collaborate to learn how we see and interpret our life experiences in the context of this story’s principal characters. The discussion will center on questions of a general nature that are prompted by the text and will not be technical literary analysis. Rather, it will take parts of the narrative and probe their meaning with the characters and with the experiences we all have. “Crossing to Safety” is fertile ground for this type of discussion because it places the two couples in a series of scenes that track the maturing process and force adaptation and modification in their interpersonal relationship.

NOTE: Required text: Wallace Stegner, “Crossing to Safety.”

NEW! Flannery O’Connor’s Short Stories

No anthology of great American short fiction could omit the work of Flannery O’Connor. Although she died in 1964 at the height of her powers at 39 from disseminated lupus, the 31 short stories and two short novels she wrote assured her lasting fame. In the tradition of Southern Gothic, the world O’Connor creates is both hilarious and deeply human. We will read a selection of her stories, among them “The Displaced Person,” “Good Country People,” “Revelation,” and “A Good Man is Hard to Find.” A final selection will be mailed out to those registered. The class will be discussion-based. Participants may either buy a collection or acquire it free on-line at https://d2y1pz2y630308.cloudfront.net/2741/documents/2017/1/The-Complete-Stories-Flannery-OConnor.pdf

LIT130A · 4 Sessions
Campbell Center – Room B
class size 15
Monday · 3:30–5:00PM
3/30/2020–4/20/2020

INSTRUCTOR: Rick Berlet has been a reader all his life, having studied Russian literature for an entire year in college and then informally concentrating on much of the 19th century British literature up until the early 1980s when he switched to modern American and British authors. He taught “Let the Great World Spin” by Colum McCann in the fall term.

OLLI at SOU on Facebook!

facebook.com/OLLIatSOU
NEW! NINE STORIES by J.D. Salinger

David Huddle in The American Scholar wrote “I’m reluctant to write these words, but here they are: The book that has most influenced my life is J. D. Salinger’s ‘Nine Stories.’ ... The greatness of this little book (198 pages) lies in moments that are restrained, emotionally illuminating, personal, and often funny as hell. It lies in places where you neither look for it nor notice it.” This discussion course will attempt to identify the greatness in each of the stories while considering two stories in each class meeting. Participants are encouraged to purchase or find any edition of “Nine Stories” as close reading of the text will occupy much of the class meeting. Two stories (“A Perfect Day for Bananafish” and “Uncle Wiggily in Connecticut”) are to be read before the first class meeting.

LIT120A · 4 Sessions
Campbell Center – Room B
class size 14
Tuesday · 9:00–10:30AM
5/12/2020–6/2/2020

INSTRUCTOR: Peter Arango holds a B.A. in English and history from Kenyon College and an M.A. in liberal studies in film and English from Wesleyan University. He has taught English literature, medieval and modern European history, film studies, and film history. He held the Littlefield Chair in Humanities at Cate School in Carpinteria, California. He has also been a fellow and instructor in the South Coast Writing Project at UC Santa Barbara.

NEW! THE BEST AMERICAN TRAVEL WRITING, 2019

This collection comprises 24 essays selected from thousands published during the past year. None are about pleasure trips. The writers venture to places that are dangerous, strange, curious, and revealing. Their essays take the authors to almost every continent and make us more aware of the diversity and complexity in our world. In each class meeting participants will discuss three or four of the essays, paying particular attention to the writer’s point of view, ability to evoke a sense of place, and purposeful commitment.


LIT109A · 5 Sessions
Campbell Center – Room B
class size 18
Wednesday · 9:00–10:30AM
4/1/2020–4/29/2020

INSTRUCTOR: Dennis Read has a Ph.D. in English literature. He taught in various colleges and universities for more than 40 years, specializing in the English Romantic period and the reading and writing of nonfiction. His publications include essays on the travel writers Norman Lewis, Eric Newby, and Ella Maillart. He has taught a half dozen OLLI courses, the most recent being Voyages of Discovery: Five Travel Writers during the fall 2019 term.

The Iliad

The “Iliad” is the great war epic of the Western world. Its dramatic action involving gods and men includes themes of insulted honor, love, loss, and revenge, but mainly it presents the realities of war and how war blights every life it touches. The class will differ from a previous OLLI offering by using a new translation. The instructor will approach the “Iliad” through lecture and, most important, through class discussion.


LIT121A · 9 Sessions
Campbell Center – Room E
class size 60
Wednesday · 1:00–3:00PM

INSTRUCTOR: Marc Ratner has taught classes at OLLI since 2002. He has a Ph.D. in English literature and formerly taught English and classics at California State University.

SAVE THE DATE

OLLI Open House
Friday, July 24  · 1:00–4:00pm
SOU Stevenson Union in Ashland
The Mavens at the Mermaid Tavern: Another Reprise

Join three of OLLI’s Shakespeare mavens as we continue to celebrate Ashland’s patron saint by examining more of our favorites among his sonnets. Among them, Kathy Rosengren, Susan Stitham, and Suzanne Witucki have taught literature, particularly Shakespeare, for over 150 years to students from 13 to 93. They each have advanced degrees in English, but, more important, they share a passionate love for the language of the Bard, which they enjoy most in the company of other OLLI members. In this class, we will read aloud and discuss the structure, theme, and imagery of the sonnets and then watch professional actors present them while we sip beverages of our choice. No previous experience with either Shakespeare or sonnets is necessary, just a desire to experience some of the greatest verses ever written in English. Copies of the sonnets will be provided before each class session.

NOTE: Class material will consist of sonnets different from those studied in previous mavens’ classes. The class will be held at the Elks Lodge, 255 East Main Street, Ashland. There is a one-time rental fee of $5-to-$10 per student depending on the number of students registered. Students may purchase beverages of their choice.

LIT111A · 3 Sessions
Ashland Elks Lodge – Tavern on 2nd floor
class size 55
Monday · 3:30–5:00PM

INSTRUCTOR: Susan Stitham has taught Shakespeare over six decades to students from ages 13 to 83 in classes from Maine to Alaska to Oregon; she has found something new in every reading and learned something new from the students in every class. Being one of the OLLI Shakespeare Mavens has been a highlight of her move to Ashland.

NEW! THE OVERSTORY

“The Overstory” by Richard Powers is a novel centered on the life of trees and on the fictional characters who cared enough about them to mount an environmental movement through the latter part of the 20th century in the American West. Powers brings to bear a great deal of historical and botanical information, some of which will stimulate our imagination—and perhaps our skepticism! He is the recipient of a MacArthur Fellowship and the National Book Award. Students should expect to be immersed in Powers’ deep and often provocative treatment of his subject(s) and, hopefully, by the conversations during our class meetings. The class methodology will be group discussion. No prior subject knowledge is necessary to enjoy and participate fully in the class.


LIT122A · 4 Sessions
Campbell Center – Room A
class size 25
Monday · 11:00AM–12:30PM
3/30/2020–4/20/2020

INSTRUCTOR: Avram Chetron has taught OLLI classes about novels for eight years. After teaching in the California school system for more than 30 years, he has developed a special love for books about the West and for western authors. His courses are characterized by his thorough preparation and in-depth treatment of contemporary issues.

THE TEMPEST:
Our revels now are ended

“The Tempest” questions whether nobility and loyalty emanate from humanity’s inherent nature or from civilization’s protocols and constraints. Prospero’s reflections on the virtues of mercy and forgiveness affirm the triumph of the human spirit over treachery and betrayal. The perspective of each character informs the respective effects of all the play’s themes as the characters’ divergent interpretations of reality are filtered through their experiences. Even the meaning of love is further revealed in this late comedy reverberating with those major themes that captivated Shakespeare’s imagination throughout his career. In this lecture course volunteers will read selected scenes that will be supplemented with short clips from myriad film presentations.


LIT110A · 7 Sessions
Campbell Center – Room D
class size 50
Thursday · 11:00AM–12:30PM
4/2/2020–5/14/2020

INSTRUCTOR: Suzanne Witucki grew up in the East and enjoyed an idyllic career at Detroit Country Day School while raising children in Michigan. She has been privileged to teach the best in literature to the brightest in the Rogue Valley and as part of the Road Scholar program for the past 19 years. She has conducted Shakespeare workshops in the Bay Area on behalf of Elderhostel and lectures to groups visiting the Oregon Shakespeare Festival.
SAVE THE DATE

Friday, March 27
3:00 to 5:00 pm

Come celebrate with us!

Tour the five newly renovated classrooms, new member lounge and meeting space on OLLI’s Ashland campus

Enjoy refreshments • Details coming soon

EXCITING UPGRADES

Better Technology
Instructor-friendly equipment; fewer class interruptions

Better Viewing
Dimmable LED lighting
Large, raised, high definition screens

Better Sound
Improved acoustics within and between classrooms

Better Comfort
Improved seating and ventilation

Better Access
Relocated doors and wider aisles

And More!
Beverage areas
New carpeting
New lavatory
Fresh paint

Many thanks to OLLI members and SOU for supporting this project
Movement

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

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

NEW! Beginning Argentine Tango

Authentic Argentine Tango is a social dance for all ages. If you can walk, you can dance Argentine Tango. It is not an aerobic showy performance dance, but, rather, a subtle, improvisational dance with a close connection to a partner. In this class the history of tango will be introduced first and then the students will practice simple walking steps and patterns to the music. Next, slightly more complicated rhythms and patterns typical of the tango will be introduced. After three weeks the students from the class will be invited to join the instructors at several of the tango dances called “milangos” that occur in the valley. A liability waiver must be signed at the first class meeting.

MOV132M · 4 Sessions
Medford RCC Building C – Room 101
class size 25
Friday · 3:30–5:00PM
4/3/2020–4/24/2020

INSTRUCTORS: Clay Nelson has taught authentic Argentine Tango and organized tango festivals for twenty years in Portland, Seattle, Southern Oregon, and San Miguel de Allende (Mexico). His training has come from Argentine Tango masters and from his numerous trips to Buenos Aires. Nancy Heyerman is an experienced modern dancer who has assisted Nelson at tango festivals and in teaching tango classes.

NEW! Exercise Fundamentals

This course will provide students with guidelines to begin a safe personal exercise program that will effectively focus on improved muscular strength, cardiovascular endurance, joint flexibility, and balance. Each class will explain the benefits of the individual exercises, how to perform them safely and effectively, and what equipment is necessary. Suggestions for how to start implementing the exercises will be discussed and demonstrated, with the final class devoted to assisting students develop their own exercise program. Handouts will be provided. No exercise knowledge or experience is required. A liability waiver must be signed at the first class meeting.

NOTE: This course will meet in the Annex Building at the Ashland Family YMCA. The street address is 540 YMCA Way.

MOV113A · 6 Sessions
The Grove – Gymnasium
class size 15
Tuesday · 11:00AM–12:30PM
4/28/2020–6/2/2020

INSTRUCTOR: Kelly Marcotulli is a BASI (body arts and sciences) certified Pilates instructor. She has been teaching Pilates for three years and has personally practiced Pilates for over 20 years. She is a dedicated and knowledgeable instructor who works to promote better body movement and improved health.
NEW! Funk it Up: Jazz Dance for Boomers and Beyond

This is a gentle dance class that uses jazz, funk, and pop music to create a dance performance style routine that anyone can learn. Students will learn nonaerobic steps in choreographed patterns that are fun and great for the brain, body, and spirit. The class progresses each week as we add new steps to the routine so that by the end of six weeks, we have a show-stopping dance. All levels of dance experience welcome. The class will be taught at the beginning level. Some dance experience is helpful but not necessary. It is important to come to most classes as the choreography progresses over the weeks. Wear comfortable shoes to move in but no sandals. A liability waver must be signed at the first class.

NOTE: There will be an $8 per student venue fee payable to the instructor at the first class.

MOV124A · 6 Sessions
The Grove – Gymnasium
class size 24
Thursday · 11:00AM–12:30PM
4/2/2020–5/7/2020

INSTRUCTOR: Before coming to the Rogue Valley, Audrey Flint was a professional choreographer in London and New York and then ran her own dance studio in Berkeley, California. In the Rogue Valley, she ran the dance and theater programs at Willow Wind school in Ashland for 15 years and choreographed musicals for community theaters and high schools. She currently teaches the popular Broadway Dance for Boomers and Beyond in Ashland and Medford.

Hike It

All Hike It classes will be on dirt trails in Jackson County. Each hike is four hours long and covers six-to-eight miles with 500 to 2,000 feet of elevation change. Trail grades range from easy (5 percent) to difficult (10 percent). Participants MUST be able to maintain a steady moderate hiking pace on different trail grades; navigate up/down hills on occasionally muddy, uneven terrain; cross rocky streams; and accept the possibility of cold, wind, snow, and rain. Rain does not cancel a class. Poison oak will be on the side of most trails, and ticks are plentiful in spring. Sturdy, supportive hiking shoes are needed and hiking poles can be helpful. Conditioning hikes prior to the first class are recommended. The first hike starts promptly at 9 a.m. in Lithia Park near the playground and bridge. Prior to each of the remaining hikes, an email will give the new location and starting point with driving directions. Allow additional driving time for all locations.

NOTE: Capable physical condition is a requirement. The instructor will personally contact each student to inquire about their physical capabilities and current hiking experience. Each student must sign a liability waiver at the first class.

MOV122A · 10 Sessions
Field Trips
class size 10
Thursdays · 9:00AM–1:00PM

INSTRUCTORS: Rosalie Rybka is a world-adventure traveler who participates in hiking, trekking, biking, and backpacking. She has completed a pilgrimage on the Camino de Santiago, trekked in Iceland, cycled the Ohio-to-Erie trail, and backpacked the Smokey Mountains on the Appalachian Trail. Judy Holy is an active hiker and lover of nature. She belongs to several hiking groups and has taken hiking trips in Italy, France, and Croatia.

Latin Partner Dance

Using playful dance instruction and traditional and modern Latin music, you will learn basic Cuban/Latin motion, merengue, cha-cha, and salsa. The instructor will incorporate proper biomechanical warm-up exercises as well as graceful execution of steps, turns, and rhythms. She will share her expertise with an emphasis on what she calls “survival techniques” for leading and following, recovering, and cultivating humor. Intermediate or advanced students will not be bored as the instructor has a vast repertoire of cool combos and award-winning dances to share with the more accomplished dancers! Wear socks or shoes that turn well. You do not need a partner. We dance in a rotating circle. This is an inclusive class; the positions of leader or follower can be explored by all gender identities. Come check it out! Latin dancing is a blast and a great way to meet people. A liability waver must be signed at the first class.

NOTE: $19 for venue fee, CDs, DVDs, and dance notes is payable to the instructor at the first class. The Ashland section of this course will not meet on April 24.

MOV122M · 8 Sessions
Medford Higher Education Center – Room 305
class size 16
Monday · 1:30–3:00PM
3/30/2020–5/18/2020

MOV122A · 8 Sessions
First Presbyterian Church (Ashland) – Calvin Hall
class size 16
Friday · 1:30–3:00PM

INSTRUCTOR: Monica Caldwell is an international choreographer/performer and award-winning dancer with nearly 100 styles of dance under her belt. She has won several Latin dance awards and many Latin dance contests. She has toured
extensively, collaborating with amazing artists and shamans from around the globe. Caldwell has been teaching professionally since age 15 and has literally taught thousands of classes.

**NEW! Mindful Movement: Energizing T’ai Chi and Qigong**

This class is an introduction to T’ai Chi and Qigong. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. Although this is an activity class, no special clothing or experience is required. Students will be encouraged to practice between classes and attend all sessions. Come to have fun with others. Students will sign a liability waiver at the first class.

**MOV130A • 4 Sessions**
The Grove – Gymnasium
class size 30
Tuesday • 11:00AM–12:30PM
3/31/2020–4/21/2020

**INSTRUCTOR:** Nando Raynolds, licensed professional counselor with an M.A. from JFK University, has worked as a psychotherapist for 30 years. He has trained and supervised student counselors, trained life coaches in NLP, and authored “Transforming Your Inner Critic into an Inner Coach.” During those 30 years, he has also been teaching T’ai Chi and Qigong, holding a 5th degree black belt in kenpo and karate, and authoring “The Push Hands Workbook.”

**Moving Meditations, Visualization, and Dance**

This is a mindful, meditative dance practice intended to cultivate joyful living. Using empowering music, gentle moving dance meditations, and other mindfulness practices, participants are invited to envision, attract, and embody health, strength, love, peace, and/or whatever else is personally relevant to them individually and collectively. Dance or movement experience is not necessary. In fact, this metaphysical practice (prayer or visualized embodied intention) is highly accommodating and is recommended for those with discomforts or mobility issues, including those who prefer to sit. Seasoned dancers will dig it too! Everyone is welcome and encouraged to bask in the nourishing energy created. We will sing, dance (or sit), play (increase joy and laughter), pray, and visualize (meditate). We will have fun with color and geometrical fields (force fields). There will also be optional full and new Moon gatherings. Participation requires signing a liability waiver.

**NOTE:** A $19 fee for CDs, DVDs, and dance notes is payable to the instructor at the first class.

**MOV121M • 8 Sessions**
Medford Higher Education Center – Room 305
class size 12
Monday • 11:00AM–12:30PM
3/30/2020–5/18/2020

**MOV121A • 8 Sessions**
The Grove – Gymnasium
class size 12
Friday • 11:00AM–12:30PM

**INSTRUCTOR:** Monica Caldwell is an international choreographer/performer and award-winning dancer with nearly 100 styles of dance under her belt. She has won several Latin dance awards and many Latin dance contests. She has toured extensively, collaborating with amazing artists and shamans from around the globe. Caldwell has been teaching professionally since age 15 and has literally taught thousands of classes.

**Yoga**

This yoga class is devoted to opening, stretching, strengthening, and increasing flexibility and bodily awareness. Using the yoga instruments of breath, mindfulness, and physical poses (asana), students will go deeper within to the freshness of the present moment and connect with the body. The pace will be slow with flow being focused and methodical. Alignment is a key component of the class, so verbal cues and gentle correction will ensure optimal benefit. All levels of experience are welcome, although some ability to engage in physical activities involving stretching, strengthening, and holding poses is needed. Students will leave the class with a greater knowledge of poses and of how to integrate mindfulness and breathing from their yoga practice into their everyday lives. Although students need to bring their own mats, yoga props will be provided. Students will need to sign a liability waiver at the first class meeting.

**MOV123M • 7 Sessions**
Medford Higher Education Center – Room 321
class size 15
Wednesday • 1:00–3:00PM
4/1/2020–5/13/2020

**INSTRUCTOR:** Barbara Deurwaarder has practiced yoga for over 10 years. She received her 200 Registered Yoga Training (RYT) from Sarahjoy Yoga in Portland in 2018. Currently she is enrolled in advanced yoga teacher training to obtain her 300 RYT. Here in Southern Oregon, she finds inspiration from Melissa Cooley at Om Sweet Om and Reanna Feinberg.
Nature

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

NEW! Butterflies

This course is a basic introduction to the biology, ecology, identification, and wonder of butterflies. No prior knowledge of butterflies is required. There will be two class sessions. Instruction will be lecture, discussion, and a little field trip to the SOU biology department.

NAT120A · 2 Sessions
Campbell Center – Room E
class size 75
Monday · 9:00–10:30AM
3/30/2020–4/6/2020

INSTRUCTOR: Dave Garcia holds a B.S. and an M.S. in science education from Southern Oregon University and a Ph.D. in educational policy and management from the University of Oregon. He is a retired Oregon high school biology teacher and life-long student of nature, organisms, and ecosystems. Garcia also has worked as a seasonal park ranger and biologist with the National Park Service, U.S. Forest Service, and Bureau of Land Management.

Cork Dorks: Wines and Wineries of Southern Oregon

Are you passionate about wine? Do you enjoy learning about the nuances of growing and making wine? In this class we will have two lectures by the instructor that will be followed by visits to six Rogue Valley vineyards and wineries to hear talks from the staff on selected topics. At each venue the talk will be followed by a directed tasting in which students will be guided to sense differences and characteristics of the wines presented. Although people new to wine are welcome, it will help if you know the basics of how wine is made so the talks are not at too high a level. Students will be requested to research wineries and vineyards on the Internet before each class session. Students must provide their own transportation to each venue and a liability waiver must be signed. Come enjoy the bounty of Southern Oregon!

NOTE: There is a $72 fee to cover all wine tastings to be paid at the first meeting. Students must be fit enough to walk on uneven ground and potentially spend all two hours of class time on their feet. Attendance at the first class is mandatory and cannot be waived. Class enrollment is strictly limited to 20. No guests nor accompaniment will be permitted.

NEW! Dragonflies and Damselflies

This course is a basic introduction to the biology, ecology, identification, and wonder of dragonflies and damselflies. No prior knowledge of dragonflies and damselflies is required. There will be two class sessions. Instruction will be lectures and discussion with a little field trip to the SOU biology department.

NAT121A · 2 Sessions
Campbell Center – Room E
class size 75
Monday · 9:00–10:30AM

INSTRUCTOR: Dave Garcia holds a B.S. and an M.S. in science education from Southern Oregon University and a Ph.D. in educational policy and management from the University of Oregon. He is a retired Oregon high school biology teacher and life-long student of nature, organisms, and ecosystems. Garcia also has worked as a seasonal park ranger and biologist with the National Park Service, U.S. Forest Service, and Bureau of Land Management.

Have Fun Learning About Birds

This class uses photography of birds and landscapes combined with fun facts and science to teach about birds. Humans are inherently connected to nature, and we are enriched by learning about birds and sharing our stories. Student participation is encouraged although not required and will guide the course content. No prior knowledge of birds is necessary, and no preparation or supplies are required. For the person who has taken this course before, there is always new and revolving information and photos and stories to share. Because it is spring, we will focus on migrating birds, nest building, and learning bird songs. Bring your curiosity and sense of wonder.
**NAT130A** · 4 Sessions  
Campbell Center – Room E  
class size 75  
Wednesday · 9:00–10:30AM  

**INSTRUCTOR:** Shannon Rio is board president of the Klamath Bird Observatory, a science-based nonprofit that protects birds and wild places. She has been teaching classes in relationship to birds in multiple venues for the past six years.

**Out and About**

This is a field biology/“nature watching” class. We will study and enjoy the flora and fauna of our Southern Oregon ecosystems. Each class session will meet at the OLLI Campbell Center, carpool, and drive to our study site/trailhead. The focus this spring will be on butterflies, dragonflies, and damselflies. However, we will gladly stop, study, and enjoy all the treats nature offers—flowers, birds, fungi, mammal scat, etc. We could be on the trail for multiple hours and only get a few hundred yards because there was so much to see. Or, we might more rapidly hike two or three miles to get to a specific study site. Return to Ashland is estimated at 4 p.m. Specific details will be given to registered students when the enrollment process is complete. Students will sign a liability waiver at the first meeting.

**NOTE:** Students must be willing and able to hike about five miles in uncertain terrain. Requirements include good hiking boots and equipment that includes rain gear, daypack, water, and snacks for the day.

**NAT129A** · 2 Sessions  
Field Trips  
class size 11  
Wednesday · 9:00AM–4:00PM  
5/13/2020–5/20/2020  

**INSTRUCTOR:** Dave Garcia holds a B.S. and an M.S. in science education from Southern Oregon University and a Ph.D. in educational policy and management from the University of Oregon. He is a retired Oregon high school biology teacher and life-long student of nature, organisms, and ecosystems. Garcia also has worked as a seasonal park ranger and biologist with the National Park Service, U.S. Forest Service, and Bureau of Land Management.

**The Sixth Extinction: Human Caused?**

The United Nations reports that we are in “the sixth great extinction” and urges that we must take transformative action. This class will review the science behind these findings and look at the proposals offered by the U.N. report. Students do not need any prior knowledge but are encouraged to read the U.N. Summary Report (available online), parts of the recommended books, and/or other references. The class will include lecture and films and will be discussion based, drawing on what students read and learn about the subject. We will examine such questions as what is biodiversity and how is it measured? What is a species anyway? Is there good evidence that we are in a major mass extinction? Do some species matter more than others? How would we know? Is this all about climate change? Spoiler alert: it isn’t! And, of course, what can be done? This is a repeat of a previous class with more emphasis on solutions.

**NOTE:** “The 6th Extinction, An Unnatural History” by E. Kolbert and “Half Earth” by E.O. Wilson are recommended.

**NAT110A** · 4 Sessions  
Campbell Center – Room A  
class size 32  
Thursday · 11:00AM–12:30PM  
4/2/2020–4/23/2020  

**INSTRUCTOR:** Ursula Shepherd has an M.A. in social sciences and a Ph.D. in ecology and biogeography with an emphasis in diversity patterns at both global and local levels. She was a professor at the University of New Mexico and has conducted research in both desert and marine systems, looking at the diversity of invertebrate species found in different habitats within these two systems. She is deeply concerned that half of all species may be gone by 2100.
Personal Exploration

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

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

NEW! Archetypal Psychology and the Cultivation of Soul

In Archetypal Psychology and the Cultivation of Soul Part 1, we will address these questions: How can we be, and what can we do, in order to cultivate more love, beauty, mystery, poetry, imagination, courage, and sacredness in our daily lives? In this six-week class, we will study the ideas and practices of archetypal psychologist James Hillman and examine the nature and meanings of soul. We will also look at the importance of beauty, the need for a polytheistic imagination, the recovery of healthy instincts, the purpose of psychotherapy, and the contemporary ‘disenchantment’ in American society. There will be teaching pieces, small group exercises, video clips, and required readings.

NOTE: Required: “The Soul’s Code: In Search of Character and Calling” by James Hillman ($16.69) and “We’ve Had a Hundred Years of Psychotherapy and the World’s Getting Worse” by James Hillman and Michael Ventura ($12.24).

Awaken to Innate Well-Being: Three Principles

This class will explore the teachings of Sydney Banks, a Scottish welder who experienced an unexpected spiritual awakening and an epiphany that revealed three fundamental principles. Banks traveled the world sharing these principles, which describe a new paradigm for living with greater ease, clarity, and peace. With this understanding it is possible to experience well-being regardless of our circumstances. We will watch short videos of Sydney and popular teachers including Michael Neill, Garret Kramer, Dr. Dicken Bettinger, Joe Bailey, and Dr. Roger Mills. Each class will include a brief lecture, short videos, and time for questions and discussion. There are no prerequisites and no required homework. Those who took the instructor’s previous classes will find new material, new teachers, and an emphasis on connecting to our innate well-being. For additional information check out: https://innateevolution.com and “The Inside Out Revolution” by Michael Neill.

Exploring your Miraculous Brain, Part II

Your three-pound brain has been called the most complex structure in the known universe. It creates your experience, stores your memories, holds your dreams, and gobbles up 20 percent of your body’s energy. In this course, we continue our study of the amazing brain, moving into new areas. During the first-class meeting, we review the material from Part I (taught in Spring 2018), which is not required or necessary for Part II. Students who took Part I are encouraged to continue with Part II as new topics will be covered. After a review of the brain’s basic organization and function, we will apply this knowledge to understanding how memories are stored and lost, the gut-brain axis, the microbiome, willpower, and the nature of consciousness. This fascinating introductory course is based on the latest scientific information and
Hearing Loss: Psychosocial Health and Communication

“What?” Has this word become more prominent in your life? In this course you will learn and explore how adult-onset hearing loss affects your societal, internal, and interpersonal life. We will discuss communication issues specific to people with hearing loss and learn strategies to more effectively interact with friends, family, and community. This course will include lecture, discussion, interactive class activity, and, possibly, guest lectures. Class assignments will include practicing learned techniques between class sessions and reading articles for discussion. Taught from a psychosocial (versus medical) perspective, this course is designed for people with hearing loss and their loved ones motivated to increase self-awareness about the impact of hearing loss on their daily lives. Please only sign up if you plan to attend all sessions.

**PERS129A - 5 Sessions**
Campbell Center – Room B  
class size 12  
Monday · 1:00–3:00PM  
3/30/2020–4/27/2020

**INSTRUCTOR:** Elisa Friedlander has over 30 years of experience in the fields of hearing loss and mental health. As a licensed marriage and family therapist, she has worked at the University of California San Francisco, at Stanford, and in private practice providing psychotherapy, evaluations, workshops, and consultation. She also taught graduate-level counseling students. She writes about coping with pain, disability, and life at www.ElisaFriedlander.com.

**PERS130A - 6 Sessions**
Campbell Center – Room C  
class size 24  
Tuesday · 3:30–5:00PM  
3/31/2020–5/5/2020

**INSTRUCTORS:** Lynn Chertkov, a retired licensed child, adolescent, and family therapist, has been devoted to implementing programs for underserved children and families. Leslie Lanes, using the tools of conflict resolution, facilitation, and mediation, has a lifetime of experience bringing these skills to the community. They are both trainers for Rogue Valley Mentoring, an organization that teaches adults of all ages the skills of mentoring.

**How to Find Us**

For detailed directions and parking information, including a guide for parking in Medford, visit inside.sou.edu/olli/contact or stop by the OLLI office.
Jane Roberts and Seth: Let the New Age Begin

The 1960s and 1970s were a time of social upheaval from which emerged the so-called “New Age.” A leading architect of this new paradigm was a relatively obscure woman named Jane Roberts who found herself channeling a nonphysical entity named Seth. In this course we will explore the phenomenon of channeling and the major ideas that Seth introduced through Jane as well as supplemental materials that complement them. We will use audiovisual materials extensively, especially several relevant YouTube videos. Time will be allotted for discussion. The main source of material will be the book “Seth Speaks”; however, several others will be used. The only requirements for participation in the class will be an open mind and a willingness to consider a view of reality that is an alternative to strict “scientific reductionism” or some form of fundamentalism.

NOTE: There will be no class meeting on Memorial Day, May 25.

Mind Frames: Behavioral Communication

Mind Frames: Behavioral Communication is an amazing tool for understanding yourself and others and or providing precise and effective knowledge and techniques for the best possible interpersonal and professional communication. First presented at the 1986 International Conference of Educators in Beijing, China, Mind Frames teaches the defining characteristics of our four basic personality types. An understanding of these combined characteristics and their interaction is beneficial to anyone wishing to improve their interpersonal interactions and communication. Using Mind Frames, it is easy to communicate with anyone, on any matter, in any situation, and in such a way that people will want to hear what you have to say, agree with you, and follow your lead. The class will utilize presentations, questionnaires, and exercises. No previous knowledge is required and all materials will be provided. All that is necessary is an interest in the human personality and interpersonal communication skills.

Native American Women Change Makers

Native American women are often framed in terms of colonial patriarchal values, needs, and guilt that invent and distort the images of who they are. When the voices of Native women break through the layers of stereotypes by telling their lives through their poetry and prose, they define themselves and their communities on their terms. Explore the stories within the lives of Native American women poets, scientists, social activists, leaders, economists, and artists. Discover the meaning of female sacred spirits in Native American spirituality. Explore the impact of colonization on the lives of Native American women as together we get “woke” as sister nations. The class will combine lecture, ritual circle sharing, group discussion, and reflective writing. Sessions will welcome local Native American women guest speakers.

Opening the Eight Gates of Wisdom

As we approach the last quarter of our lives, we may find ourselves feeling strangely uprooted and adrift. We may know that we are not going to retire or assume any of the traditional roles that our society assigns to elders. What is it that we are going to do, or be, or become? This is the central question we will be exploring with guided imagery, music, and art in this nine-week course. We will use Angeles Arrien’s book “The Second Half of Life” to guide us in moving through what she calls the eight gates of wisdom. Each of the gates assists us in illuminating particular aspects of ourselves and our lives. In our final session together, we will have an opportunity to review and share what has been most personally meaningful. Class material is cumulative; each class will focus on a different gate. Bring a notebook for journaling. Previous experience with meditation or guided imagery is recommended.

NOTE: Recommended text: “The Second Half of Life: Opening the Eight Gates of Wisdom” by Angeles Arrien ($15). Course fee is $10 per student for paper, markers, pastels, color sticks, and crayons.

Revitalize Your Resilience

This course brings the perspective of ‘healthy optimism’ to make revitalizing your resilience stimulating, inspiring, and fun! Students will explore factors that contribute to resilience and discover their personal model of resilience based on their strengths and on an exploration of the nine factors that contribute to a resilience toolbox. The instructor combines the latest psychological research with practical action steps that allow you to bounce back from adversity. Reviewing methods you have used successfully in the past gives you the confidence and perspective to move forward through current and future challenges. We discuss how to build friendships, community service, and recreation opportunities in the Rogue Valley. Class discussion, triads, and PowerPoint slides are used to present information and techniques.

Spiritual Cinema Afternoons:
Series 9

This series will introduce students to six different films on various spiritual, metaphysical, and inspirational topics from around the world. Each class will begin with a brief attention-training practice and teaching piece followed by an introduction to the movie of the week and then the movie (popcorn and cookies included!). The following week, we will discuss what interested and moved us about the movie from the previous week, including the psychological and spiritual themes, motifs, symbols, and life lessons. We will watch both feature films and documentaries from American and international cinema. There will also be at least two or three small group exercises scattered throughout the class. Several easily available books on our topic will be suggested but none are required. Please note that these classes usually end some time between 6 and 6:30 p.m.
NEW! Moral Support for Planet Activists and Healers

With so many of us in pain at what’s happening to our planet, the human longing to be a constructive member of the greater communion of life is the best evidence of our potential to do so. Our longing is in us and can guide our way home. Presentations, personal sharing, and experiential exercises will provide a framework and a safe, creative space to access the internal resources we need to repair our species’ broken covenant with the planet and to identify the unique gifts we can each bring to the call. Despite a prevalent view that life is a zero-sum contest of each against all, we humans would not walk the earth today if nature had not also bequeathed us the internal guidance to be constructive citizens of creation. To be effective fighters for life, we have to celebrate life by drinking deeply of the sustenance life offers. In this course, we will support each other in accessing the guidance and power of the life force in each of us.

PERS131A · 8 Sessions
Campbell Center – Room B
class size 18
Tuesday · 1:00–3:00PM
3/31/2020–5/19/2020

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

The Art of Knowing Yourself

This media-based course is designed to support you in exploring your inner resources such as peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment. It includes comments on the topics by Prem Rawat as well as animated features and interviews. Approximately 30 minutes of each one-hour class will consist of video material. There will be time at the end for participants to share and discuss their thoughts, feelings, and impressions about the topic. The class is about your individual self-discovery and is suitable for people of diverse backgrounds and cultures. It is not affiliated with any religion, political view, ideology, or philosophy. This is a condensed version of previously presented classes.

PERS145M · 10 Sessions
Medford Higher Education Center – Room 321
class size 36
Thursday · 1:00–3:00PM

INSTRUCTORS: Nora Donachie is a retired medical transcriptionist as well as a writer, editor, poet, and artist. She has been exploring the art of personal peace for over 45 years. Mike McGuire is a former high school civics teacher and is trained in conflict resolution and mediation. He also has been exploring the art of personal peace for over 45 years.

The List/Reality Dynamics

The List, also known as Reality Dynamics, is a time-honored personal development psychology for understanding and directing the subconscious mind. Use the theories and techniques provided in this course to remove the blocks in your world and to create the reality, dreams and goals that...
you want. Since the early 1970’s, The List has been taught internationally to people from all walks of life. Come and learn The List theory and techniques in a safe, fun, and non-judgmental learning environment. Through presentations, self-discovery exercises and sharing, you will learn what your limiting beliefs are and how to positively set goals to change them. Purchase of the instructor’s book, “The List/AKA Reality Dynamics,” for $40.00 is not required but recommended. The most important instructions for the List process will be included in the class.

PERS128A · 6 Sessions
Campbell Center – Room C
class size 20
Friday · 9:00–10:30AM
5/1/2020–6/5/2020
INSTRUCTOR: Marnie Hancock has a bachelor’s degree in education and taught in the public education system in Canada for 25 years. She has been an alumna of the Timmreck’s seminars since 1986, and she credits the miracles, joys, and personal empowerment in her life to these transformative seminars. Since 2000, she has co-authored and taught the Timmreck’s courses, including “The List AKA/ Reality Dynamics,” and “Mind Frames: Behavioral Communications.”

NEW! Transforming Your Inner Critic into an Inner Coach

Come deepen your self-compassion with others interested in having a more positive attitude. Most people struggle from time to time with internal negativity, self-criticism, and perfectionism. This course is an opportunity for students to explore their automatic habits of self-directed negativity and criticism and to methodically develop new habits of self-compassion. Working through this material can be tremendously freeing. The classes will be a combination of lecture, discussion, and experiential exercises. Although this is a brief class, it will provide you with the tools for making very meaningful change. “Transforming Your Inner Critic into an Inner Coach,” a workbook by the same title as the course, will be available for purchase from the instructor for $25 but is not required for the class.

PERS121A · 4 Sessions
Campbell Center – Room B
class size 18
Monday · 11:00AM–12:30PM
3/30/2020–4/20/2020
INSTRUCTOR: Nando Raynolds, licensed professional counselor with an M.A. from JFK University, has worked as a psychotherapist for 30 years. He has trained and supervised student counselors, trained life coaches in NLP, and authored “Transforming Your Inner Critic into an Inner Coach.” During those 30 years, he has also been teaching T’ai Chi and Qigong, holding a 5th degree black belt in kenpo and karate, and authoring “The Push Hands Workbook.”

Recreation
Includes hobbies, crafts, and games.

Beginning Pickleball

Beginners wishing to learn to play pickleball can enjoy five fun days at Lithia Park courts. Check out the action on the Internet before the first class meeting. Then bring a good pair of “tennies,” sunglasses, hat, and water. Southern Oregon Pickleball Association (SOPA) will supply nets, paddles, balls, and, hopefully, good weather. Expect to learn the rules (read on the Internet before class), teamwork, and safety. Most of the class time will be spent on drills and play. End the class knowing the rules, kitchen games, dinks, serve and return of serve, third shot, stroke techniques, court positioning, strategy, scoring, and more. David Johnson, USAPA certified professional instructor, and Joel Heller, who competes nationally in singles and doubles, will assist the other instructors. Upon completion of the class, go to www.sopickle.com to see where and when you can play at your level along with the other 600-plus SOPA players. Students must sign a liability waiver at the first class.

NOTE: This course meets nine consecutive weekdays:
Tues. 5/26, Wed. 5/27, Thurs. 5/28, Fri. 5/29, Mon. 6/1, Tues. 6/2, Wed. 6/3, Thurs. 6/4, and Fri. 6/5.

REC103A · 9 Sessions
Lithia Park (Ashland) – tennis courts
class size 16
Weekdays · 5:30–7:00PM
5/26/2020–6/5/2020
INSTRUCTORS: Jack Methot is coordinating this course at the request of the Southern Oregon Pickleball Association and is assisted by Marty Burns, who has taught pickleball in the valley for the past 14 years.
NEW! Constructing Crosswords

Have you wondered how crossword puzzles are designed and published or ever thought about constructing your own? This course delves into the steps of that process: understand formats, conventions, and tools; brainstorm and place theme entries; arrange grid blocks (black squares); fill in other words; craft imaginative, challenging clues; revise and submit for publication. Course focus will be on U.S. newspaper-style, symmetric, themed 15x15 puzzles, as for example in the New York Times. Examples will include an OLLI-themed puzzle! An introductory course winter 2020, Crosswords and You, summarized authoring as part of one session. This course is a deeper dive into crossword construction. No prior instruction is required, although students who solve crosswords will get more out of this course. For more information about the course: https://communitycrossings.com/constructing-crosswords

RECREATION

INSTRUCTOR: Steve Weyer has taught many OLLI courses about the Internet and crosswords. He has 50 years’ 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, Apple, and two startups. Weyer has a B.S. in math from the University of Washington and an M.S. in statistics and a Ph.D. in education from Stanford.

Introduction to Fly Fishing

Over the course of four sessions in Blue Heron Park in Phoenix, 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. Students must sign a liability waiver at the first class meeting.

NOTE: This course will be held at Blue Heron Park, 4385 South Pacific Highway at the intersection of Bear Creek Drive and North 1st Street in Phoenix, Oregon.

INSTRUCTOR: Bill Howarth has a B.A. in education from Penn State and an M.A. 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, and Talaheim lodges in Alaska and at Three Forks Ranch in Colorado. Howarth was also an Orvis-endorsed guide in the San Francisco Bay area.

NEW! Knitting: A New Angle on Scarves

We think of knitting scarves in terms of starting at one end and finishing at the other. What if we were to start at the middle of the top and work down and out? The resulting triangle shape is wonderful for displaying the colors and textures of our yarns and can either be simple or allow for creativity (or both). Students will learn how to take a basic structure and build on it to create a lovely accessory using just about any yarn available. Beginners will learn some new stitch techniques. More experienced knitters will learn how to use the stitches they know in combination to create their own unique accessory. Students should be comfortable with knit and purl stitches and should plan to work on their projects between classes.

NOTE: Registered students will be emailed a list of materials to bring to the first class.

INSTRUCTOR: Marianne Adams learned to knit as a small child and knit her first sweater when she was in high school. She has translated that early training into knitting sweaters, shawls, blankets, and, of course, socks. Through ownership of The Yarn Boutique in Lafayette, California, Adams introduced countless customers to the joy of knitting. She has taught several OLLI knitting classes, including beginning knitting and knitting socks.

NEW! Knitting: Whipping your WIPs into Shape

This class is in response to requests from students in previous classes. Inevitably, we sometimes start projects and, for whatever reason, set them aside. These works-in-progress (WIPs) are sometimes never finished because we don’t know where we left off and what we need to do to start again. In this class, students are invited to bring a WIP that they want to finish. We will learn not only how to restart our own projects, but, also, inevitably, we
will learn from what other students bring to the class. Students should bring their project and any materials and tools, including the original pattern, that go with it.

**REC123A** · 2 Sessions  
Campbell Center – Room C  
class size 12  
Thursday · 1:00–3:00PM  

**INSTRUCTOR:** Marianne Adams learned to knit as a small child and knit her first sweater when she was in high school. She has translated that early training into knitting sweaters, shawls, blankets, and, of course, socks. Through ownership of The Yarn Boutique in Lafayette, California, Adams introduced countless customers to the joy of knitting. She has taught several OLLI knitting classes, including beginning knitting and knitting socks.

**NEW! Romancing Your Sourdough**

During the past year the instructor has had a love affair with baking and savoring sourdough bread in her own kitchen. Working from several instruction books, starter from a friend, and an investment in equipment, she has baked amazing sourdough breads. She generally bakes twice a week with two loaves each time, one for home and one to share. This class will cover the benefits of sourdough, the equipment and ingredients needed (including what is nice to have), a basic online tartine recipe, and some samples. Although there will be no hands-on demonstrations or baking in the classroom, the class will equip anyone considering diving into sourdough baking with some solid information.

**REC132A** · 3 Sessions  
Campbell Center – Room A  
class size 32  
Thursday · 3:30–5:00PM  
4/30/2020–5/14/2020

**INSTRUCTOR:** Last March, Linda Anderson received a sourdough starter from a friend. Since then she has read six books, watched many videos, studied intensively, and made rustic sourdough bread in her home oven once or twice a week. She continues to experiment with different breads, starters, and kinds of flour with overwhelming success and has developed a love affair with her starter. She enjoys sharing all that she has learned.

**NEW! Senior Coed Soccer**

Do you love soccer? Are you 60, 70, or even 80? Did you play when you were younger? Maybe you’ve never played, but you love the idea of getting outside and onto a pitch and pushing a ball around with like-minded people. Perfect! This class is for you. It is recreational, noncontact, small field, small goals (no goalies), and hosted by three people who know how to keep it safe, fun, and injury free. The instructor will be assisted by Tracy Bass, who started coed soccer as an adult and played for years in the Sacramento, CA area, and Eisa Taatutu, who played at the national team level in Sudan and coaches youth players in the Rogue Valley. The first class will meet in a Campbell Center classroom to answer questions, describe play format, and go over rules. Subsequent classes will meet at North Mountain Park. Students will sign a liability waiver at the first-class meeting.

**REC125A** · 8 Sessions  
Campbell Center – Room A + North Mountain Park  
class size 16  
Wednesday · 1:00–3:00PM  
4/1/2020–5/20/2020

**INSTRUCTOR:** Carl Prufer has played, coached, refereed, and watched soccer for 40 years. He loves pushing a ball around with others in friendly pickup games.
NEW! The Art of Agitation: Shrink Wool to Knitted Felt

Expand your knitting repertoire with a fun and easy pattern and a technique for knitted felt nesting bowls. Knitted felt is created by shrinking your loosely knit, 100 percent wool piece with agitation and warm water to make a thicker and more durable fabric. Students will knit the nesting bowl pattern provided, completing some sections on their own between classes. They will then learn how to use the manual agitation method for creating knitted felt as they shrink their oversized project to completion. The last class will include discussion on how to apply the process to other knitted felt projects. Students must know how to knit and purl using double-pointed needles. Instruction will include new techniques used in the bowl pattern but will not demonstrate the basics of knitting.

NOTE: Required materials: 200 yards of worsted-weight 100 percent wool yarn of any color (but not white/ecru/black), a set of double-pointed needles (size 10, 10.5, or 11), stitch markers, a 4-5 gallon plastic bucket, a plunger (new!) for the last class (dollar store or equivalent), and glass nesting bowls (optional).

NEW! The Oriental Game of Go

Go is an ancient oriental game whose basic mechanics are much simpler than the mechanics of chess but which offers a challenge to mastery that is at least that of chess. Like chess, it is a two-person game so much of the learning process between being a beginning player and an expert must be gained in playing with another player, but there is much to be learned from playing in a supervised environment. The instructor learned to play Go many years ago and will teach the basics and offer a few pearls to guide beginning players. The first two classes will be introduction and demonstration/examples; sessions 3-5 will be supervised play for those who wish to participate (see note below). If there is enough interest, a shared interest group (SIG) dedicated to playing this fascinating game and continuing to learn together can be started after the course ends.

NOTE: The instructor has only one Go board and set of pieces. It will be sufficient for the first two class sessions. Those wanting to have the experience of playing will need to obtain a board and set of pieces (at least one set per two class members) in order to do so, but this need not be done until introduction to the game is completed in the first two sessions.

REC121A · 5 Sessions
Campbell Center – Room C
class size 8
Monday · 11:00AM–12:30PM

INSTRUCTOR: Roger Howe is a retired family physician who practiced in Mount Shasta for 24 years. His second career in healthcare administration took him to a large medical group and three health insurance companies. Howe’s interests range far beyond medicine. A math major, he is interested in games and puzzles, in chaos and complexity theories, and in quantum mechanics. Howe writes fiction in his spare time.
Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

Cloud Computing Basics: Making it Work for You

This course was designed to help participants attain a basic understanding of cloud computing and how it can help users become more productive and efficient while doing everyday tasks. Emphasis in this six-week course will be on becoming familiar with what’s possible and how to pursue these applications with greater comfort and confidence. Each type of application addressed will include a freely available version for Apple/iOS or PC/Android platforms to empower individuals to access data anytime, anywhere, and to enable sharing among users. Applications introduced will include Google Docs for collaborative word processing; Dropbox, Google Drive, iCloud Drive, and OneDrive for file management; Apple and Google Calendar, Apple Notes/Reminders, and Google Keep for notes and lists; Apple and Google Photo; and password management software such as LastPass and 1Password. We will explore commonalities across cloud applications as well as privacy and security issues.

NOTE: Students will be expected to pick and choose from the apps introduced, “play” with those of particular interest, and pose questions/comments the following week.

STEM107A · 6 Sessions
Campbell Center – Room A
class size 32
Monday · 1:00–3:00PM

INSTRUCTOR: Neal Strudler has an M.A in elementary education and a Ph.D. 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. Now a full-time Ashland resident, he is thoroughly enjoying teaching OLLI courses.
Cut the Cord–21st Century Television

As modern cable television services reach monthly costs between $150 and $200, options to reduce costs need to be made available to users. This course is a survey of how to reduce costs and still receive an acceptable level of service. Hardware technology to stream Internet television will be displayed (Apple TV, Google TV, Roku, Amazon Fire TV). Additionally, a number of cost and no-cost streaming content services will also be presented (Netflix, Amazon Prime, YouTube, Hulu, Crackle, etc.).

NOTE: This course will meet three times during the same week, on Mon. 6/1, Wed. 6/3, and Thurs. 6/4.

STEM143A · 3 Sessions
Campbell Center – Room A
class size 30
Monday, Wednesday, Thursday · 3:30–5:30PM

INSTRUCTORS: Maureen and James Jarrard have been co-teaching courses for OLLI for four years. James Jarrard worked for the federal government for over 25 years in technology implementations, knowledge management, and school system administration. Maureen Wilson-Jarrard was an instructional technology specialist at Peace Corps Headquarters and Virginia Theological Seminary.

Dungeness Crab: Natural History and Physiology

While the range of the Dungeness crab extends from Alaska to central California, based on its economic importance and coastal ubiquity, Oregon claims the ten-legged beasts as the state crustacean. Starting as one of 1.5 million eggs, each egg hatches to a less than 1 mm larva (zoea) that grows by molting to an adult of 2-3 pounds in 2-5 years. The course covers the life history, physiology of molting, mating, development, diet, locomotion, limb regeneration, respiration, blood, and anatomy of these tasty denizens of the deep. The biology of their crustacean kin will also be discussed. Enrollees will have the option of spending three nights at the University of Oregon’s Institute of Marine Biology (OIMB) in Charleston where they will catch crabs from the docks or a boat, then cook and devour them. Students will have time to tour the OIMB Marine Life Center; visit Sunset Bay, Cape Arago, and the gardens at Shore Acres; observe sea lions, seals, and sea elephants; and whale watch.

NOTE: The cost for OLLI students for the three-day optional visit will be $200 or less per person, which includes housing, meals, boat rental, and teaching lab/auditorium rental at OIMB. Students will be required to sign an activity waiver, and there will be a $10 license fee for those who go crabbing.

STEM156M · 4 Sessions
Medford Higher Education Center – Room 321
class size 48
Monday · 10:00–11:30AM
4/6/2020–4/27/2020

STEM156A · 4 Sessions
ScienceWorks Museum – Theatre
class size 70
Monday · 1:30–3:00PM
4/6/2020–4/27/2020

INSTRUCTOR: Bernie Hartman, who has a Ph.D. in comparative physiology from the University of Connecticut, was a faculty member at such intellectual oases as the University of Iowa, Texas Tech University, and Duquesne University. As a Baltimore boy and adult, he caught and ate more than his share of blue crabs. He taught and did research on the nervous/muscle system of the Dungeness crab at OIMB for more than 15 years.

Earthquake Awareness and Preparation

This course describes the current geological risks and the probability of a large Pacific Northwest earthquake, the local damage expected, and the ways we can all be better prepared. The format includes lecture, discussion, and videos. A basic background handout with links to more resources will be provided. Students will learn how to best prepare for such an event. Each student will be asked to develop a draft earthquake preparedness plan appropriate to their individual situation and needs. These plans will be reviewed at the last class session. No scientific expertise is needed.

STEM110M · 4 Sessions
Medford Higher Education Center – Room 321
class size 48
Thursday · 11:00AM–12:30PM
4/9/2020–4/30/2020

INSTRUCTOR: Eric Dittmer has an M.S. in geology from California State University San Jose and an M.S. in special education from Southern Oregon University. He has experience applying seismic principles for local agencies, retirement homes, and the city of Salinas. He promotes earthquake awareness and preparation with the Oregon Department of Geology and Mineral Industries and the Oregon Department of Emergency Management.
Eleusis: Logic, Reason, and the Scientific Method

Eleusis is a game that uses playing cards to create a puzzle to be solved by inductive logic facilitated by the scientific method of experiment, theory, and challenge. The rules of Eleusis were first published in the Mathematical Games section of “Scientific American” in the early 1960s. Eleusis teaches a new appreciation for the challenges of the scientific quest. It is very simple to learn but engrossing and challenging to play. No prior knowledge or experience is required. Students will spend the first three sessions learning to play and the next seven becoming proficient. Howe has taught this course multiple times. Previous students are welcome to return to play.

STEM113A · 10 Sessions
Campbell Center – Room C
class size 16
Wednesday · 11:00AM–12:30PM
4/1/2020–6/3/2020

INSTRUCTOR: Roger Howe is a retired family physician who practiced in Mount Shasta for 24 years. His second career in healthcare administration took him to a large medical group and three health insurance companies. Howe’s interests range far beyond medicine. A math major, he is interested in games and puzzles, in chaos and complexity theories, and in quantum mechanics. Howe writes fiction in his spare time.

NEW! Energy in the Age of Climate Change

This lecture-based course will cover the basic causes of climate change and the impact of global warming on the environment, with particular attention paid to anthropogenic climate impact. Relying on the most recent studies by the U.S. Department of Energy and the International Energy Agency, the instructor will cover the major energy sources—fossil fuels, nuclear energy, and renewables—and their projected supply and demand trends. The final lecture will present for discussion climate change and energy production scenarios over the next 100 years ranging from catastrophic global warming to an optimistic low emissions future.

STEM120A · 6 Sessions
Campbell Center – Room D
class size 50
Tuesday · 9:00–10:30AM
3/31/2020–5/5/2020

INSTRUCTOR: Jeff Wyatt has over 30 years of engineering and project management experience in the oil and gas industry, including 10 years in Kuwait, Kazakhstan, and London. He worked on automotive hydrogen fuel storage systems in a nanotechnology startup and managed Chevron’s largest environmental project. He has a B.S. in chemical engineering from Washington University and a postgraduate certificate in environmental economics from the University of London.

NEW! Exploring the Moon and Stars in the Planetarium

This two-part astronomy course will use the planetarium at North Medford High School. The first session will be exclusively about the Earth’s moon. Participants will learn the phase and age of the moon and the angle between Earth and sun and then use that information to tell time. This session ends with a discussion of the current effort to colonize the moon. Session two is a study of the 20 brightest stars in the Earth’s sky using a re-creation of the classic stellar magnitude work of the Greek astronomer Hipparchus in 135 B.C. Students will be guided through the exercise as if they were students of Hipparchus. The session will end with a review of the stars and constellations using the planetarium star ball and the modern measurement of stellar magnitudes.

NOTE: The planetarium has a $90 facility use fee for each session. Each student will be assessed their share at the first session. Each session will be capped at 45 students.

STEM124M · 2 Sessions
North Medford High School – Planetarium
class size 45
Monday, Thursday · 3:00–5:00PM

INSTRUCTOR: Robert Black is a 32-year veteran public school teacher and currently the planetarium director and astronomy teacher at North Medford High School. Black has a geology degree from Sul Ross State University in Alpine, Texas, and a master’s degree in science education from Southern Oregon University. Besides teaching, Black enjoys mentoring senior capstone projects and has mentored over 126 projects during his tenure.
Mathematics for Your Amazement and Amusement

Bertrand Russell wrote, “The true spirit of delight...is to be found in mathematics as surely as in poetry.” However, many view mathematics as a body of theorems proven long ago, and their conception of “doing” math is limited to computation, symbol manipulation, and solving far-fetched problems. This course is intended to unveil beauty lying beneath the surface of real life and imagined situations, highlight ways that mathematical thinking leads to enhanced understanding of our world, and instill in students an appreciation of their mathematical abilities. We will focus on a variety of topics including bar codes used to sort mail, choosing the appropriate dose when prescribing medicine, the golden ratio, patterns found in nature, fractals, and introductions to both trigonometry and calculus. Exposure to high school algebra will be helpful but is not required. The only prerequisites are an open mind and a desire to learn. Let’s have fun doing math together!

STEM115A · 8 Sessions
Campbell Center – Room D
class size 50
Wednesday · 1:00–3:00PM
4/1/2020–5/20/2020

INSTRUCTOR: Irv Lubliner is excited to teach both math and harmonica classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught math in the Bay Area for 30 years and led math seminars for teachers in 39 states. He was too busy to play harmonica professionally while teaching but performed for five years at the OSF Green Show and at blues clubs in England, Australia, Canada, and on Bourbon Street in New Orleans.

Organizing and Sharing Your Digital Photos

This course was designed to help participants take, organize, store, edit, and share digital photos. Emphasis will be on the iPhone and the iCloud Photos application for Macs or PCs. For comparison purposes, features of Google Photos will also be explored. Android applications, however, will not be addressed. Students will learn to store photos and videos, perform basic edits, set up albums and slideshows, share photos, and search and organize photos by person, location, and activity. Privacy and security issues will also be discussed. Participants should have a basic comfort taking digital photos (with iPhones or digital cameras), accessing the web, creating accounts, and running basic applications.

NOTE: There will be no class meeting on Memorial Day, May 25.

STEM136A · 3 Sessions
Campbell Center – Room A
class size 32
Monday · 1:00–3:00PM
5/11/2020–6/1/2020

INSTRUCTOR: Neal Strudler has an M.A in elementary education and a Ph.D. 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. Now a full-time Ashland resident, he is thoroughly enjoying teaching OLLI courses.

P@s$w0rdz

In this course, you will learn what makes passwords strong—or weak (like the course title). You will discover if your password has been hacked and when to change it and learn how to generate strong memorable passwords for your devices and random passwords for online accounts. You will find out how to reduce stress and declutter your brain by remembering just one master password—for a “password manager” app that stores, encrypts, and fills in all of your online logins. You can amp up security for sensitive accounts, email, and finance, for example, by providing unique security answers, adding recovery information, and enabling two-factor authentication via phone or app. This course combines lecture, demonstrations (password manager: 1Password), and Q&A. It’s a much shorter (two-session) version of Be Safer on the Internet that is focused on passwords. For more info about the course: https://communicrossings.com/passwords

STEM121A · 2 Sessions
Campbell Center – Room C
class size 32
Friday · 1:00–3:00PM
4/17/2020–4/24/2020

INSTRUCTOR: Steve Weyer has taught many OLLI courses about the Internet and crosswords. He has 50 years’ 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, Apple, and two startups. Weyer has a B.S. in math from the University of Washington and an M.S. in statistics and a Ph.D. in education from Stanford.

Physics for Nonphysicists: Optics

How does a lens work? A telescope? A camera? Your eye? Can you define light? How does it behave? Is light made of particles or waves? Does light go around corners? These and other questions will be answered in this lecture class when the curtain is pulled back and the triumphs of modern science are revealed.
STEM122A · 6 Sessions
Campbell Center – Room E
class size 75
Monday · 11:00AM–12:30PM
4/13/2020–5/18/2020
INSTRUCTOR: Counting glasses, John Johnson has many lenses, two of which are very old. He used the older ones in his education in physics at Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University where he earned a Ph.D. in physics. He has been teaching this series of physics courses at SOLIR/OLLI since 2002.

Plants and People
We often take plants for granted. The goal of this course is to foster an appreciation for the importance of plants in our daily lives. We will examine how plants contribute to our lives and well-being, including the basics such as oxygen to breathe, food, shelter, and clothing. We will also discuss the role of plant compounds as medicines and psychoactive/stimulating agents. The course will introduce some scientific concepts and terminology relating to plant structures and functions as well as some economic and historical aspects of plant use. The format will be interactive lectures. Plant material will be brought in periodically to demonstrate particular concepts.

STEM131A · 10 Sessions
Campbell Center – Room C
class size 32
Thursday · 9:00–10:30AM
INSTRUCTOR: Melissa Luckow, Ph.D., is professor emerita from Cornell University where she taught and did research for 29 years. She taught numerous undergraduate and graduate-level courses in the plant sciences while at Cornell. Her research was focused on the evolution and classification of tropical legumes, and she worked in the field in Latin America, Australia, Africa, and Madagascar as well as in the U.S.

NEW! Politics, Plays, and Podcasts
This hands-on course will begin by defining podcasts and discussing the benefits of listening to them. We will demonstrate how to subscribe and download both liberal and conservative political podcasts, and we’ll develop criteria for rating them. While we will not provide an arena for debating the content of the podcasts, we will help students find podcasts on several points of the political spectrum that are worth their listening time. We’ll also share plays available in podcasts from classic radio dramas to the Ashland New Plays Festival to historical stories, mysteries, and fantasies. Several podcasts will be previewed in class and rated for production quality and listenability. By the end of the course students will have a good idea of what quality podcasts are available in the areas of politics and plays.

NOTE: Between sessions students will be asked to listen to podcasts and then share their impressions during the next session. The iPad is the primary tool for this course, but students with iPhones will also be able to follow along. Students with Android devices are welcome to attend as long as they have sufficient knowledge of their devices to be independent. Tablets/phones should be brought to each session. Students should know their username and password for the App Store.

STEM125A · 5 Sessions
Campbell Center – Room C
class size 20
Tuesday, Thursday · 3:30–5:00PM
5/19/2020–6/2/2020
INSTRUCTORS: Maureen and James Jarrard have been co-teaching courses for OLLI for four years. James Jarrard worked for the federal government for over 25 years in technology implementations, knowledge management, and school system administration. Maureen Wilson-Jarrard was an instructional technology specialist at Peace Corps Headquarters and Virginia Theological Seminary.

Protect Yourself from Wildfire Smoke
Wildfires seem to be occurring more frequently in the Rogue Valley. Exposure to wildfire smoke can be hazardous to your health. This lecture course will provide you with information you can use to protect your health from this risk. The experienced instructors will present information on the toxic contents of wildfire smoke; the Air Quality Index (AQI), which tells you how bad the air quality is at any time; the health effects of exposure to wildfire smoke; protective measures you can use to prevent smoke from entering your home; and the use and proper fitting of an N95 mask that can prevent smoke from entering your lungs. No prior knowledge or skill is needed to attend the course.

STEM116M · 2 Sessions
Medford Higher Education Center – Room 321
class size 48
Thursday · 11:00AM–12:30PM
5/14/2020–5/21/2020
INSTRUCTORS: Jim McCunney has a bachelor’s degree in biology and a master’s degree in environmental health from the University of Minnesota. He was a safety and health inspector for the Occupational Safety and Health Administration and a safety and health professional for the Boeing Company. Robert McCunney has a bachelor’s degree in chemical engineering, a master’s degree in environmental health, and a medical degree from Thomas Jefferson University.
See Like a Geologist: The Landscape Around You

Why is the Rogue Valley a low area, and why are the adjacent mountains so high? This course aims to help students interpret the landscape in which they live. Using the local area as our laboratory, we’ll explore the factors that create diverse landscapes. The course will include an overview of the regional geology with a focus on local details and explanations of the basic principles needed to understand how the Earth works and changes through time. The format will be interactive lectures with ample time for student questions and discussions. The course will include a field trip to local sites offered on two dates; students may choose either Saturday, May 9 (9 a.m. to 3 p.m.), or Monday, May 11 (11 a.m. to 5 p.m.). The trip will require students to carpool and sign an activity waiver. No prior geologic experience is needed, only curiosity about the subject. This class was previously offered in spring 2017, 2018, and 2019.

STEM160A · 6 Sessions
Campbell Center – Room E + Field Trip
class size 70
Monday · 1:00–3:00PM
4/13/2020–5/18/2020

INSTRUCTOR: Karen Grove is a geologist with a Ph.D. from Stanford University. She was a professor of geosciences at San Francisco State University for 26 years where she taught a wide variety of courses at introductory to graduate levels and did research focused on the tectonic evolution of western California. She is now focused on learning more about the geology of the Pacific Northwest together with others in the OLLI program.

NEW! Taking the Mystery Out of Electric Bikes

Are you interested in electric bikes but don’t even know where to begin? This course will help you gain a better understanding of the technology. A couple of different styles will be used in the classroom to demonstrate the how’s and why’s of electric bikes. You will see the varied motor types and the different ways that the power is delivered to the wheels. Motors, batteries, and control/display units will be explained. Various special designs—commuter, cargo, mountain, etc.—will be compared in order to help you determine which type might best fit your needs. By the end of the class, you will be much better equipped to decide how an electric bike might become a part of your lifestyle.

STEM130A · 2 Sessions
Campbell Center – Room B
class size 12
Wednesday · 1:00–3:00PM
5/6/2020–5/13/2020

INSTRUCTOR: Nikolas Lidtke is the lead technician at Ashland Electric Bikes. He has over 12 years’ experience building and repairing electric bikes. Lidtke spent four years in the Air Force working on electronic surveillance systems. His passion for e-bikes will be obvious in the classroom.

Your Marvelous Mitochondria

So...what are mitochondria again? You may recall them as “the powerhouses of the cell” or have heard of “Mitochondrial Eve.” We’ll explore many aspects of these cellular organelles. Energy, indeed: without them no animals, plants, or even fungi would exist on Earth—nothing more complicated than simple bacteria. And speaking of bacteria, mitochondria derive from bacteria that formed symbiotic relationships with other primitive cells eons ago, leading to what could be called the “eukaryotic explosion” of evolutionary diversity. Now permanent components of all higher cells in both plants and animals, these “essential intruders” still possess DNA mini-chromosomes of their own—which, if mutated, can lead to a great array of diseases in humans. Have you heard of “three-parent embryos”? This is a new workaround to combat disabling mitochondrial mutations. This is primarily a lecture class. Some science background is suggested (basic review of cells and molecules will be included).

STEM126M · 5 Sessions
Medford Higher Education Center – Room 321
class size 48
Friday · 1:00–3:00PM
5/1/2020–5/29/2020

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

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

Everyone Can Be a Pundit

Who’s up, who’s down in the 2020 presidential campaign? As the nominating process proceeds, class participants will follow the primaries and party caucuses to discuss the candidates, the issues, and the nuts and bolts of political campaigning. Classes will begin with a review of major campaign events of the previous week and a short lecture on a topic such as political polling, advertising strategies, and issues. Much of the class time will be devoted to respectful discussion. All opinions will be welcome, but personal attacks on those expressing opposing views will not be permitted.

SOC113A · 10 Sessions
Campbell Center – Room D
class size 40
Thursday · 9:00–10:30AM

SOC113M · 10 Sessions
Medford Higher Education Center – Room 321
class size 40
Friday · 11:00AM–12:30PM

INSTRUCTOR: During his newspaper days, Dave Runkel covered local, state, and national politics and governments. While serving as acting director of Harvard’s Institute of Politics, he organized a weekend discussion of the 1988 presidential campaign by the managers of that year’s announced candidates and edited the transcript for a book. He also worked on Capitol Hill and for the U.S. attorney general.

How the City of Ashland Works

Have you wanted to know how the city of Ashland functions? Department heads and others from the following departments will inform you of their programs and activities: city administrator, police, fire, public works, parks and recreation, legal, planning, and community development. The course will be taught by lecture with some PowerPoint enhancements and with plenty of time for discussion. The only requirement for taking the course is a willingness to listen and engage with our city servants.

NOTE: This course will meet in the City of Ashland’s Council Chambers. The address is 1175 East Main Street.

This is the same building used by Ashland Municipal Court, next door to The Grove.

SOC120A · 10 Sessions
City of Ashland – Council Chambers
class size 60
Thursday · 1:00–3:00PM

INSTRUCTOR: Sandy Theis will facilitate this course. She has a Ph.D. in teaching and learning from Northwestern University, has taught nursing for many years, and has facilitated several courses at OLLI. Course presenters are department heads in the city of Ashland who are well-qualified both from an academic and experience viewpoint.

NEW! How To Do Almost Anything Successfully

This course is about achieving your dreams and passions regarding any present or future projects you might want to explore. Bring your passion to class, whether it is for business, vacations, sports, hobbies, or most any endeavor. This course of four 90-minute classes will get into specifics on how to be successful at almost anything you want to do. Learn the logical and common-sense methods and details to ensure success. This is about following your dreams. Come and explore in an interactive process with other class members. It is your time to develop what you have always wanted to do and learn how to do it successfully.

SOC130A · 4 Sessions
Campbell Center – Room E
class size 75
Thursday · 3:30–5:00PM
4/2/2020–4/23/2020

INSTRUCTOR: Allan Sandler’s entrepreneurial prowess in the film industry, both local and international since the late 50s, along with property development for the last 60+ years, has led him to develop key points to being successful in all phases of life. One of the key points is to stay focused on all details of your vision, perform research analysis of your idea, and follow through to your end goal.
NEW! LWV 100th Birthday. Who Are They? What Do They Do?

Grassroots political power has many faces. Men, women, and nonbinary persons of voting age are encouraged to join this overview of the League of Women Voters (LWV), a party-neutral organization. In celebration of the 100th birthday of the LWV, we will start with a brief history of the organization and discover what the LWV has tackled for you, the voter. This survey course will explore voter services and action/work on which the League concentrates. Covered topics will include voter protection, the national popular vote, climate change, healthcare, alternative election reforms, money-in-politics, immigration, lobbying, and redistricting. The class format consists of lecture, guest speakers, short videos, PowerPoint slides, and class discussion on the issues. No previous knowledge or outside reading is required.

SOC121A · 6 Sessions
Campbell Center – Room D
class size 50
Wednesday · 3:30–5:30PM

INSTRUCTOR: Barbara Klein is Action Chair for LWV Rogue Valley. She was LWV Arizona state president, FairVote AZ chairperson, member of both LWV United States task forces: National Popular Vote & Redistricting. She’s moderated civic forums, speaks on voting topics, is a published author and runs the AgingWithPizzazz.com website. She has a doctorate in chiropractic, MPS in Hospital/Health Care Admin, RMT in music therapy, BS in music & special education.

NEW! Persuasive Communication for Maximum Impact

This eight-week course is for experienced communicators who speak or perform for a public audience and want to increase their effectiveness in such areas as teaching, performing, testifying at city council meetings, talking at activist rallies, giving eulogies, officiating weddings, doing TED talks, hosting or guesting on podcasts, creating YouTube videos, or presenting at conferences. Every class is interactive. Students will present briefly and be critiqued for performance techniques and audience impact. Simple homework assignments will be given to help students prepare for following sessions. This is an advanced course for professional communicators. We will explore how to best communicate meaningful content that entertains and engages people, inspiring them to live better lives and give their own unique gifts in the world. If you want to maximize your presentation impact, this course is for you.

SOC125M · 8 Sessions
Medford Higher Education Center – Room 305
class size 20
Wednesday · 1:00–3:00PM

INSTRUCTOR: Will Wilkinson has been a communication professional since age 11 when he began appearing on a weekly television show. He has recorded and performed internationally. He has written 30 published books, spoken to large groups, conducted TV interviews, and written and delivered educational courses live and online. He currently moderates conference panels and presents at live events throughout the Pacific Northwest.

NEW! Soleri’s Arcology and Arcosanti: Urban Laboratory

In 1969 in the arid landscape of central Arizona, Italian-born architect Paolo Soleri began work on Arcosanti, a proposed “urban laboratory” for 5,000 residents to test and demonstrate arcological concepts. Arcology integrates large city-structures with the ecology of their sites to minimize the impact on the environment while creating urban spaces easily accessed by the residents on foot, without the need for automobiles. He developed his ideas of arcology while teaching at Arizona State University in the 1960s. They made large models of arcology designs, which, in conjunction with the publication of Soleri’s book “Arcology: City in the Image of Man,” garnered attention worldwide when they toured the U.S. Today, Arcosanti is 3 to 5 percent complete, an all-ages international community of some 56 full-time residents. This lecture and discussion class will explore Paolo’s life, the evolution of Arcology, and life at Arcosanti past and present.

SOC131M · 4 Sessions
Medford Higher Education Center – Room 305
class size 20
Wednesday · 11:00AM–12:30PM

INSTRUCTOR: As an Arcosanti resident for four years, Dan Wells often worked with Paolo Soleri. While there, he managed the visitor center and gave tours; made bronze bells in the foundry and ceramic tiles; worked in excavation, construction, and landscaping; took photographs; and helped archive Soleri’s drawings. This class will impart some of the inspiration he found in Soleri’s concept of arcology and in the experience of living at Arcosanti.
Osher Lifelong Learning Institute
Membership Application

Member Information

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Volunteering

☐ I’m interested in volunteering! Please have the Volunteer Coordinator contact me.

☐ I’m already volunteering and satisfied with my role.

☐ I just want to take classes. (And I know I can find more information on the back to learn more.)

SPRING SPECIAL! $75 for one term (Spring 2020).
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 (no debit cards), and in-person payments of cash (exact change only).
If you wish to apply for a reduced-fee scholarship, please contact the office for more information.

Spring membership payment @ $75 per person: $ ________________

Little-known fact: The OLLI annual membership fee covers about half of OLLI’s total operating cost.

I want to support the OLLI annual fund with my tax deductible gift of: $ ________________

This is a joint gift with ________________________________

☐ 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: ☐ VISA ☐ MasterCard

Card number: ______________________________________

Expiration date: / 3- or 4-digit security number on back of card: 

Print your name as it appears on your 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 postal address is 1250 Siskiyou Blvd., Ashland OR 97520. The street address 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-run 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.

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 Pauline Black, OLLI Volunteer Coordinator, at blackp@sou.edu, or call 541.552.6975.
Course Request Form

SPRING 2020

Want to save paper, a stamp, and/or a trip to the office?
Register online at inside.sou.edu/olli

Name

Phone

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.

You may also drop the form off at the Campbell Center, 655 Frances Lane in Ashland. When courses are in session, the office is open 9:00 am to 4:00 pm, Monday through Friday.

Course Requests Lottery: Monday, February 24 to Friday, March 6

During this phase of registration, your course requests are limited to a maximum of 3 courses. The results of your course requests will be emailed or mailed to you by Monday, March 16.

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Open Enrollment Begins Monday, March 23

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.
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 your 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 top banner, (2) click on “Course Priorities” found in the list on the top right of the page, 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:

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

Drop: 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 541.552.6048.
Medical decision making
What happens if something happens?

If you become sick, injured or unable to speak for yourself, an advance care plan will help your family and health care providers know your wishes.

Learn the difference between an Oregon Advance Directive and Physician Orders for Life-Sustaining Treatment, or POLST and more online.

Visit asante.org/healthcaredecisions.
Learn More. Age Less. Together