Winter 2020 Course Catalog
January 6 – March 13, 2020
inside.sou.edu/olli • 541.552.6048 • olli@sou.edu
Come for the Classes, Stay for the Connections
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.
Winter 2020 Course Catalog

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Catalog Staff
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The cover artwork is a watercolor painting titled “Nightscape” by OLLI member Pam Haunschild. See more of her nature inspired work at Art & Soul Gallery in Ashland or online at www.pamhaunschild.com.
Osher Lifelong Learning Institute at Southern Oregon University

OLLI at SOU

Join Now for 2019–2020

- One low annual membership fee of $125
- Unlimited selection from among 100+ courses per term, space permitting
- No additional tuition per course
- Diverse topics—academic to lighter fare
- No tests. No grades. No stress.
- Opportunities for social connections through class discussions, social events and projects

Classes in Ashland and Medford

Three Ways to Enroll

Online: inside.sou.edu/olli
By Phone: Call 541-552-6048
In Person: Come in to our office
SOU Campbell Center
655 Frances Lane, Ashland

Come for the Classes … Stay for the Connections
Greetings from the OLLI Council President

Winter is fast approaching and, yes, there will be some days when we won’t want to step a foot outdoors. But winter is a great time to be at OLLI. In this catalog you’ll find 109 courses being offered for winter term on subjects ranging from the arts, literature and history to science, technology and math. Last year I decided to explore classes outside my usual array of science and history. I signed up for a few music and literature courses and enjoyed them so much that I’m planning to take more. It felt good to break out of my mold! You might want to try this, too, by taking a course in something new to you.

Consider becoming an OLLI volunteer as well. It’s a great way to make friends, and most of the volunteer positions don’t require a heavy time commitment. Talk to Pauline Black, our Volunteer Coordinator, and she’ll be able to suggest a committee or task(s) that will suit your schedule and interests.

Work on the ReNEWall project is progressing as planned, which means that Room A, B and C will be available for classes in the Winter Quarter. I’m sure we all are grateful for the instructors who ensured that we would have a full slate of courses in the Fall and Winter terms. And I, personally, want to thank the volunteers across all of the committees who not only managed their usual tasks, but handled the unexpected curve balls that arose because of the construction. And, finally, I am delighted (and relieved) that OLLI members have accepted all the changes with patience, flexibility and humor. Your encouragement motivates all of us who are working in volunteer positions.

Sincerely,
Patrick Alexander, OLLI at SOU Council President
Pollinate Minds with Fresh Ideas!

Join the faculty of OLLI at SOU

- 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; coaching available
- Non-OLLI members welcome as instructors

Range of topics • Varied formats • Classes in Ashland and Medford

**Three course proposal periods each year**
- Fall term course proposals accepted May 1–31
- Winter term course proposals accepted August 1–31
- Spring term course proposals accepted December 1–31

Questions?
Visit the “Teaching at OLLI” link at inside.sou.edu/olli or phone 541-552-6048.
At SOU we mark the start of each academic year with an Opening Celebration. When I attended this event last week, I was struck by President Schott’s observation that the unpredictability and darkness swirling in the world can make facing each day feel daunting. Her remarks underscored the timeliness of this year’s SOU Campus Theme: Uncertainty.

It’s an apt theme for our times—there is a lot of uncertainty these days. Globally we have a changing climate, shifting geopolitical dynamics, economic highs and lows. In our own little corner of the world we wrestle with fitful enrollment trends, precarious state funding, and variability in student retention. It can all feel a little overwhelming!

Later that same day, I found myself in the monthly OLLI Council meeting reflecting on the comfort of its predictability. Although there may be fresh faces in some of the roles, OLLI’s staff and council leadership continue to ensure continuity and consistency. Our financial standing continues to be sound. Committees may change, classroom spaces may evolve (or gain a welcome makeover), but the opportunities that OLLI provides are consistent. You’ll always find engaging classes and the opportunity to learn something new. You can count on OLLI for service excellence from staff and for the chance to develop friendships formed from shared interests.

We are reminded that uncertainty can bring benefits as well. It prompts us to grow and evolve. As you peruse the class choices this winter, I encourage you to step out of your comfort zone and step into unknown subjects or topics that don’t provide easy answers.

I hope you enjoy the chance to explore new subjects this winter and relish the learning along the way.

Rachel Jones
Director, SOU Outreach & Engagement

THANK YOU to OLLI’s 650+ volunteers, the creative force powering OLLI. You’ll find volunteers in front of the class, behind the scenes, and everywhere in between.

Wondering where you fit? Contact OLLI’s Volunteer Coordinator Pauline Black at 541-552-6975 or blackp@sou.edu to find your place at OLLI.
OlLi Courses: Winter 2020

Course request period opens November 11 and closes November 22. Open registration begins December 16; Winter term January 6–March 13.

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

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<th>City</th>
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<th>Sessions</th>
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<tr>
<td>Chair Yoga</td>
<td>Cassandra Lasdin</td>
<td>A</td>
<td>1/6</td>
<td>9</td>
<td>8–9</td>
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<td>Watercolor Painting for Beginners/Intermediates</td>
<td>Ruddy Havill</td>
<td>A</td>
<td>1/6</td>
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<td>How to Ensure Your Money Lasts for Your Lifetime</td>
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<td>Knitting Stitches</td>
<td>Kay Johnson</td>
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<td>The Evolutionary Psychology of Morality</td>
<td>Dave Ferguson</td>
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<td>THE FIVE INVITATIONS: What Death Can Teach the Living</td>
<td>Dane Roubos</td>
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<td>What can I do if there’s a Catastrophic Event?</td>
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<td>Slavery and Civil Rights: The Views of Four Women</td>
<td>Jane Ballback</td>
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<td>Nonfiction Writing Workshop</td>
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<td>Juggling: Success through Failure</td>
<td>Tim Egan</td>
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<td>Hot News and Cool Views</td>
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<td>Alan Eddy</td>
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<td>Ed McBride</td>
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<td>Karen Campbell</td>
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<td>Women Without Children Living and Aging Solo</td>
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<td>Cybersecurity in an Online World</td>
<td>Thomas Anderson</td>
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<td>1/14</td>
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<td>Polish Films</td>
<td>Marc Ratner</td>
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<td>Landmark Foreign Films</td>
<td>Paul Steinle</td>
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<td>Have Fun Learning about Birds</td>
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<td>Creating a Living Journal</td>
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<td>M</td>
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<td>Creating a Living Journal</td>
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<td>Behind the Scenes of Making Great Wine</td>
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<td>Anna Cassilly</td>
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<td>Song Writing</td>
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<td>The Top 10 Songs Ever</td>
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<td>Udo Gorsch-Nies</td>
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<td>Exploring your Creativity</td>
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<td>Creating Vision Boards to Realize Your Dreams</td>
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<td>Lenora Clark</td>
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<td>Quest for the Northwest Passage: Mutiny and Murder</td>
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<td>Susan Stitham</td>
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<td>Shakespeare Identified &amp; Shakespeare Suppressed</td>
<td>Earl Showerman</td>
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<td>Peloponnesian War: Laughter Is the Best Medicine</td>
<td>Robert Graybill</td>
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<td>John Love</td>
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<td>Sailing the Sea of Cortez</td>
<td>John Enders</td>
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<td>Everyone Can Be a Pundit</td>
<td>David Runkel</td>
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<td>9</td>
<td>9–11</td>
<td>31</td>
</tr>
<tr>
<td>Concerts in the Rogue Valley</td>
<td>Multiple Instructors</td>
<td>A</td>
<td>1/9</td>
<td>9</td>
<td>11–12:30</td>
<td>12</td>
</tr>
<tr>
<td>How Henry Ford Changed America</td>
<td>Emmett Ramey</td>
<td>M</td>
<td>1/9</td>
<td>9</td>
<td>11–12:30</td>
<td>21</td>
</tr>
<tr>
<td>TITLE</td>
<td>INSTRUCTORS</td>
<td>CITY</td>
<td>START DATE</td>
<td>SESSIONS</td>
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<tr>
<td>English Country Dance</td>
<td>Brooke Friendly</td>
<td>A</td>
<td>1/9</td>
<td>10</td>
<td>11-12:30</td>
<td>29</td>
</tr>
<tr>
<td>Mandala Art</td>
<td>Thea Robertshaw</td>
<td>M</td>
<td>1/9</td>
<td>6</td>
<td>1-3</td>
<td>16</td>
</tr>
<tr>
<td>Historical Background of the Hellenistic World</td>
<td>Ean Roby</td>
<td>M</td>
<td>1/9</td>
<td>10</td>
<td>1-3</td>
<td>20</td>
</tr>
<tr>
<td>The Art of Knowing Yourself</td>
<td>Multiple Instructors</td>
<td>A</td>
<td>1/9</td>
<td>10</td>
<td>1-3</td>
<td>37</td>
</tr>
<tr>
<td>Organizing and Sharing Digital Photos</td>
<td>Neal Strudler</td>
<td>A</td>
<td>1/9</td>
<td>3</td>
<td>1-3</td>
<td>44</td>
</tr>
<tr>
<td>Homo Sapiens: Hunter Gatherers to A.I.</td>
<td>Bob Wetmore</td>
<td>A</td>
<td>1/9</td>
<td>10</td>
<td>1:30-3:30</td>
<td>20</td>
</tr>
<tr>
<td>Learn to Play the German Card Game Skat</td>
<td>Kevin Vergin</td>
<td>M</td>
<td>1/9</td>
<td>10</td>
<td>3:30-5</td>
<td>41</td>
</tr>
<tr>
<td>Classic French Film</td>
<td>Venita Varga</td>
<td>A</td>
<td>1/9</td>
<td>10</td>
<td>3:30-6</td>
<td>9</td>
</tr>
<tr>
<td>Euro Board Games: For Beginners and Beyond</td>
<td>Multiple Instructors</td>
<td>A</td>
<td>1/9</td>
<td>4</td>
<td>3:30-6:30</td>
<td>40</td>
</tr>
<tr>
<td>See like a Geologist: The Landscape of Patagonia</td>
<td>Karen Grove</td>
<td>A</td>
<td>1/9</td>
<td>4</td>
<td>4-5:30</td>
<td>44</td>
</tr>
<tr>
<td>THE HEARTS OF HORSES</td>
<td>Avram Chetron</td>
<td>A</td>
<td>1/16</td>
<td>4</td>
<td>9-10:30</td>
<td>28</td>
</tr>
<tr>
<td>Intermediate Improv</td>
<td>Ellen Reiterman</td>
<td>A</td>
<td>1/16</td>
<td>8</td>
<td>1-3</td>
<td>14</td>
</tr>
<tr>
<td>A Deep Dive into Rodgers and Hammerstein Musicals</td>
<td>Jim Kirkwood</td>
<td>M</td>
<td>1/16</td>
<td>7</td>
<td>1-4:30</td>
<td>13</td>
</tr>
<tr>
<td>12-Step Programs: An Introduction</td>
<td>Kathy M.</td>
<td>M</td>
<td>1/30</td>
<td>6</td>
<td>11-12:30</td>
<td>34</td>
</tr>
<tr>
<td>Residential Landscape Design</td>
<td>Fran Adams</td>
<td>A</td>
<td>2/6</td>
<td>6</td>
<td>11-12:30</td>
<td>17</td>
</tr>
<tr>
<td>Plumbing the West: Dams, Ditches and Diversions</td>
<td>John Schuyler</td>
<td>A</td>
<td>2/13</td>
<td>4</td>
<td>1-3</td>
<td>33</td>
</tr>
<tr>
<td>Meet India and its Culture Through Hindi</td>
<td>Kumud Gokani</td>
<td>A</td>
<td>2/20</td>
<td>4</td>
<td>9-10:30</td>
<td>24</td>
</tr>
<tr>
<td>The Life Energy of Love as Religionless Religion</td>
<td>Krishna Gokani</td>
<td>A</td>
<td>2/20</td>
<td>4</td>
<td>3:30-5</td>
<td>38</td>
</tr>
<tr>
<td>Friday</td>
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<tr>
<td>Readers Theater II</td>
<td>Gerald Murphy</td>
<td>M</td>
<td>1/10</td>
<td>6</td>
<td>11-12:30</td>
<td>14</td>
</tr>
<tr>
<td>Renaissance Swordplay</td>
<td>Daniel Latham</td>
<td>A</td>
<td>1/10</td>
<td>8</td>
<td>11-12:30</td>
<td>30</td>
</tr>
<tr>
<td>Functional Human Anatomy of Healthy, Active Aging</td>
<td>Bruce Mendelson</td>
<td>A</td>
<td>1/10</td>
<td>8</td>
<td>11-12:30</td>
<td>30</td>
</tr>
<tr>
<td>Design Your Yard and Garden with Feng Shui</td>
<td>Sugeet Posey</td>
<td>M</td>
<td>1/10</td>
<td>5</td>
<td>11-12:30</td>
<td>31</td>
</tr>
<tr>
<td>Eleusis: Logic, Reason, and the Scientific Method</td>
<td>Roger Howe</td>
<td>A</td>
<td>1/10</td>
<td>10</td>
<td>11-12:30</td>
<td>43</td>
</tr>
<tr>
<td>Medical Hazards in the Wilderness</td>
<td>Jeri Mendelson</td>
<td>M</td>
<td>1/10</td>
<td>8</td>
<td>11-12:30</td>
<td>43</td>
</tr>
<tr>
<td>Everyone Can Be a Pundit</td>
<td>David Runkel</td>
<td>M</td>
<td>1/10</td>
<td>10</td>
<td>11-12:30</td>
<td>47</td>
</tr>
<tr>
<td>Campaign 2020: Major Issues</td>
<td>William Hering</td>
<td>A</td>
<td>1/10</td>
<td>5</td>
<td>11-12:30</td>
<td>46</td>
</tr>
<tr>
<td>Zero to First Draft: Unstick Your Novel</td>
<td>Claire Chiaravalle</td>
<td>A</td>
<td>1/10</td>
<td>4</td>
<td>4-5:30</td>
<td>19</td>
</tr>
<tr>
<td>Landscape Architecture: Design for Sustainability</td>
<td>Rachel Glass</td>
<td>A</td>
<td>1/17</td>
<td>6</td>
<td>3:30-5</td>
<td>32</td>
</tr>
<tr>
<td>Riding RAGBRAI</td>
<td>Mark Gustafson</td>
<td>A</td>
<td>1/24</td>
<td>2</td>
<td>9-10:30</td>
<td>41</td>
</tr>
<tr>
<td>Music and Imagery: Pathways to the Self</td>
<td>Alexis McKenna</td>
<td>M</td>
<td>1/24</td>
<td>5</td>
<td>1-3</td>
<td>36</td>
</tr>
<tr>
<td>Art of the Ancient Near East</td>
<td>Allison Renwick</td>
<td>M</td>
<td>2/7</td>
<td>6</td>
<td>1-3</td>
<td>15</td>
</tr>
<tr>
<td>Growing Vegetables All Year Round</td>
<td>Carol Carlson</td>
<td>A</td>
<td>2/7</td>
<td>5</td>
<td>4:30-6:30</td>
<td>32</td>
</tr>
<tr>
<td>Crosswords and You</td>
<td>Steve Weyer</td>
<td>A</td>
<td>2/14</td>
<td>5</td>
<td>1-3</td>
<td>40</td>
</tr>
<tr>
<td>Topsy-Turvy: Stratford Festival Performs G &amp; S</td>
<td>Michael Jasperson</td>
<td>A</td>
<td>2/14</td>
<td>5</td>
<td>1-4</td>
<td>15</td>
</tr>
<tr>
<td>Exotic Travel</td>
<td>Maria Geigle</td>
<td>A</td>
<td>2/14</td>
<td>5</td>
<td>1:30-3:30</td>
<td>24</td>
</tr>
</tbody>
</table>

**Online Course**

| Anthro is Fun: Dogs and Denisovans (Online) | Multiple Instructors | N/A | 1/6 | N/A | N/A | 46 |

OLLI at SOU 8 Winter 2020 Catalog
Course Descriptions

One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University.

Arts: Film/TV/Radio

Classic French Film

This course will present 10 classic French films of the 1990s from directors Jean J. Rappeneau, Yves Robert, Jean-Marie Poire, Regis Wargnier, K. Kieslowski, Patrice Leconte, and Van Dormael. These films will offer exposure to the French language as well as to diverse aspects of life in France, both contemporary and historical. All films have English subtitles. A short introduction that includes the film’s historical context, the director, and the actors will precede each film. An interactive discussion led by the instructor will follow each film. This course is a continuation of a series on the history of French film since 1930 that the instructor began in Fall 2017.

ARTS103A · 10 Sessions
SOU Art Building – Meese Auditorium
class size 100
Thursday · 3:30–6:00PM
1/9/2020–3/12/2020

INSTRUCTOR: Venita Varga has been a French teacher for over 46 years and lived in France for 10 years. She has a B.A. in French and in English as well as post-graduate credits in both French and English. She was also a teaching assistant for the course History and Philosophy of Film and assistant editor for the publication “Film Society Review” at UC Santa Barbara in the early 1960s. While living in France, she was a member of several cinema clubs.

Hands-on Radio

In this class, students will explore volunteer community radio. The facilitator has invited five instructors, all experts in their field, to speak to the class: Jeff Westergaard, Marco Cook, Rob Engron, Connie Saldana, and Art Kraft. Students will be introduced to, and develop, a recorded program and see the inside of a broadcast room. Outside activities include listening to KSKQ as a local example of community radio and recording a program to be produced. Students will have an opportunity to volunteer for a few hours for the station (tabling at a community outreach event or answering phones, and the like) The class format will include lecture, overhead projection, and discussion that focuses on unique, quality volunteer community radio. The radio text will be available in the station and in class for checkout at no cost. Beginners as well as experienced radio broadcasters are welcome. Please plan to attend all sessions as the class builds on the previous weeks’ information.

ARTS106A · 7 Sessions
Campbell Center – Room B
class size 15
Wednesday · 3:30–5:00PM
1/8/2020–2/19/2020

INSTRUCTOR: Janice Elliott, instructor of record, is a graduate of the University of Chicago School of Social Service Administration with experience in private practice as a psychotherapist and also as an adjunct professor in the psychology department at SOU. Elliott was involved in the valley parenting network that brought national teachers to southern Oregon. She has volunteered at KSKQ since 2016.
NEW! Landmark Foreign Films

Landmark Foreign Films explores seven diverse feature films selected from the catalog of “best” films nominated annually by the U.S. Academy of Motion Picture Arts and Sciences (AMPAS) in the period from 1947 to 2019. These films competed for the annual AMPAS award for “Best Foreign Language Film.” Reflecting the instructor’s previous “Landmark Films” series on British, Irish, and German films, the instructor will explore the methods foreign directors employ to create compelling cinema, the context about the countries where these films were produced, and the background of the filmmakers and the actors who star in them. The films include “The Burmese Harp,” a pacifist film produced in Japan in 1956; “The Umbrellas of Cherbourg,” a romantic French operatic-style musical created with a score by Michel Legrand; and “The Fireman’s Ball,” a satire directed by Milos Forman in his native Czechoslovakia in 1968.

ARTS179A · 8 Sessions
SOU Art Building – Meese Auditorium
class size 156
Tuesday · 3:30–5:30PM
1/14/2020–3/3/2020

INSTRUCTOR: Paul Steinle, a journalist, documentary filmmaker, news media manager, and journalism educator, has taught workshops in nonfiction writing and cinema appreciation at the graduate and undergraduate levels since 1992. Steinle co-authored two nonfiction books, has written a “Professional Field Guide for Television News,” and has produced 10 TV documentaries. He’s been engaged in either news media or journalism and cinema education since 1961.

NEW! Polish Films

Polish cinema has made considerable progress in recent years and has become better known outside of Poland. Directors such as Wajda, Polanski, Pawlikowski, and others have enjoyed international fame as master filmmakers. Several film histories mention the importance of the Polish film school at Lodz. In this course, we will view films linked to the events of World War II, the post-war Communist period, and subsequent political changes, as well as to scenes from contemporary Polish life. All films will be preceded by a brief introduction, and, after experiencing each film, we will share our opinions and questions through a general discussion.

ARTS121A · 8 Sessions
ScienceWorks Museum – Theatre
class size 60
Tuesday · 1:30–3:30PM
1/14/2020–3/3/2020

INSTRUCTOR: Marc Ratner has taught classes in literature and film at OLLI since 2002. Before arriving in Ashland, he taught at California State University. He holds a Ph.D. in English literature and has written articles on both literature and film. Ratner lived in Romania for a year and taught at the University of Bucharest. He also spent two years in Prague where he taught at the Charles University.

Ten Classic Comedy Films: Part 5

This class will show 10 classic comedy films starting with a Buster Keaton silent film, “The General” (1926), and concluding with “Groundhog Day” (1993) starring Bill Murray. The other eight are “It Happened One Night,” “The Lady Vanishes,” “Meet John Doe,” “Adam’s Rib,” “Some Like it Hot,” “The Producers,” “Young Frankenstein,” and “Life of Brian.” A handout for each film will be provided at the preceding session; for the first meeting, a handout will be available that day. Before each film, the instructor will point out anything of particular note and will entertain questions and comments. A guided discussion will follow the end of the film. The selected films are true classics and can be enjoyed no matter how many times they are viewed.

ARTS203A · 10 Sessions
ScienceWorks Museum – Theatre
class size 80
Wednesday · 1:30–3:30PM

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 nearly 40 concerts a year for the residents. This will be Sutton’s fourteenth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.
Ten Classic Musical Films: Part 2

This class, a repeat of one offered four years ago, will show 10 films of Fred Astaire without Ginger Rogers. We will begin with “A Damsel in Distress” (1937) with George Burns and Gracie Allen and conclude with “Funny Face” (1957) featuring Audrey Hepburn. The other eight are “Broadway Melody of 1940,” “Holiday Inn,” “You Were Never Lovelier,” “The Sky’s the Limit,” “Blue Skies,” “Easter Parade,” “Royal Wedding,” and “The Band Wagon.” A handout for each film will be provided at the preceding session; for the first meeting, a handout will be available that day. Before each film, the instructor will point out anything of particular note and will entertain questions and comments. A guided discussion will follow the end of the film. 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 Martin Luther King, Jr. Day, Monday, January 20.

ARTS202A · 9 Sessions
ScienceWorks Museum – Theatre
class size 80
Monday · 1:30–3:30PM
1/6/2020–3/9/2020

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 nearly 40 concerts a year for the residents. This will be Sutton’s fourteenth consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.

Arts: Music

Along the Silk Road

Do you like classical music? Jazz? Folk music? Music from other parts of the world? Yo-Yo Ma’s Silk Road Ensemble has something for you. This unique ensemble—more correctly, a collective—combines elements of diverse musical cultures from the part of the world known as the Silk Road. There is some controversy here as these composer/performers combine traditional music from different cultures into something that is part traditional, part new. Is this a dilution, an appropriation, or a new creativity? Each week we will listen to selections from one of Silk Road’s CDs; learn about some of the composer/performers through video, lecture, and discussion; and hear selections of other works and interviews by these talented musicians. We’ll learn why Yo-Yo Ma felt this project was important. No specific musical knowledge is necessary. Optional suggestions for listening and reading outside of class will be offered. Note: this is a repeat of the Fall 2019 course, with some new material.

ARTS125A · 7 Sessions
Campbell Center – Room A
class size 32
Tuesday · 9:00–10:30AM
1/28/2020–3/10/2020

INSTRUCTOR: Robert Adams retired after a 27-year career as professor of music at universities in California, Massachusetts, Pennsylvania, and Alabama. While at Susquehanna University, he had the opportunity to participate in a multidisciplinary program focusing on Martinique, which challenged him to tune his ears to the rich world of music beyond the concert hall. He has a Ph.D. from U. C. Berkeley with additional study in Paris and Amsterdam.

Hannon Library at SOU

You’ll find a lot more than books at SOU’s Hannon Library ... the library features a wide variety of resources and programs such as an informative lectures series, an annual Book and Author Festival, art exhibits, special historical and digital collections featuring topics from Shakespeare to the southern Oregon wine industry and much more ... Visit hanlib.sou.edu or call 541.552.6442 and ask a Librarian for specifics.
Concerts in the Rogue Valley

Everyone can enjoy classical music concerts. Often, it’s helpful if the listener knows a little about the music before the concert. Each week this class will look at one concert in the Rogue Valley, and guest presenters (often the conductor of the concert) will discuss the music. The focus may be on the history of the piece, the musical form of the work, the work’s place in music history, the joys and difficulties in performing the work, and the like. Commercial recordings or YouTube videos will be used to listen to works. The class format will include informal lectures and listening to selected musical examples as well as questions and discussion. Peggy Evans and Bob Adams will co-teach this class.

**ARTS101A** · 9 Sessions
SOU Student Union – Room 319
class size 70
Thursday · 11:00AM–12:30PM
1/9/2020–3/5/2020

**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. Bob Adams, retired after a 27-year career as professor of music at universities in California, Massachusetts, Pennsylvania, and Alabama. He has a Ph.D. in music theory/composition from U. C. Berkeley with additional European study.

Song Writing

You can write songs! We’ll listen to tons of really great (and some not so great) songs and talk about why they work (or don’t). We will discuss the various forms of songs and the various approaches to writing lyrics and melodies. If you’ve never written a song, that will change. If you’ve written many, you will write a few more using prompts and ideas that the class will come up with. No prior experience is necessary, and you do not need to be able to play an instrument.

**ARTS145A** · 6 Sessions
Campbell Center – Room C
class size 14
Wednesday · 9:00–10:30AM
1/8/2020–2/12/2020

**INSTRUCTOR:** Denny Caraher has been writing songs for many years. His recordings for children have won Parent’s Choice awards and his more mature musical material has been featured on The Writer’s Almanac and NPR. He has previously taught OLLI classes on song writing, writing lyrics, and the lyrics of Stephen Sondheim.

NEW! The Piano: A Musical Instrument and a Machine!

How is a piano different from a harpsichord? What’s inside an upright piano and a grand piano? What does it mean to say a piano is “in tune” and how do you tell?
Through lecture, question and answer, and hands-on exploration, we will learn the history of the harpsichord and piano, how “the machine” parts work, and how pianos are tuned. We will look at a harpsichord, an upright piano, and a grand piano and take parts out to see how each instrument works. We will explore tunings—the concept of being “in tune”—and the historical progression from unequal temperaments, including “well” temperaments like the one that was used when Bach’s The Well-Tempered Clavier was performed in his time, to the equal temperament we use on pianos today. There are over 50 different tunings that have been used on keyboard instruments. Why did western music settle on equal temperament for tuning pianos? This course will appeal to people interested in music and to those who like to know “how things work.”

**ARTS132A** · 3 Sessions
First United Methodist Church (Ashland) – Wesley Hall
class size 30
Thursday · 3:30–5:00PM
1/9/2020–1/23/2020

**INSTRUCTOR:** Barb Barasa, RPT, was trained in piano tuning and technology in 1982 in the Chicago area and has been tuning and repairing pianos ever since. Barasa is always ready to explain things to anyone (adult or child) who shows the slightest interest in how the piano works. She is a registered piano technician with the Piano Technicians Guild and is also familiar with the workings of harpsichords. She’s been involved with OLLI for over 10 years.

**NEW!** The Top 10 Songs Ever

What are the top 10 songs of all time? Now you don’t have to wonder because the instructor will reveal his picks to you. You will most likely disagree, and we will have spirited discussions as the instructor extols and defends his choices with a deep dive into the 10 songs. Why are they so good? What criteria were used for the top 10? How do they fit into our cultural and historical framework? We’ll have a lively discussion of the picks and an opportunity for you to advocate for yours.

**ARTS146A** · 6 Sessions
Campbell Center – Room C
class size 25
Wednesday · 11:00AM–12:30PM
1/8/2020–2/12/2020

**INSTRUCTOR:** Denny Caraher has been writing songs for many years. His recordings for children have won Parent’s Choice awards and his more mature musical material has been featured on The Writer’s Almanac and NPR. He has previously taught OLLI classes on song writing, writing lyrics, and the lyrics of Stephen Sondheim.

### Arts: Theater

**NEW!** A Deep Dive into Rodgers and Hammerstein Musicals

This course will take a deep dive into the musicals of Rodgers and Hammerstein with emphasis on the stage rather than on film. We will examine the creative process, performance histories, sources, and use of the conventions of the musical theatre. Instruction methods will include lecture, discussion, and viewing filmed versions of the plays. No prior knowledge is required, and there will be no required outside reading or activities.

**ARTS140M** · 7 Sessions
Medford Higher Education Center – Room 311
class size 30
Thursday · 1:00–4:30PM
1/16/2020–2/27/2020

**INSTRUCTOR:** Jim Kirkwood has enjoyed a life-long love affair with the musical theater, its composers, and its lyricists. He has seen countless professional and community productions and occasionally has built sets for community theaters in the Bay Area. Although he has a B.A. in English literature and a master’s in library science, it was his career in IT that financed his love of the theater.

The Oregon Center for the Arts at SOU is proud to bring distinguished artists to the Southern Oregon University campus as well as presenting their own highly acclaimed music, theatre and other Center for the Arts at SOU public events.

Contact the Box Office at 541.552.6348 or visit the website at oca.sou.edu.

For select events, discounts are available for senior citizens.
Improv 3: Longform

This is a very active participation-based class designed for students who are interested in expanding their knowledge of longform improvisation. That is, how do you take small-scene start prompts and turn them into an expanded, improvised ‘play’ in which all story elements are related and connected. The class is designed for students with improv experience who have a specific set of skills in place: how to create a scene as a collaborator, how to add to a scene with a very clear cause/effect awareness, how to stay focused on solving one problem at a time even when circumstances change, and then how to integrate all elements so they tie together from beginning to end. Students must sign a liability waiver that will be provided at the first class meeting.

ARTS195A · 10 Sessions  
Ashland Public Library – Gresham Room  
class size 20  
Tuesday · 1:00–3:00PM  
1/7/2020–3/10/2020

INSTRUCTOR: Karen Campbell has a B.A. in theatre and an M.F.A. in drama/directing. She has 35 years’ experience teaching acting, has directed some 200 plays and musicals, and was twice honored as best director by the 5th Avenue Musical Theatre Awards program. She worked with Seattle’s professional improv companies—Jet City Improv and Unexpected Productions—and has 25 years’ experience teaching Theatresports Improvisation.

Intermediate Improv

This is an active course geared for those familiar with improv basics: “Yes, and...,” listening, agreement, and CROWE (character, relationship, objective, where, and emotion). Each week we will focus on a given topic such as creating characters, building environments, initiating and ending scenes, heightening the funny parts, slowing down, and finding the truth of the scene. Additional topics may be included depending on what the participants need/want. Each class will close with a longer form exercise using the skills we are working on. There will be time for discussion and questions. For those who took this course previously, feel free to sign up again. The nature of improv requires us to build a community. Also, each class will build on the previous one. Therefore, attendance is important. If you know that you will miss more than two sessions, please consider signing up at another time. A waiver will need to be signed.

NOTE: There will be no class meeting on Thursday, February 13.

Readers Theater II

Readers theater is a dramatic presentation of a written work in script form. Performers read from a script, and parts are divided among the readers. No memorization, costumes, blocking, or special lighting is needed. We will read from a PowerPoint script that will be projected on the classroom screen. The focus is on reading the text with expressive voices while making the text comprehensible, meaningful, and fun. Scenes will be selected from such writers as Dickens and Chekhov and from plays and shows such as “Treasure Island,” “Lonely Hearts Club,” “The Thirty-nine Steps,” and many more. A background in drama would be helpful, but the ability to read and speak lines with at least average volume and expression is desirable. This class is a continuation of the Readers Theater course offered in fall 2019, with all new theater and radio scripts chosen from classic works as well as from comedy and detective shows.

ARTS195A · 10 Sessions  
Ashland Public Library – Gresham Room  
class size 20  
Tuesday · 1:00–3:00PM  
1/7/2020–3/10/2020

INSTRUCTOR: Ellen Reiterman, B.A. in theater arts from UC Santa Cruz, is an alumna of Washington Improv Theater’s long-form improv in Washington, D.C. She performed in Improvapalooza and FIST at WIT. Locally, she has studied with Karen Campbell at OLLI and with Cil Stengel and Kyndra Laughery of the improv troupe The Hamazons. She has worked on over 50 shows in a variety of capacities including director and actor. She co-founded Good Luck Macbeth in Reno.

ARTS124M · 6 Sessions  
Medford Higher Education Center – Room 311  
class size 30  
Friday · 11:00AM–12:30PM  
1/10/2020–2/14/2020

INSTRUCTOR: Gerald Murphy taught high school English for 33 years in Yreka, California, and his plays and musicals have been produced in over 30 countries throughout the world. He has taught several film studies classes at OLLI including “The Third Man,” “The Big Lebowski,” and “O Brother, Where Art Thou?” He currently plays guitar and sings with the Over Easy Singers at retirement homes throughout Jackson County.
NEW! Topsy-Turvy: Stratford Festival Performs G & S

W. S. Gilbert described the bizarre world of his imagination as “Topsy-Turvy-dom,” which he brought to life in librettos for operettas with brilliant musical scores composed by Sir Arthur Sullivan. Beloved of theatre-goers for many decades, these operettas have been staged by countless theatre companies. Several of the most heralded productions were staged by the Stratford Festival in the 1980’s. The course will begin with the Academy-Award winning film, “Topsy-Turvy,” which will introduce students to the complex relationship between G & S as they created one of their most successful productions, “The Mikado.” In subsequent sessions we will view four of these productions preserved on film, including “H.M.S. Pinafore,” “The Pirates of Penzance,” “The Mikado,” and “The Gondoliers.” Brief handouts will describe each operetta. The instructor will lead a discussion after each production.

ARTS120A · 5 Sessions
Campbell Center – Room A
class size 32
Friday · 1:00–4:00PM
2/14/2020–3/13/2020

INSTRUCTOR: An avid theatre-goer, Michael Jasperson had the great pleasure of seeing all four of the G & S productions at the Stratford Festival during visits to Canada in the 1980’s. He has taught many courses for SOLIR/OLLI since 1994, covering a wide range of subjects. He holds a B.A. from the University of Virginia and an M.A. and PhD from Georgetown University. He taught for 34 years at the Naval Academy in Annapolis, MD.

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 examine the art of these cultures from Neolithic Turkey through historic Sumer, Assyria, and Persia. Note that this is a lecture course accompanied by copious slides; students wanting to discuss the course content are encouraged to form a brown-bag session after class. This course will be repeated in Ashland spring term 2020.

ARTS128M · 6 Sessions
Medford Higher Education Center – Room 321
class size 48
Friday · 1:00–3:00PM
2/7/2020–3/13/2020

INSTRUCTOR: Allison Renwick holds 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, Renwick has also taught PowerPoint courses at OLLI.
Creating a Living Journal

Enhance your journal writing with art to tell a story or share an idea! A journal can be a place to express yourself by combining text and artful play, tapping into your intuition and discovering ideas with mixed media art techniques such as quick-observation sketches, graffiti, and collage. Each class session will start with examples, a demonstration, and a writing/art warm-up exercise. The remaining time will be an open studio to try ideas you would like to incorporate into your own journal. You are encouraged to work at your own pace. A variety of experience levels is welcome. Instruction for each class builds on the previous session. Bring a spiral sketchbook (9x12 or 8.5x11), black sharpie, a few #2 pencils, handheld pencil sharpener, 2-3 glue sticks, and a small set of colored pencils to class.

NOTE: This class is scheduled to meet twice a week for three weeks.

ARTS152M · 6 Sessions  
Medford Higher Education Center – Room 224  
class size 20  
Tuesday, Thursday · 11:00AM–12:30PM  
2/4/2020–2/20/2020

ARTS152A · 6 Sessions  
Campbell Center – Room A  
class size 20  
Tuesday, Thursday · 3:30–5:00PM  
2/4/2020–2/20/2020

INSTRUCTOR: Lisia Farley has an M.A. in education from Lewis & Clark College in Portland. She taught fine arts, history, and writing for the West Linn-Wilsonville School District, Lewis & Clark College, and Marylhurst University in Portland, Oregon, for 33 years. She works as an artist in residence in Portland-area high schools and community centers, along with taking private students in her studio.

Hand Bookbinding: Simple Structures Without Glue

Are you an artist or a writer interested in making beautiful handmade books or artist’s books? Perhaps you’d like to make your own journals or blank books? In this hands-on class, you will learn techniques needed to make simple sewn pamphlet, stab, long stitch, and Coptic bindings. Pages can be made from a variety of papers, fabrics, digital prints or photocopies, two-dimensional artworks, and more. Hard and soft covers will be constructed using cold-mound sheet adhesive. The course will conclude with a brief discussion of artists’ books (works of art in book form) and a sharing of student projects. Some preparation (cutting and folding paper, preparation of cover materials) will be required outside of class time. Because some class sessions build on demonstrations from prior sessions, it is important that students be able to attend all sessions.

NOTE: $15 will be due to the instructor at the first class session for materials supplied. Students will need to purchase additional materials costing about $40 and to collect or buy page and cover materials. The instructor will provide a list to registered students.

ARTS143A · 8 Sessions  
Campbell Center – Room A  
class size 10  
Wednesday · 3:30–6:00PM  
1/22/2020–3/11/2020

INSTRUCTOR: Ann Lovett is an artist, poet, and professor emerita at SUNY New Paltz where she taught photography and book arts for 35 years. She has an M.F.A. in photography and an M.F.A. in poetry and has created many hand-bound limited-edition artist’s books that have been exhibited nationally and internationally.

Mandala Art

Throughout history the mandala shape has served as a spiritual container for processes that people experienced in their daily lives. In this studio art class, students will deepen their knowledge and enjoyment of the mandala as an art form. By studying cross-cultural examples of ancient, indigenous, and contemporary mandalas, students will learn about the five universal shapes that appear in all art. Examples will be shown: Tibetan Buddhist sand paintings, Navajo sand paintings, Native American medicine wheels, Christian rose windows, Celtic symbols, and more. Students will learn about their own process and create their own mandalas. Emphasis will be on color theory, line, and form. Beginners as well as advanced artists are welcome. No previous art experience is required. Students are required to bring to class a paper sketch pad 14” by 17” (no smaller); Strathmore 400 series paper, 24 sheets, 80 lb.; Polycolor 12 pencils by Koh-I-Noor; a pencil sharpener; and a 14” clear plastic ruler.

ARTS198M · 6 Sessions  
Medford Higher Education Center – Room 305  
class size 22  
Thursday · 1:00–3:00PM  
1/9/2020–2/13/2020

INSTRUCTOR: Thea Robertshaw has a master’s degree in drawing and painting from California State University, Long Beach. She taught at Long Beach City College for 30 years where she created a course called Art and the Self: Symbols, Myths and Dreams. She maintains a studio where she teaches subjects related to art and healing. She has lectured widely on the spiritual in art.
Residential Landscape Design

Winter is a great time to plan improvements to your landscaping! Learn garden design basics including the use of color, form, and texture to create beauty and achieve a style that suits you and your home. Practical functionality, environmental issues, cost, site analysis, plan preparation, plant selection, and the nuts and bolts of landscape installation will also be addressed through lectures, in-class exercises, and optional homework. Students who wish to draft a plan outside of class will be given a list of essential tools and materials. Please bring any edition of the “New Sunset Western Garden Book” to the fourth class.

ARTS123A · 6 Sessions
Campbell Center – Room A
class size 24
Thursday · 11:00AM–12:30PM
2/6/2020–3/12/2020

INSTRUCTOR: Fran Adams’ lifelong love of gardening, nature, and art led her to become a landscape designer in 1990. Over the next 20 years, she designed more than 500 landscapes, served on the Association of Professional Landscape Designers national certification board, and taught landscaping at a community college. She became known for incorporating native plants and for landscaping 1950s modern homes.

NEW! Rubens’ Marie de’ Medici Cycle

Lights! Action! Assassinations! Mermaids! Medicis! To make Marie de’ Medici look fabulous, Peter Paul Rubens pulled out all the stops. We’ll take a deep dive into the 23 huge paintings known as Rubens’ Marie de’ Medici cycle that he created for her palace in Paris, exploring the politics behind the art and the art behind the politics. Marie Medici descended from the family that ruled Florence during the Renaissance. As queen to Henry IV of France, she gave birth to Louis XIII, and ruled France as his regent. The instructor will provide background information needed to begin to “read” Rubens’ paintings, and we will work as a group to decipher their messages. We will develop a full understanding of why Rubens was called, “the prince of painters and the painter of princes.” We will savor some of the best aspects of baroque painting. No prior knowledge of art history or French history is necessary, although each student’s knowledge is appreciated.

ARTS122M · 4 Sessions
Medford Higher Education Center – Room 224
class size 20
Tuesday · 1:00–3:00PM
1/14/2020–2/4/2020

INSTRUCTORS: Alice Taylor holds a Ph.D. in art history from New York University. She enjoyed teaching Storytelling Images at OLLI last spring when she was able to apply her experience as an art history instructor to spark conversations with her OLLI students. Taylor’s husband, Marcus Levitt, is a specialist in 18th century literature and has extensive knowledge of classical mythology and its roles in Baroque art.

Watercolor Painting for Beginners/Intermediates

Through group and individual instruction, this class introduces watercolor painting to students with little or no painting experience. The instructor will begin each class with a brief demonstration of the technique or approach that he would like students to work with during the class session. Students are then free to explore the content in any way they choose. The goal is for everyone to enjoy the experience. The only requirement is that you be willing to learn, experiment, and have fun. Enrolled students will receive a detailed supply list from the instructor. The cost of supplies will be approximately $40.

NOTE: There will be no class meeting on Martin Luther King, Jr. Day, Monday, January 20. Also, there will be no class meeting on Monday, February 10.

ARTS191A · 7 Sessions
Campbell Center – Room A
class size 15
Monday · 9:00–11:00AM
1/6/2020–3/2/2020

INSTRUCTOR: Ruddy Havill holds a B.F.A from the University of Arizona and an M.F.A. from Pratt Institute. He taught fine arts for 29 years at a public high school in New York and has won numerous awards in watercolor painting throughout the U.S.
**Arts: Writing**

**NEW! How to Publish Your Writings for Free**

Would you like to publish a book but are intimidated by the cost of printing? Do you have some writing that you would like to share? In this class you will learn how to publish an eBook of any length for free. And thanks to print-on-demand technology, you can publish a paperback for the cost of a proof. You will learn how to format an MS Word document to prepare it for publishing in both paperback and eBook formats, including organizing chapters. You will learn how to start a free account with two publishing companies, how to go through the actual publishing process, and how to edit your finished book any time you like. Finally, we will review the requirements for book covers. Isn’t it time to share your words with the world?

**NOTE:** Students should bring their own laptop to class and have a rudimentary understanding of MS Word. The instructor’s expertise is in Word for a MAC; anyone using Windows needs to know Word for Windows thoroughly.

**ARTS131A · 6 Sessions**
Campbell Center – Room B
class size 8
Tuesday · 11:00AM–12:30PM
1/7/2020–2/11/2020

**INSTRUCTOR:** Roger Brown has tutored in several different scenarios over the years. He has written six books, all of which he has self-published in both eBook and paperback formats.

**Introduction to Creative Writing**

Come develop your writing style in this 10-week introduction to creative writing. Each class will feature a different type of creative writing, including short story, drama, fiction, creative nonfiction, and poetry. There will be a short discussion each week and an opportunity for students to share their writing based on the previous week’s session. In-class open readings are voluntary, and all writing assignments are optional should students wish solely to participate in discussions. Students will also have the option of either submitting their work to the class for peer review or submitting it to the instructor for review featuring marginal commentary. Students must have their own computer, or access to one, and submit their work in print.

**ARTS147M · 10 Sessions**
Medford Higher Education Center – Room 305
class size 12
Tuesday · 3:30–5:00PM
1/7/2020–3/10/2020

**INSTRUCTOR:** William Lawson has a B.A. in English with an emphasis in writing. He has written and self-published numerous books, including three histories, a book on Biblical symbolism, and a book of poetry. He has taught history and creative writing classes for OLLI.

**Nonfiction Writing Workshop**

This course offers practical training to enhance each student’s nonfiction writing skills. The narrative nonfiction storytelling techniques emphasized are applicable to memoirs, historical articles, long-form journalism, and book-length writing for print or the internet. Class materials include selected readings, posted online, that demonstrate key writing techniques practiced by professional authors. Students are required to submit for analysis four 500-1,000 word writing samples by midnight Saturdays at the rate of one every other week using content derived from observation or their life’s experience. Students will read each other’s work and share constructive criticism about style and content. The instructor will also comment on each exercise. Students should expect to spend 4-6 hours a week reading assignments, analyzing fellow students’ work, and writing.

**NOTE:** “Bird by Bird,” Anne Lamott, 1995, $12.53 new, is to be read by the end of the term.

**ARTS178A · 10 Sessions**
Campbell Center – Room B
class size 15
Tuesday · 9:00–10:30AM
1/7/2020–3/10/2020

**INSTRUCTOR:** Paul Steinle, a journalist, documentary filmmaker, news media manager, and journalism educator, has taught workshops in nonfiction writing and cinema appreciation at the graduate and undergraduate levels since 1992. Steinle co-authored two nonfiction books, has written a “Professional Field Guide for Television News,” and has produced 10 TV documentaries. He’s been engaged in either news media or journalism and cinema education since 1961.

**NEW! Share What You Write**

Have you written a story or poem you would like to share with others? In this course, students will have the opportunity to read their work in a supportive, non-critical setting. All topics and genres (fiction, memoir, poetry, children’s, non-fiction, etc.) are welcome, with the exception of politics. Work may be current or written in the past.
Stories should be between 300 to 750 words in length; students will have approximately five minutes each session to read. Note that this is not a class in which writing will be formally taught; the instructor will serve as mentor. Listening to the works of other students, as well as to their constructive comments, will provide insight into one’s own writing. All levels are welcome!

**ARTS130A** · 8 Sessions  
Campbell Center – Room C  
class size 25  
Tuesday · 11:00AM–12:30PM  
1/7/2020–2/25/2020  
**INSTRUCTOR:** Alan R. Eddy earned a B.A. in secondary education at the University of Alaska, Fairbanks, and holds an M.S. in education from S.O.U. He is a short story writer and current president of the Siskiyou Writer’s Club in Yreka, CA where he lives.

**Zero to First Draft:**  
Unstick Your Novel

When authors are stuck on a story, it is usually at a key turning point in their novel. During this course, we will focus on analyzing and strengthening key story elements by covering the three major ‘tentpoles’ of story: inciting incident, midpoint, and climax. Students will learn how to identify each of these scenes, common pitfalls, and solutions to make the writing more impactful for their readers. By the end of the course, students should feel clear about what makes a good tentpole scene and be inspired to tackle their revisions. In addition to lectures, each class will include discussion to troubleshoot students’ particular story questions. We will also discuss motivation and scheduling. This is an excellent class for beginning creative writers, for people who have an idea for a story they would like to tell, or for those who just have always wanted to write a novel. This course would also benefit more experienced writers who have become stuck in the huge task of novel writing.

**ARTS127A** · 4 Sessions  
ScienceWorks Museum – Theatre  
class size 20  
Friday · 4:00–5:30PM  
1/10/2020–1/31/2020  
**INSTRUCTOR:** Claire Chiaravalle holds a B.A. in theater from Colby College and an M.F.A. in film production from Chapman University. While drafting her own first novel, she served as co-chair of Southern Oregon Willamette Writers as well as community leader of Ashland NaNoWriMo. Chiaravalle was a NaNoWriMo winner in 2017.
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 percent discount on purchases made at the SOU Bookstore.
- 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).

HISTORY

NEW! Historical Background of the Hellenistic World

A remarkable feature of the ancient Mediterranean world was the role that Greek language and culture came to play throughout the eastern Mediterranean. This lecture and discussion course will examine the historical events and personalities that made this influence possible, beginning with Alexander the Great, his conquests and untimely death, and the chaotic struggle for political control among his successors that anchored outposts of Greek thought and culture as far east as Afghanistan and India. In succeeding centuries, however, those Greek-speaking kingdoms came into contact with a new adversary, the Roman Republic. We will examine Rome’s coming-out in the Punic Wars and the subsequent Roman conquest and control of Macedon, Greece, and the Near East. Hellenization, as we will see, survived all this drama and continued to be an important feature of many societies of the period—including the elite of Rome itself—well into antiquity.

HIST121M · 10 Sessions
Medford Higher Education Center – Room 321
class size 48
Thursday · 1:00–3:00PM
1/9/2020–3/12/2020

INSTRUCTOR: Ean Roby is professor emeritus at Ohlone College in Fremont, California. He regularly teaches classes at OLLI in ancient history, history of religions, and history of philosophy.

Homo Sapiens: Hunter Gatherers to A.I.

The purpose of this course, a somewhat expanded version of a course offered in the fall of 2018, is to explore the history of homo sapiens, from the inception of our species to the advent of artificial intelligence and genetic engineering. Where have we been? How are we positioned now? Where are we going? The course can, therefore, be conceived as a meditation involving history and many other disciplines. To make the subject manageable, the template will be Sapiens: A Brief History by the Israeli historian Yuval Noah Harari. We’ll refer to Harari’s work in a critical spirit to see what it has to offer to illuminate the topic. We will be hearing from the following experts: Stephen J. Gould, Steven Pinker,
Matt Ridley, Elizabeth Kolbert, HAL 9000, Michio Kaku, Lawrence Peter Berra, and many others. Students should read Sapiens in its entirety or at least in large sections. There will be abundant slides and videos and students will have the opportunity to express alternative views.

HIST120A · 10 Sessions
ScienceWorks Museum – Theatre
class size 80
Thursday · 1:30–3:30PM
1/9/2020–3/12/2020

INSTRUCTOR: Bob Wetmore has a master’s degree in European history from UC Berkeley. He has taught four OLLI courses on ancient art, history, wine, and sapiens. He first became interested in the work of Yuval Harari, which forms the template for this course, during his study of the fall of the Roman empire.

NEW! How Henry Ford Changed America

In this lecture, video, and discussion course we will consider the life and impact of an American original who changed the world by turning a curiosity—the automobile—into the dominant mode of transportation for millions of people. Ford’s Model T not only changed how people and things moved, it also changed the nature of the workplace and set the standard for production for modern capitalism. We’ll consider Ford’s background—his early life and work and his relations with investors and other inventors. We will also study how, where, and why Ford produced his first cars; Ford’s attitudes towards his employees; and how payment of $5.00 per day changed American attitudes about the workplace. We’ll look at his effort to produce cars in Brazil (“Fordlandia”) and how and why that failed. Finally, we must consider the origin, meaning, and effect of Ford’s social and political views; his espousal of antisemitism; and that espousal’s effect on the development of Adolph Hitler.

HIST122M · 9 Sessions
Medford Higher Education Center – Room 305
class size 36
Thursday · 11:00AM–12:30PM
1/9/2020–3/5/2020

INSTRUCTOR: Emmett Ramey has read much history over his life and finds it interesting to get perspectives about events from others. He has taught a variety of courses at OLLI from Hannibal to current events. His most recent OLLI course explored What if Major Events Could Have Been Different?

NEW! Josef Stalin: Iron Hand

Most of the history we were taught in high school and college never talked about sociopathic powerhouses such as Josef Stalin and Mao Zedong. But these men are towering figures in 20th century history, and in this course, we will study one of them. We will begin by covering Stalin’s violent, chaotic youth in Georgia and move through his exile in Siberia and his activities as a terrorist. We will see Stalin’s rise to power after the Bolshevik revolution and his purges of the Mensheviks, Kulaks, and the Soviet officer corps. We will consider Stalin’s leadership of the Soviet Union in World War II. We will see him at Yalta and Potsdam and cover his role during the Korean War. Comparisons will be drawn between Stalin and Mao Zedong, Kim Il Sung, and western leaders. No previous knowledge is required. No readings or homework will be required. No particular viewpoint will be taken. This is a lecture course, with limited visual aids. Questions, on topic, will be encouraged.

HIST123M · 9 Sessions
Medford Higher Education Center – Room 305
class size 36
Tuesday · 1:00–3:00PM
1/7/2020–3/3/2020

INSTRUCTOR: Michael Wells holds a bachelor of arts (political science) and a juris doctorate (law degree). He practiced law in Oregon and California for 32 years. He taught legal writing and research at Humboldt State University for a short time and has taught courses at OLLI on the history of the United States Constitution, Reconstruction (after the Civil War), Mao Zedong, and the Korean War.
Quest for the Northwest Passage: Mutiny and Murder

Travel with the men who, over three centuries, tried to unlock the mystery of the existence and location of the Northwest Passage. We start with an overview of Arctic geography and then trace the paths of the intrepid navigators who sailed into the uncharted waters of the Canadian Archipelago. We will learn how, although often woefully unprepared, men survived the challenges of travel in the polar regions. The stories are ones of mutiny, murder, mystery, and, often, madness. The course concludes with the efforts to determine the fate of Franklin’s expedition and, finally, with the successful transit of the Northwest Passage by the Norwegian explorer Roald Amundsen. No previous knowledge is required, only a deep curiosity to learn what drove so many men for so many years to risk their lives. This is a companion course to the Quest for the North Pole previously given in both Ashland and Medford. The approach will be a lecture format that includes many visual aids.

Dates to Remember

**IMPORTANT DATES**

Winter catalog published online: November 11

Winter course requests: November 11–November 22

Spring course proposal period: December 1–31

Winter course assignments sent out: December 9

Winter open registration begins: December 16

Winter term begins: January 6

Winter term ends: March 13

**OFFICE CLOSURE**

Thanksgiving: November 27–29

Christmas: December 23–27

Martin Luther King, Jr. Day: January 20

HIST214M · 6 Sessions
Medford Higher Education Center – Room 321
class size 48
Wednesday · 1:00–3:00PM
1/15/2020–2/19/2020

**INSTRUCTOR:** Dave Baker has spent months in both the north and south polar regions and has studied the lives of men who sought to find the answers to the mystery that envelops the unknown. Baker served in the Navy, retiring as a captain. He is a graduate of Yale University and has lectured on both the Arctic and Antarctic at OLLI for more than five years.

**NEW!** Slavery and Civil Rights: The Views of Four Women

In this course, we’ll view the story of black Americans from the antebellum to post antebellum periods through the eyes of women in four engrossing works of fiction. The stories concern women who became the first abolitionists in Southern history, a seamstress who witnessed the Lincolns’ private lives, a runaway slave and the man who set out to catch her, and racial issues in the New South in 21st century America. The four books are “The Invention of Wings” by Sue Monk, “Mrs. Lincoln’s Dressmaker” by Jennifer Chiaverini, “Soul Catcher” by Michael White, and “An American Marriage” by Tayari Jones. Each class will include a brief introductory lecture that places the work of fiction within its historical context. The balance will be class discussion focused on the historical periods that are addressed, on the plot and characters of the work of fiction, and on how the book advances our knowledge of history. The first book needs to be read before the first class.

HIST124A · 4 Sessions
Campbell Center – Room B
class size 18
Monday · 11:00AM–12:30PM
2/10/2020–3/2/2020

**INSTRUCTOR:** Jane Ballback has a bachelor’s degree in history and a master’s degree in education. She was a university professor and a human resources consultant for over 35 years. Ballback is an amateur historian who has visited many museums and presidential libraries.
NEW! Conversational Spanish: Intermediate to Advanced

Do you wish you could converse better in Spanish? You’ve studied the grammar and your vocabulary is good (when you read), but trying to carry on a real conversation is tough. Join the crowd! This is a reading and discussion class for students at intermediate-to-advanced levels. We’ll read short selections from books or magazines or watch film clips or videos as a basis for discussion. Then we’ll talk about it, helping each other with sticky grammar points or needed vocabulary. There may be required readings or short grammar study outside of class as preparation. You should have a basic grasp of past and present verb tenses and some slight acquaintance with conditional, future, and the subjunctive. Perfection is NOT expected—just a willingness to tackle new forms as they come up in the conversation. An excellent resource, but not required, is “A Concept Approach to Spanish,” Zenia Sacks DaSilva and G.H. Lovett, (Harper & Row, 2nd or 3rd edition).

LANG122A · 7 Sessions
Campbell Center – Room A
class size 20
Wednesday, Friday · 9:00–10:30AM
1/15/2020–2/5/2020

INSTRUCTOR: Teri Coppedge has been teaching Spanish for decades to students at many levels of proficiency. She has lived in Spain, Mexico, and Peru. She has earned a B.A. in Spanish, both California and Oregon teaching licenses, and an M.A.T. in foreign languages (specialty in Spanish). She loves teaching and learning at OLLI. She knows that monolingualism can be cured.

Winter 2020
Community Lectures

OLLI lectures are free and open to the public, but registration is required. The series features SOU professors, OLLI instructors and community presenters. Visit inside.sou.edu/olli/outreach for more details.

► Friday, January 24, 2020
1:00 to 3:00 pm
Higher Education Center, Medford
Citizen Disaster Preparedness
presented by Terri Stewart

Terri Stewart, the Community Preparedness Coordinator for Ashland Fire & Rescue, will provide an interactive learning experience involving citizen disaster response. She will highlight individual and family preparedness through explaining the tenets of preparedness including Develop a Plan, Create a Kit, Be Informed, and Get Involved while also providing an opportunity to learn more about patient handling from a first responder’s point of view.

► Friday, February 28, 2020
1:00 to 3:00 pm
Higher Education Center, Medford
The Medford Comic Con: Inhabit Your Alternate Reality
presented by Terra McLeod

Terra McLeod (Medford Library Branch Manager) and Brystan Strong (JCLS Youth Service Coordinator) will give an overview of the annual Medford Comic Con which has been phenomenally successful since 2015. They will describe the various events available to attendees, show the multiple fandoms represented, and explain why Cons are enjoyed by all age groups. The 2020 Comic Con will be held on April 25–26.

Special thanks to the Springs at Anna Maria for providing refreshments at our winter lectures.
**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 is a previously taught course with new content. This term we will continue reading selected chapters of the instructor’s memoirs of his life in West Berlin during the three years after “The Wall” came down in 1989. The years 1989 to 1992 cover dramatic political changes in Germany. Students should have a basic knowledge of German. Because there is no clear definition of “basic knowledge,” the instructor invites students to attend the first class to find out if their knowledge is sufficient to profit from the course.

**LANG109A**
- 10 Sessions
- Campbell Center – Room B
- class size 18
- Wednesday · 11:00AM–12:30PM

**INSTRUCTOR:** Udo Gorsch-Nies, born and educated in Germany, has an M.S. in physics. He has been teaching German at OLLI since 2005. He has vivid memories of WW II and its aftermath. He has lived and worked in many countries, including divided Berlin and has observed the politics of Germany and the East-West conflict throughout his adult life. He desires to be a bridge builder between cultures, sharing language and his knowledge of Germany today.

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**Exotic Travel**

Want to go vicariously to places you may never visit? In this continuing lecture/travelogue course, guest speakers present their experiences traveling to places that many consider exotic. The focus this term is Central America and Cuba. February 14, Fran Ryan will talk about her trip to Cuba. February 21, Karen Grove will explain the geological formation of Central America and tell us about her travels in Costa Rica. February 28, Cory Ross and Greg Conaway will present their experiences in Panama and Belize. March 6, Eileen Dunn will share stories about her trip to Honduras as part of a human rights delegation. March 13, Diane and John Engelhardt will talk about Guatemala.

**LANG105A**
- 5 Sessions
- ScienceWorks Museum – Theatre
- class size 80
- Friday · 1:30–3:30PM
- 2/14/2020–3/13/2020

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

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**Meet India and its Culture Through Hindi**

This course is for all those who are interested in knowing more about Indian culture, places to visit in India, and India’s lifestyle, uniqueness, and language. Class sessions will focus on Hindi phrases, cultural insights, and practical information. Hindi language instruction will include how to ask simple questions, how to properly address people you meet, and how to employ a basic vocabulary used in everyday conversation. There will be PowerPoint presentations and ample opportunities to ask questions. The last session, a field trip to an Indian restaurant, focuses on food. There are no course requirements; you’re only asked to come with a happy mind!

**LANG121A**
- 4 Sessions
- Campbell Center – Room B
- class size 18
- Thursday · 9:00–10:30AM
- 2/20/2020–3/12/2020

**INSTRUCTOR:** Kumud Gokani is of East Indian descent. As part of her university education (in the state of Maharashtra, near Mumbai) she took courses specifically for those intending to teach the Hindi language. Although Hindi is her second language, she is fluent and taught Hindi to individuals and groups in Africa and the U.S.A. Gokani has traveled extensively in India and can share her knowledge about the culture and lifestyle of different states in India.
Life Planning
Organize your intentions through financial and end-of-life planning.

DIY FUNdamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and determine whether they are selling at a fair price. FUNdamental analysis methods, as taught to more than 5 million investors by BetterInvesting (www.betterinvesting.org), will be used to help students form sound judgments, compare values between companies, make wise strategic portfolio choices, and do online research. Students will use one 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 include outside reading and practice tools. Maximum benefits will be achieved by attending sessions 1-5. A roadmap to continue independent study will be provided in the last session. Beginners and repeaters are welcome!

NOTE: Students must have basic math skills, an email address, a PC or Mac, a printer, and the ability to use WIFI, YouTube, and access company websites. 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.

LIFE141A · 7 Sessions
Campbell Center – Room A
class size 24
Monday · 3:30–5:30PM
1/27/2020–3/9/2020

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 MBA in finance/marketing from West Coast University, Orange, CA. Michael Smith has a B.S. in earth and planetary science and a mathematics minor from the University of New Mexico, Albuquerque. Both are passionate volunteers with BetterInvesting.

NEW! Falls and How to Prevent Them

Falls account for one-third of all nonfatal injuries in the US. Three million older adults are treated in emergency departments each year for fall injuries. Because the aging process can affect vision, strength, and balance, adults 65 and older are at an elevated risk for falls. Falls are not a natural part of aging and can be prevented. This mostly lecture course will cover how falls happen, the consequences of falls, the common fall hazards found in the home, and what you can do to prevent them. Students will be able to determine their risk for a fall and will be provided a checklist they can use to evaluate fall hazards in their home.

LIFE121M · 2 Sessions
Medford Higher Education Center – Room 305
class size 36
Wednesday · 11:00AM–12:30PM
2/19/2020–2/26/2020

INSTRUCTOR: Jim McCunney was a safety and health professional for 40 years who worked in both industry (Xcel Corporation, Boeing Company) and government (Minnesota OSHA). He evaluated and recommended solutions for fall hazards in the workplace. He volunteered in Seattle’s Master Home Environmentalist Program where he performed home evaluations for health and safety hazards. He has a bachelor’s degree from Penn State and a master’s degree from the University of Minnesota.
Fundamentals of Investing

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

**LIFE122A · 4 Sessions**  
Campbell Center – Room A  
class size 30  
Wednesday · 1:00–3:00PM  
1/15/2020–2/5/2020  

**INSTRUCTOR:** David Savage is a certified financial planner and president of Savage and Company Wealth Management, LLC. He holds degrees from the University of Oregon, graduating Phi Beta Kappa, and from Eastern Oregon University. Savage has been a financial advisor in both California and Oregon since 1994.

How to Ensure Your Money Lasts for Your Lifetime

How can you ensure your money lasts for your lifetime? By developing a customized retirement plan. Students will be given a template to develop their own financial plans. Using lecture, slides, and class discussion, the instructor will explain the financial world (banks, certificates of deposit, bonds, the stock market) and review in laymen’s terms the economic factors that affect retirement, including Social Security, healthcare, and taxes. You will learn to divide your assets into three buckets: the “pay your bills” bucket, the “refill” bucket (in case the roof leaks), and the “safe investments” bucket to make your savings and invested money grow. Finally, you will learn about the Efficient Frontier Portfolio model. With the Standard and Poor’s index and a conservative bond index, you can set up a safe investment that may double every seven and a half years. Guest specialists will be invited to discuss Social Security, healthcare, and the stock market.

**NOTE:** There will be no class meeting on Martin Luther King, Jr. Day, Monday, January 20.
**NEW!** George Eliot’s MIDDLEMARCH

George Eliot’s “Middlemarch” is “One of the few English novels written for grown-up people,” according to Virginia Woolf, and this 800-page book is well worth the effort it demands. Participants will be free to select what sections, elements, or characters will be examined and discussed. Conversation, rather than lecture, will be the learning mode, and all insights will be welcomed and used to further understand the work and ourselves. Keeping up with the reading is critically important. Before the first class, participants should have read the first two “books”: Miss Brooke and Old and Young.

**NOTE:** Required: “Middlemarch” by George Eliot, the Barnes & Noble Classics edition, ($10.95), but any unabridged version will do.

**LIT126A** · 5 Sessions
Campbell Center – Room C
class size 20
Tuesday · 1:00–3:00PM
1/7/2020–2/4/2020

**INSTRUCTOR:** Morgan Silbaugh has both a B.A. and an M.A. in English. He loves to read and to evoke conversation about what’s been read. This will be the eighth winter session he has taught at OLLI. He has extensive experience in facilitating small groups. Creating a safe place for learning is vitally important to him.

**NEW!** Peloponnesian War: Laughter Is the Best Medicine

Trapped within the stone walls of their city, Athenians fought a bloody war against Sparta and its allies from 431 to 404 BC. At the same time, some of the world’s greatest comedy writers managed to keep Athenians laughing at their troubles and even suggested ways the war might be quickly ended and peace re-established. This lecture course will look at the Peloponnesian War through Aristophanes’ eyes and other comic poets and pose the question: Can a good belly laugh change the course of history? Featuring a mix of history, old comedy, and ancient Greek show business, the course will present extended readings from Aristophanes’ “war plays”: “Acharnians,” “Knights,” “Peace,” “Lysistrata,” and “Frogs.” It will also include references to other comic writers such as Cratinus, Eupolis, and Platon. No previous knowledge required. No editions of the plays need be purchased.

**WARNING:** contemporary translations of Aristophanes can be quite risqué. This course will use contemporary translations.

**LIT124A** · 6 Sessions
Campbell Center – Room A
class size 30
Wednesday · 11:00AM–12:30PM

**INSTRUCTOR:** Bob Graybill has done graduate work in theatre history and has taught OLLI courses in drama since 2013. He especially likes to present old plays that no one has heard of. He was at one time a drama critic but has since reformed.

**NEW!** Shakespeare Identified & Shakespeare Suppressed

This six-week course will examine two books published nearly a century apart, “Shakespeare Identified” (1920) by J. Thomas Looney and “Shakespeare Suppressed” (2016) by Katherine Chiljan, both of which challenge the attribution of the Shakespeare canon and promote the authorship claim of Edward de Vere, 17th Earl of Oxford. The course will include readings from the critical responses to “Shakespeare Identified” and from Looney’s published responses. Videos of James Warren, editor of “Shakespeare Identified”, and Katherine Chiljan will be screened. The final class will be a presentation on “Shakespeare from the 16th to the 21st Centuries: Politics, Propaganda and Satire,” including a discussion of the politics of the Shakespeare authorship challenge. The final class will be followed by an off-campus reception celebrating the centenary of “Shakespeare Identified.”

**NOTE:** Recommended: “Shakespeare Identified” (2019 Centenary Edition), by J. Thomas Looney, ed. James Warren. $23 and “Shakespeare Suppressed: The Uncensored Truth about Shakespeare and his Works” (2016), by Katherine Chiljan. $29.50 (includes numerous color images).

**LIT123A** · 6 Sessions
First Presbyterian Church (Ashland) – Calvin Hall
class size 30
Wednesday · 11:00AM–12:30PM

**INSTRUCTOR:** Earl Showerman graduated from Harvard College and the University of Michigan Medical School, and is a long-time patron of the Oregon Shakespeare Festival. Since retiring in 2003 he has researched the Shakespeare authorship question, and for the past decade has taught a series of courses on this subject at OLLI. He is a trustee of the Shakespeare Oxford Fellowship and an associate of the Shakespearean Authorship Trust of London, England.
**NEW!** Shakespeare’s Game of Thrones: HENRY VI

The 2020 OSF season will bring us the penultimate play(s) in Shakespeare’s “political” cycle that chronicles the end of the Plantagenets and the rise of the Tudors. His three “Henry VI” plays are seldom produced separately, and, accordingly, the OSF production is a two-part adaptation, “Bring Down the House,” written and directed by Rosa Joshi, whose “Henry V” was a highlight of the 2018 season. In “Henry VI” the disorder begun 60 years before when Henry’s grandfather overthrew his feckless cousin Richard II now breaks into 30 years of civil war. This “cousins’ war” will conclude in Shakespeare’s final play in the series, “Richard III,” with the triumph of Elizabeth I’s grandfather, Henry Tudor. In this class, a combination of lecture and discussion, we will examine the complicated relationships in “Henry VI” as well as Shakespeare’s themes and language. In preparation for enjoying OSF’s production, we will also look at Joshi’s adaptation in some detail.

**NOTE:** This class will be held in the Calvin Hall of First Presbyterian Church; there is a one-time $10 donation per student.

**LIT125A** · 6 Sessions  
First Presbyterian Church (Ashland) – Calvin Hall  
class size 70  
Wednesday · 1:00–3:00PM  
1/22/2020–2/26/2020

**INSTRUCTOR:** Susan Stitham taught Shakespeare and history in Fairbanks, Alaska, in two different centuries to students from 13 to 83 and has taught at OLLI at SOU since 2011. Stitham became a passionate advocate for the historical Richard, in contrast to Shakespeare’s Tudor hatchet job, and immersed herself in a study of the Wars of the Roses when she read Tey’s “Daughter of Time” and discovered that she and Richard III share a birthday.

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**NEW!** THE HEARTS OF HORSES

“The Hearts of Horses,” is a novel by Oregon author Molly Gloss, set in northeast Oregon in 1917. It’s a coming of age story about a young girl with a gift for understanding and relating to horses that surpasses her abilities and confidence in relating to the rough and tumble ranchers who own those horses. The impact of the war in Europe plays a prominent role in the lives of these people as well. The class format will be group discussion. The instructor will bring prompts for discussions that will engage the class in thoughtful consideration of the motivations and actions of the complex characters. Students are encouraged to bring their own issues and questions to the class conversations. We will cover such topics as gender, coming of age, right livelihood in a harsh and challenging landscape, community relationships, and the management and behavior of horses. It is hoped that students will have read the whole book before our first class meeting.

**NOTE:** Required: “The Hearts of Horses” by Molly Gloss, cost $13.95

**LIT121A** · 4 Sessions  
Campbell Center – Room C  
class size 25  
Thursday · 9:00–10:30AM  
1/16/2020–2/6/2020

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

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**Whimsical Fiction: Humor Across Genres**

In this class each student will choose a whimsical novel to discuss each meeting. Whimsical fiction may include satire, parody, eccentric characters, plot twists, imaginative time and location settings, or a combination of several of those elements. Titles in the various fiction genres (romance, mystery, western, fantasy, etc.) fit in the category. We will explore a wide range of fiction, enhance enjoyment of genres beyond one’s usual choices, gain appreciation of various writing styles, and evaluate the quality of the general topic. Weekly subtopics: 1) Eccentrics 2) Classic humor 3) Alternate realities 4) Folklore and fantasy 5) Space opera 6) Time travel 7) Exotic locations 8) Funky families 9) YA and Juvenile selections. Audios, videos, e-books, and a variety of reading levels are acceptable. Handouts of suggested bibliographies will be provided, but each student is encouraged to bring other selections appropriate to the subtopics.

**LIT120M** · 9 Sessions  
Medford Higher Education Center – Room 224  
class size 18  
Wednesday · 1:00–3:00PM  

**INSTRUCTOR:** Lenora Clark is a retired teacher and librarian. She spent her last 22 working years running a small Carnegie library. Her skills include readers’ advisory, youth programs, volunteer training, community and professional group interaction, and related event planning. She is a voracious reader, a storyteller, and is currently working on a writing 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! Chair Yoga

Research shows there are health benefits to be gained from regular yoga practice. These benefits include improved flexibility and strength, better concentration, stress relief, and reduced joint strain. Chair yoga is a gentle form of yoga in which students can sit in and stand next to a chair for support. No experience or fancy outfits are necessary…just come as you are and enjoy the benefits of yoga at your own comfort level. The flow is great for those wanting a quick way to stretch the body and relieve tension, open the hips, move the shoulders and neck, and find length in the spine. Students should expect a gentle flow yoga class that uses a chair and other props to help assist with basic yoga poses and relaxation techniques. This course is great for beginners but can also be modified for advanced students. Chairs and props provided. Bring your own yoga mat. A liability waiver must be signed. A $38 rental fee for YMCA space is payable at the first class.

NOTE: Section MOV133A will not have a class meeting on Martin Luther King, Jr. Day, Monday, January 20.

MOV133A · 9 Sessions
Ashland Family YMCA – Wellness Studio
class size 20
Monday, Wednesday · 8:00–9:00AM
1/6/2020–2/5/2020

MOV133A2 · 10 Sessions
Ashland Family YMCA – Wellness Studio
class size 20
Monday, Wednesday · 8:00–9:00AM
2/10/2020–3/11/2020

INSTRUCTOR: Cassandra Lasdin received her yoga teacher certification from Wyse Body Yoga in Williams, Oregon. The catalyst for pursuing this training was seeing how much her dad suffered the effects of nonmovement during his stay at a care facility. This inspired her desire to help people with limited mobility learn basic movement techniques, increase confidence, and improve their quality of life.

English Country Dance

From lyrical to lively, silly to sublime, English country dance dates from the 1600s. Discover dances of Jane Austen’s time as well as newly composed dances. Learn about cultural aspects and the history of this joyful living tradition as you enjoy moving to beautiful music. An ‘on-your-feet’ and social class. No partner necessary. Please bring clean-soled non-marking shoes and a water bottle. Carpooling encouraged. There is a $10 course fee to cover rent of the DanceSpace.

MOV106A · 10 Sessions
DanceSpace – Dance Studio
class size 40
Thursday · 11:00AM–12:30PM
1/9/2020–3/12/2020

INSTRUCTOR: Brooke Friendly has taught English country dance for more than 35 years. She teaches a weekly community class in Ashland and at camps, workshops, and events throughout North America, England, and Australia. She and her husband are well known internationally as dance composers. Friendly loves sharing the community and artistic aspects of this dance form. Her website is brookefriendlydance.com.

Questions?
Contact the Office Staff at 541.552.6048

Gear Up! and support OLLI at SOU at our online store: cafepress.com/ollisou or call to order at 1-877-809-1659

Questions?
Contact the Office Staff at 541.552.6048

Check out all the products, sizes, and colors
Functional Human Anatomy of Healthy, Active Aging

This course will outline the functional anatomy and physiology of healthy aging. The course will center around common physical activities such as hiking, golf, tennis, and swimming. Students will learn how their bodies function during athletic activities and about safe, effective exercise methods that will promote a healthy lifestyle. The course will be organized by body region. For example, in the shoulder lecture students will learn the musculoskeletal anatomy of the shoulder, how these structures function during common activities, strategies to prevent injury, and the anatomical basis of common injuries and rehabilitation. The course will be taught as a lecture and discussion course using PowerPoint slides. There is no required text and no previous background is necessary. Reference material will be cited so that students can delve more deeply into the topics. The topics in this course are the same as those presented last year with updated information.

NOTE: There will be no class meeting on two consecutive Fridays: February 28 and March 6.

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MOV151A · 8 Sessions
Campbell Center – Room A
class size 32
Friday · 11:00AM–12:30PM
1/10/2020–3/13/2020

INSTRUCTOR: Bruce Mendelson has a master’s degree in physical therapy and a Ph.D. in neuroscience. He previously coordinated a sports medicine program and ran an outpatient physical therapy clinic. He also taught at medical and physical therapy schools. Mendelson also gives lectures about wilderness medicine. Over the past few years, he has given lectures in the U.S.A., Tanzania, Peru, Italy, Switzerland, France, the Galapagos Islands, Bhutan, and Nepal.

NEW! International Folk Dancing

Most folk dances from around the world carry with them remnants of society’s earliest physical responses to melody and rhythm. The more remote the geography of the region, the more intact those dances have remained. The very sounds made by the traditional instruments reflect the materials and animals that were available in a given region. Many dances are used to mark special occasions—courting, strengthening community, and encouraging togetherness. In this class, students will learn dances from such countries and regions as Greece, Macedonia, Bulgaria, Azerbaijan, Israel, Latin America, and even the U.S! History of the dances and cultural background will be given. One or two new dances will be taught and practiced each week. The last class will be a celebration with dancing and treats from the countries we have visited through music and dance. No dance partner is needed nor is previous folk-dance experience necessary. A waiver will be required to participate.

MOV120A · 7 Sessions
The Grove – Gymnasium
class size 30
Tuesday · 11:00AM–12:30PM
1/7/2020–2/18/2020

INSTRUCTOR: Linda Jaffe holds a B.A. from UC Berkeley, an M.B.A. from Pepperdine University, and an M.F.A. from the University of San Francisco. She has taught poetry writing classes as well as Zumba at OLLI. She has been dancing almost all her life, including folk dance beginning in high school. Jaffe lived in Greece for more than two years and had many opportunities to dance. This included performing and touring with a small Cretan dance troupe.

NEW! Renaissance Swordplay

Fight like a musketeer! Working from Vincentio Saviolo’s 1595 fencing manual, students will learn basic fencing techniques, culminating in a choreographed routine performed with a partner. As this is a novice class,
students will be provided with “singlesticks,” 36-inch rattan sticks rather than steel blades. Eye protection will also be provided. Along the way, the fascinating historical background of the era will be discussed, but the class consists mostly of active movement. The class involves shifting balance, reaching, and twisting. If you can dance, you can fence. Students will sign a liability waiver at the first class.

**MOV130A** - 8 Sessions  
The Grove – Gymnasium  
class size 16  
Friday · 11:00AM–12:30PM  
1/10/2020–2/28/2020  
**INSTRUCTOR:** Daniel Latham has studied Renaissance fencing with Academia Duellatoria in Phoenix, Oregon, since 2009. He is a member of the Historic European Martial Arts Alliance. He has attended workshops and competitions throughout the United States as well as in Vancouver, Canada; Edinburgh, Scotland; and Malta.

**Walkabout**

Join a small group of OLLI members as we take a heart healthy 1.5 hour walk within Ashland and Jacksonville. There will be a variety of walks this winter on paved surfaces, the TID, parks, woodlands and on dirt trails. The first walk will start promptly at 9 a.m. in Lithia Park near the playground and foot bridge. Prior to each of the remaining walks an email will give the new location and starting point with driving directions. Please add additional round trip driving time for all locations. Participants MUST be able to maintain a steady paced walk for 1.5 hours for 3-4 miles and navigate up/down uneven terrain with the possibility of rain, snow, and ice. Rain does not cancel walks. Each student must sign a liability waiver at the first class. Co-instructor Judy Holy is an active hiker and lover of nature. She belongs to several local hiking groups, and she has taken hiking trips with Road Scholar in Italy, France, and Croatia.

**MOV103A** - 9 Sessions  
Field Trips  
class size 12  
Thursday · 9:00–11:00AM  
1/9/2020–3/5/2020  
**INSTRUCTOR:** 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.

**NEW! Design Your Yard and Garden with Feng Shui**

The ancient art and science of feng shui has created some of the most powerful structures in history. Yet it was originally developed to maximize abundance for farmers and their land—only later would it be used for house and room layout. Bring your plans for your garden and learn how applying the principles of feng shui can create beauty, harmony, and peace to your land. Create special areas that are conducive to sociability, meditation, or play. Students will learn how to use the most basic principles and see how to modify what was planned. By the time spring comes, you will be ready to make a showplace of your home!

**NAT123M** - 5 Sessions  
Medford Higher Education Center – Room 224  
class size 12  
Friday · 11:00AM–12:30PM  
1/10/2020–2/7/2020  
**INSTRUCTOR:** Sugeet Posey owns Creative Visions, LLC, a feng shui consulting firm in Ashland. He holds the highest level of certification, that of the red ribbon professional in the International Feng Shui Guild. He has helped people revise and redesign not only the land but also gardens, homes, offices, and businesses from Northern California to Washington State.

**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.
Growing Vegetables All Year Round

This course will explore the practical basics of growing vegetables in the Rogue Valley, including climate, soils, composting, which plants to grow (when and how), mapping your garden, dealing with pests, harvesting, and resources. The format is lecture, show and tell, and discussion. Students will be asked to bring in maps and soil from garden sites. Personal observations gleaned from the gardening experience will also be explored. Beginners welcome.

NAT125A · 5 Sessions
Campbell Center – Room A
class size 32
Friday · 4:30–6:30PM
2/7/2020–3/6/2020

INSTRUCTOR: Carol Carlson has 40 years’ experience growing vegetables, including Master Gardener and Permaculture certification in Colorado and Oregon. She ran a 5-acre organic garden for a retreat center in Colorado, root-cellaring, freezing, and canning food for 150 people for the winter. Carlson co-founded the Ashland Creek Community Garden in 2003 and is currently a co-manager for this garden.

Have Fun Learning about Birds

This class uses photography of birds and landscapes combined with fun facts and science to teach about birds. New photos and information will be included in this previously taught course. Humans are inherently connected to nature, and, by learning about birds and sharing stories, we are enriched. Student participation is encouraged and will guide the class content. No prior knowledge of birds is necessary and no preparation or supplies are required. Bring your curiosity and sense of wonder.

NAT128A · 5 Sessions
SOU Student Union – Room 319
class size 70
Tuesday · 9:00–10:30AM
1/21/2020–2/18/2020

INSTRUCTOR: Shannon Rio is a wildlife educator who works at a wildlife rehabilitation facility. She is president of the board of the Klamath Bird Observatory where she has developed a community education program. She believes that connecting with nature enriches our lives.

Hawks

Hawks! These fascinating creatures have captured our imaginations in ways that few other bird groups do: Frequently seen (but tough to identify), hawks push our primal poetic buttons. This repeat course with new images and expanded information will examine the natural history of diurnal raptors—what makes a hawk a hawk, anyhow? There is more than one answer! Lecture/discussion will include taxonomy, anatomy, and the lifestyle that defines these beautiful animals, and will also investigate hawks’ relationship with humans throughout history. This is NOT an ID class but, at the end of this course, students are guaranteed to be dedicated hawk enthusiasts! The material presented in each class builds upon previous sessions. Attendance at all class meetings is strongly encouraged.

NAT135A · 3 Sessions
Campbell Center – Room A
class size 32
Tuesday · 9:00–10:30AM
1/7/2020–1/21/2020

INSTRUCTOR: Dick Ashford is Director Emeritus of the Klamath Bird Observatory and past Board Chair of the American Birding Association. He has spent hundreds of hours observing hawks in the field and an equal amount of time researching their natural history. Ashford is a popular hawkwatching tour leader in both southern Oregon and northern California and a frequent workshop presenter at birding festivals.

NEW! Landscape Architecture: Design for Sustainability

This course will provide students with an introduction to the field of landscape architecture and to methods for sustainable design in the built environment. Over a series of six classes, students will explore how we experience our outdoor surroundings (ranging from wilderness trails to urban plazas) and consider what kinds of sustainable design decisions we can make to improve environmental problems. Traditional tools of design development will be reviewed, including sketching, conceptual design, and construction documents. An in-class design exercise will be completed and critiqued together. A visual presentation will accompany each class. The course will include voluntary extra reading material, two case studies on sustainable design, and two in-class design exercises. Students will gain skills in articulating design ideas visually and verbally as well as confidence in advocating for smart design solutions they’d like to see developed in their own home or community.

NAT130A · 6 Sessions
Campbell Center – Room B
class size 15
Friday · 3:30–5:00PM
1/17/2020–2/21/2020

INSTRUCTOR: Rachel Glass is a licensed landscape architect who focuses on developing sustainable design solutions to address...
complex environmental problems. She completed her graduate degree in landscape architecture and has graduate certifications in the fields of collaborative governance and geographic information systems (GIS) science. Glass is a returned Peace Corps volunteer, having served in Ukraine as an English teacher at a secondary school.

NEW! Plumbing the West: Dams, Ditches and Diversions

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

NAT120A · 4 Sessions
Campbell Center – Room A
class size 32
Thursday · 1:00–3:00PM
2/13/2020–3/5/2020

INSTRUCTOR: John Schuyler is a retired forester who received a B.S. in forestry from the University of California at Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California, and Arizona—working in timber management, recreation, minerals, planning, and administration. Schuyler now spends his time building trails and stewarding a 5-acre parcel of forest.

NEW! Sailing the Sea of Cortez

This course will examine the natural history and rich environment of Baja California and the Gulf of California, including its sea life, birds, fish, and plant life. The political and socio-economic challenges facing this unique region’s people, flora, and fauna will be explored by addressing conservation, local economies, tourism, and politics. Whales, whale sharks, sea lions, dolphins, and other sea life thrive in and around the Cabo Pulmo and Loreto national marine parks and the islands north of La Paz, including Espirito Santo and Partida, and in the whale calving area Bahia de Los Angeles. Each of the two sessions will be divided equally between lectures and audio-visual presentations, including photography and videos.

NAT129A · 5 Sessions
Campbell Center – Room A
class size 32
Tuesday · 11:00AM–12:30PM
1/14/2020–2/11/2020

INSTRUCTOR: Bonnie Johnson’s background is in library science with a history B.A. and an M.L.S. from the University of Washington. She is very familiar with environmental literature and was the environmental studies librarian at Northern Arizona University in Flagstaff. Johnson has been actively involved with environmental groups for decades in Maryland and Arizona before moving to Ashland. She is currently on the Klamath-Siskiyou Wildlands Center board.
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! 12-Step Programs: An Introduction

Ever wonder what 12-step programs are all about? In this course students will learn the basics of 12-step programs developed by the founders of Alcoholics Anonymous (AA). A 12-step program is a set of guiding principles outlining a course of action for recovery from addiction, compulsion, or other behavioral problems. These principles may also be the basis for personal discovery and growth. This course will begin by providing a brief history of the development of 12-step programs and the spread of these principles to a wide variety of programs. Subsequent classes will introduce the 12 steps themselves and their practical application as well as information on what to expect in a meeting, on 12-step literature, on slogans and acronyms, on sponsorship, on anonymity, and on service. Students will learn through a combination of lecture, readings, reflection, and discussion. Each participant will be encouraged to share their perspectives and “to take what you like and leave the rest.”

PERS131M · 6 Sessions
Medford Higher Education Center – Room 311
class size 12
Thursday · 11:00AM–12:30PM
1/30/2020–3/5/2020

INSTRUCTOR: Kathy M. has been a participant in two different 12-step programs for a combined 27 years. She has held service positions in these programs and has been a sponsor to other participants. In addition, she has a doctoral degree in counseling psychology from the University of Oregon. She has worked for 35 years in the fields of education and counseling, including teaching classes at RCC and SOU and providing professional trainings.

NEW! Bringing Greater Ease to Difficult Conversations

Have you had a difficult conversation recently? Was it with your neighbor? Or talking about chores at home? Or perhaps a disagreement at work? Do your words result in greater ease or an increase of tension? Join us to explore how to have conversations that build trust, openness, and understanding. We will tap into the work of Marshall Rosenberg to practice listening with an open heart and expressing ourselves with clarity and compassion. We will experience the power of moving from evaluations to observations; differentiating between false feelings and true feelings; uncovering the hopes, fears, and needs that underlie entrenched positions; and making clear requests rather than rigid demands. This will be a fun and engaging class using a combination of short lectures, small group exercises, and roleplays to support one another in this journey. “Nonviolent Communication–The Language of Compassion” by Marshall Rosenberg is recommended but not required.

PERS132M · 3 Sessions
Medford Higher Education Center – Room 311
class size 20
Tuesday · 1:00–3:00PM
2/25/2020–3/10/2020

INSTRUCTOR: Anna Cassilly received a master’s degree in psychology and then pursued more specific training with The Conflict Resolution Network in Sydney, Australia, and The Center for Nonviolent Communication. For the past 25 years, Cassilly has utilized these skills as the training coordinator for a community mediation center and by providing services to groups and individuals through her training and consulting business, Growing Peace.

NEW! Creating Vision Boards to Realize Your Dreams

Creating vision boards is a powerful way to support your dreams and desires in becoming reality. The process is simple and fun. You tear out images from magazines, arrange them on a mat board, and glue them down to create a collage. When you surround yourself with images of how you want to live your life, the universe assists you in creating change to match these images. It becomes an adventure in transformation. There is no right way to create a vision board so each one will be unique. It is not important how the board looks, what is important is that it reflects what you want to bring into your life. Everyone is a creative being and has the answers within. The teacher will facilitate your process using exercises that bring stillness that allows you to listen to your inner “creative” voice. Some magazines, mat
board, and glue will be provided by the teacher. Students should bring 3-4 of their favorite magazines. A $6 material fee is required at the first class.

**PERS145A** - 4 Sessions  
Campbell Center – Room A  
class size 15  
Wednesday - 11:00AM–12:30PM  
1/8/2020–1/29/2020  

**INSTRUCTOR:** Geri Esposito never considered herself an artist. In her 50s she became a soul collage facilitator and taught workshops. In 2009 she found the book “The Vision Board” by Joyce Schwarz and began making her own vision boards. She was so amazed at how her life shifted because of the process that she began teaching workshops. She now considers herself a self-taught collage artist. She makes collage cards for friends and family for the fun of it.

**NEW! Exploring your Creativity**

In this playful and fun course, students will have the opportunity to access and explore their own creativity through meditation, writing, and sharing. Each class will start with a brief initial meditation to bring students present to themselves. Then the teacher will use poems, articles, and/or pictures to prompt and encourage the students’ own inner exploration through writing. Students will have a chance to share their writings as classmates listen without comment. There will be a brief survey in the first class to assess each student’s creative experience and willingness to explore within. Students are asked to bring their own journal to class.

**PERS120M** - 10 Sessions  
Medford Higher Education Center – Room 224  
class size 12  
Wednesday - 11:00AM–12:30PM  

**INSTRUCTOR:** Kathleen Hering has been an enthusiastic learner for many years. She has a master’s degree in nursing, a social gerontology certificate, and a year of theological reflection. She likes supporting others in developing a creative/playful way of being.

**NEW! Integral Wisdom, Creativity, Nature, and Science**

This course, the second in a three-part series—integral wisdom, creative intelligence, and the liberal arts—is a foundational inquiry into nature and science from an interdisciplinary, nonlinear emergent-system-thinking perspective. Utilizing PowerPoint presentations, lecture, and discussion, the course demonstrates how we can make the shift from a compartmentalized, fragmented, mechanistic, and reductive view of scientific knowledge to an integrative, holistic, relational, adaptive-systems model. Nature is our teacher. All is connected, including the realms of the sciences, arts, and humanities. The natural world reveals complex, yet coherent, patterns, templates, and processes for understanding every sphere of human inquiry. It moves us both theoretically and practically in the direction of recovering a unified vision of knowledge in all domains.

**PERS125A** - 5 Sessions  
Campbell Center – Room A  
class size 32  
Thursday - 1:00–3:00PM  
1/9/2020–2/6/2020  

**INSTRUCTOR:** Rich Lang has enjoyed teaching OLLI courses for over a decade. These have explored such topics as The Wisdom of the Humanities, Arts, and Sciences; The Quest for the Universal Human; The World’s Sacred and Secular Wisdom Traditions; The Art of the Conversational Salon; Becoming a Whole Person; Understanding Worldviews; and more. He has a B.A. in English and philosophy (1965) and a M. Divinity in theology (1970). Lang is an interdisciplinary educator.

**Letting Go and Being Here NOW**

In this fun, interactive course, we will deepen our exploration of a method that allows you to let go of any unwanted feeling, including shame, guilt, anger, sadness, fear, and depression. When you feel an unwanted thought or feeling, you simply ask yourself the easy questions and then you may feel tightness leaving your body. In its place you may feel warmth and relaxation. Tension and mind chatter may subside. This may help break patterns of thought and behavior that cause feelings to keep occurring. Many people feel more confident and relaxed even in situations that were once avoided. We will cover practical tools and applications for life situations you wish to address, such as health, motivation, conflict, need for approval, empowerment. It is time to experience peace. This class is practical, fun, and experiential with new materials and exercises. No prior knowledge or experience required. Materials provided.

**PERS128A** - 8 Sessions  
Campbell Center – Room C  
class size 25  
Wednesday - 3:30–5:00PM  
1/8/2020–2/26/2020  

**INSTRUCTOR:** Suzanne Mark first learned Releasing® in 1987 and has taught Releasing® since 1999 when she released a chronic pain condition. She loves helping people let go of perceived limitations in this fun and effective format. She has coached and taught thousands worldwide to release resistance and to access their free, peaceful core. Mark owns Ashland Neurofeedback.
Music and Imagery: Pathways to the Self

Did you know that music and imagery can work together to facilitate healing, growth, and transformation? In this class, we will explore different aspects of the self by listening to music that is nurturing, healing, inspiring, and sacred. Each class will be a combination of music listening and quiet time for integration and reflection with art and writing materials. Each class is based on work done in a previous class. The class is closed at the end of the first class meeting. The course fee is $10 per student. Materials provided include paper, markers, pastels, color sticks, crayons, and colored writing pens.

PERS184M · 5 Sessions
Medford Higher Education Center – Room 305
class size 10
Friday · 1:00–3:00PM
1/24/2020–2/21/2020

INSTRUCTOR: Alexis McKenna, Ph.D. and L.M.F.T., has been a counselor, coach, and educator for many years. Her primary focus has been on the interior landscape—the inner world of symbols, imagery, and personal story—and the way it influences our understanding of ourselves and our world.

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, reflective writing, and local Native American women guest speakers.


NEW! Overcoming Fear with Truth

Make a leap in your awareness by exploring and embracing your own truth in order to achieve enhanced fulfillment in life. In this highly interactive question-and-answer wisdom-sharing experience utilizing presentations and discussion, you will learn how to use self-inquiry tools to recognize and replace your destructive fear-based limitations with positive truth-based self-confidence. In this course we’ll explore topics such as minimizing feelings of vulnerability, guilt, and shame while strengthening your accountability, inner calm, and personal integrity. You will learn to use tools that help you eliminate your stressful issues and silence your pain-inducing inner critic so that you can consciously enrich your life with affirming constructive energy from your essence. We will focus on the benefits each of us can enjoy by learning to apply truth and thereby empower overlooked personal potentials.

PERS130M · 5 Sessions
Medford Higher Education Center – Room 311
class size 18
Tuesday · 1:00–3:00PM
1/7/2020–2/4/2020

INSTRUCTOR: Mark E. Gibson has an M.A. in science from San Francisco State, a life-coaching certificate from CoachU, and a stress management coaching certificate from Spencer Institute and is the author of “Living Unconditional Love.” He has taught adult education classes since 1973 and is an award-winning Toastmasters speaker. Within life coaching he specializes in fearless living and truth facilitation.
Radical Forgiveness

It’s generally agreed that forgiveness is a good thing to offer. Holding onto anger and resentment makes you feel horrible and robs you of your life force energy. In addition, the link between high blood pressure and other health issues is now well proven. People realize that the ability to forgive is essential to their health and well-being. Knowing that we should forgive is one thing, being able to do it is quite another. Some say it’s simply a matter of making the choice to “let it go.” But that ignores the fact that forgiveness is not achieved in the intellect; it is a matter for the heart. Colin Tipping created a five-step process that, with even the slightest willingness to heal, enables us to unravel and forgive the most difficult and challenging situations. Using lecture, discussion, and activities, the instructor will provide you with tools to change your way of being in the world and live forgiveness as a lifestyle. There will be a $5 materials fee for handouts and a binder.

NOTE: Required: “Radical Forgiveness” ($17) by Colin Tipping.

PERS124A · 10 Sessions
Campbell Center – Room B
class size 12
Wednesday · 1:00–3:00PM

INSTRUCTOR: In 1994, Kathy Green was faced with an unforgivable life event that shook her world. The misery and injustice that followed seemed a lifetime sentence until Colin Tipping and radical forgiveness gave her the tools to free herself. Working with Tipping, participating in a three-year radical empowerment group, leading book clubs, and completing coaching training allowed her the freedom to bring these tools to others.

The Art of Knowing Yourself

This media-based course is designed to support you in exploring 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 one hour of each class is made up of videos with time between videos and 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.

PERS144A · 10 Sessions
Campbell Center – Room B
class size 18
Thursday · 1:00–3:00PM
1/9/2020–3/12/2020

INSTRUCTORS: Mike McGrath has a bachelor of science degree from SOU in business administration and marketing and works as a pharmacy technician at Asante Hospital in Medford. He has been exploring personal peace for over 40 years. Mike McGuire is a former high school teacher of history and civics at Carmel High School in California. He is trained in conflict resolution and mediation and has been exploring personal peace for over 40 years.

THE FIVE INVITATIONS: What Death Can Teach the Living

“The Five Invitations” by Frank Ostaseski is an invitation to sit down with death, have a cup of tea with her, and let her guide you toward living a more meaningful and loving life. The very practices that prepare us for our end-of-life passages can also help us deal with life’s challenges, such as loss, relationship issues, health problems, or financial worries. What if we regarded dying as a final stage of growth that held an unprecedented opportunity for transformation? Could we turn toward death and ask, “How, then, shall I live?” Ostaseski sat with over a thousand people on their final journeys. In the “The Five Invitations” he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points to a radical path to transformation. We’ll explore these five practices through discussion, contemplation, and personal experience. In-class processes will augment Ostaseski’s material and facilitate practical application.

NOTE: “The Five Invitations: Discovering What Death Can Teach Us About Living Fully” by Frank Ostaseski ($10) is required.

PERS129A · 7 Sessions
Campbell Center – Room B
class size 15
Monday · 9:00–10:30AM
1/27/2020–3/9/2020

INSTRUCTOR: Dane Roubos has a B.S. in human biology, is a holistic chiropractor who practiced for 37 years, and taught clinical practice at Northwestern University of Health Sciences for 10 years. Roubos was a spiritual care volunteer at Ashland Hospital for over three years and now volunteers at the Manor. He has maintained a regular meditation practice for over 15 years.
NEW! The Life Energy of Love as Religionless Religion

What is religion or, rather, religiousness? What are so many people missing? How can we bring religion into our own life through daily activities? Utilizing discussion, readings, activities, and videos, the class will explore these questions. Rather than approaching these questions through philosophy, we will experience how to be peaceful and spread peace around us. Students are asked to be brave enough to travel through uncharted experiences and bold enough to bring them into their day-to-day life. Students are encouraged to practice what is learned in class, such as breathing as an ongoing awareness.

PERS126A · 4 Sessions
Campbell Center – Room B  
class size 18
Thursday · 3:30–5:00PM  
2/20/2020–3/12/2020

INSTRUCTOR: Krishna Gokani received his M.D. in England and practiced medicine in the United Kingdom, Africa, and India for 36 years. He has been a relaxation and meditation teacher since 1973, a Reiki master and teacher since 1998, and yoga practitioner since he was seven. He has lived in Ashland since 1999 and led groups in various settings.

NEW! The Mindful Life Works

Mindfulness principles as revealed through creative expression, including writing, drawing, and conversation, are the focus of this class. The majority of class time will be spent in personal discovery and expression, augmented by short lectures. Class size is restricted to 12 to allow ample opportunity for participation and sharing. The primary requirement for attendance is a desire to explore and share your own journey and to experiment with different means of expression. Experience with mindfulness is helpful but not required.

NOTE: There will be no class meeting on Wednesday, February 5.

PERS127A · 5 Sessions
Campbell Center – Room C  
class size 12
Wednesday · 1:00–3:00PM  
1/15/2020–2/19/2020

INSTRUCTOR: Peter Gibb has 25 years’ experience as a mindfulness practitioner and over 40 years’ experience as an international teacher at high school, university, and adult education levels. He has taught in three languages and many countries. He is also a published author, speaker, and coach. Gibb graduated from Brown University with a B.A. in American studies.

Women Without Children Living and Aging Solo

The number of women in the U.S. aging without children is now over 20 percent. Some are childfree by choice, others wanted children but through various circumstances are childless by chance. Many are also living and aging without partners even though they may have had partners in the past. There are so many now that there is a term used to describe them: elder orphans. This class is an opportunity to explore how aging solo, without a partner or children, impacts each of our lives. What are our unique experiences, concerns, visions, and plans? How do we live fully and freely without the family many women have? How can we create the sense of community that we would like to have as we advance in years? Through reading and discussing articles; sharing our own diverse experiences, ideas, thoughts, and feelings; and listening to each other, we can expand our individual visions of what is desirable, possible, and necessary and create a greater sense of belonging and plans for our future.

PERS122A · 8 Sessions
Campbell Center – Room B  
class size 18
Tuesday · 1:00–3:00PM  
1/7/2020–2/25/2020

INSTRUCTOR: Kani Comstock, B.S., M.S., author of “Honoring Missed Motherhood, Loss, Choice and Creativity” and “Journey into Love, Ten Steps to Wholeness,” has been a senior facilitator for the seven-day intensive residential Hoffman Process and director of coaching programs for the Hoffman Institute Foundation. For the last five years she has led regular sharing groups and events in Ashland for women without children.
Recreation

Includes hobbies, crafts, and games.

Beginning Quilting

In this class you’ll learn the basic skills needed to make beautiful quilts for yourself or to give away, maybe for that new baby or grandchild. We will start with making a table runner that includes all the skills needed for a large quilt. You will learn how to plan a quilt, use a rotary cutter, sew a quarter-inch seam, assemble the quilt, and finish it with quilting and binding. You can bring your own project, or we will provide a pattern and directions. Please come with a working sewing machine and knowledge of how to use it. We will provide the mats, rotary cutters, and rulers needed to cut fabric. The class will meet the first day at Sew Creative to choose a pattern and fabric. The remaining meetings will be at the Ashland Methodist Church in conjunction with the Hands all Around Quilt Group.

REC106A · 8 Sessions
First United Methodist Church (Ashland)–classroom
class size 10
Wednesday · 10:00AM–12:00PM
1/8/2020–2/26/2020

INSTRUCTORS: Linda Frisbey is an experienced quilter who was featured quilter at the 2018 Mountain Stars Quilt Show. Chris Sellman has made many quilts and is coordinator of the Quilts of Valor program that presents quilts to veterans.

NEW! Behind the Scenes of Making Great Wine

Curious about what it takes to make a great bottle of wine? Get a behind-the-scenes tour of one of the valley’s busiest wineries: Pallet Wine Company. Winemaker Linda Donovan will guide you through the process of red and white winemaking and end each day with an educational tasting. This class is ideal for people entering the tourism industry, for wine lovers, and for people who are curious about how an abandoned warehouse has transformed into a very cool winery. Students should wear sturdy, closed-toe shoes, bring a jacket, and be able to walk on uneven surfaces. You will sign a liability waiver at the first class.

REC133M · 2 Sessions
The Urban Cork – tasting room
class size 20
Tuesday · 3:30–5:00PM

INSTRUCTOR: Linda Donovan is a graduate of the University of California at Davis and has a degree in fermentation science. She has over 25 years of winemaking experience and a passion for teaching. As owner/winemaker, Donovan works with over 35 clients and has bottled thousands of wines since opening the doors in 2009.

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@websittings.net · 541–621–2739

Join an OLLI SIG

Anthropology, Evolution, Animal Domestication
Come Work on Your Watercolor Goals
Common Good
Day Hiking
Eleusis Logic Game
Knitting for Fun
Rogue Folders (origami)
Science Fiction Movie Group
Strummin’ for Fun (guitar)
The 3 Principles of Sydney Banks

For details about these SIGs, visit the OLLI website: sou.edu/olli and click “Shared Interest Groups” in the left menu.
Crosswords and You

Would you like to become better at enjoying, understanding, and finishing crosswords—and impressing your friends as a “cruciverbalist?” We’ll explore the benefits of solving puzzles, crossword history and culture, solving strategies, clues, themes, and tools. We’ll learn about different types of crosswords, online sources and applications, and constructing (authoring) crosswords. And during each session, we’ll solve and discuss crosswords as a group to improve our skills. For more information, see https://communicrossings.com/olli-course-crosswords-and-you.

REC117A · 5 Sessions
Campbell Center – Room B
class size 18
Friday · 1:00–3:00PM
2/14/2020–3/13/2020

INSTRUCTOR: Steve Weyer 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. He has taught many OLLI courses about the Internet, passwords, and crosswords. He has a B.S. in math (University of Washington) and an M.S. in statistics and a PH.D. in education (Stanford).

NEW! Euro Board Games: For Beginners and Beyond

This curated Euro board game class will have you enjoying four Euro games within five weeks. These games are easy to learn, fun to play, and a welcome relief from real life. El Dorado will take you on a race to be the first to the gold (almost like Indiana Jones). Ticket to Ride takes you across America on a crazy train ride. In the game Splendor you develop an amazing gem collection of rubies, diamonds, emeralds, and sapphires to show to Renaissance aristocrats and gain points. In Stone Age your tribe obtains needed resources and food through worker placement. You can also get tools and more people to ramp up your production and your victory points. These are all entry level Euro strategy games. Everything you need will be provided, and you’ll get YouTube references that will help you improve play and sources for acquiring games. This class will be co-taught by Roger Brown who has taught a variety of Euro games at the Ashland and Talent game events, at Funagain Games, and at home to friends.

REC122A · 4 Sessions
Campbell Center – Room A
class size 16
Thursday · 3:30–6:30PM
1/9/2020–1/30/2020

INSTRUCTOR: Judy Holy has a passion for Euro games. She plays at least once a week for the fun and challenge. Holy has played games throughout her life and is happy to teach people games so they can experience the joy of getting together with others in a low stress social environment to share an experience.

NEW! Juggling: Success through Failure

Juggling.... How three little balls can help with hand-eye coordination, fight stress, and just create fun. With a little practice you will be able to impress friends, liven up a party, and start a family tradition: “Hey mom, look what grandpa/grandma taught me!” Week one: You are taught the basics of juggling. THAT’S RIGHT, you will be juggling after one lesson, but don’t tell anyone it is that easy. Weeks two and three: We will be learning different tricks to add to your portfolio. Week four (final week): We will get into two-person and multi-person juggling. Everything you need will be provided, so join in for the fun and excitement. Nothing livens up a social event like bending over, picking up three of your friend’s favorite Hallmark figurines, and showing how you can juggle them under your legs.

REC131M · 4 Sessions
Medford Higher Education Center – Room 305
class size 20
Tuesday · 9:00–10:30AM
1/7/2020–1/28/2020

INSTRUCTOR: Tim Egan spent 41 years teaching history, math, and English to 7th and 8th graders; therefore, his personality pretty much stopped at the age of 14. For 17 years he taught eight juggling classes a year. He has taught approximately 2,720 students how to juggle. When he meets an ex-student, they may not remember how long the Hundred Years’ War lasted, whether zero is an even or odd number, or how to punctuate “therefore,” but they know how to juggle.

Knitting Stitches

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

**NOTE:** There will be no class meeting on Martin Luther King, Jr. Day, Monday, January 20.

**RECREATION**

**REC100A · 8 Sessions**
Campbell Center – Room B  
class size 12  
Monday · 1:00–3:00PM  
1/6/2020–3/2/2020

**INSTRUCTOR:** Kay Johnson is an experienced knitter who learned to knit while in college. She has knit innumerable numbers of sweaters, socks, hats, afghans, scarves, etc., over the many years since then. She has taught several knitting courses (most more than once) at OLLI/SOLIR. She continues to learn new things about knitting as she prepares for each OLLI course.

**Learn to Play the German Card Game Skat**

If you are looking for a challenging, strategic card game, learn to play the German card game Skat. This three-handed game involves bidding, declaring trump, and winning tricks in one of four game variations to accumulate points. We will thoroughly examine the rules and strategies over several weeks leading to an end-of-session mini-tournament. Specifically, we will learn the four game variations (suit, grand, null, and ramsch), how and when to bid, offensive and defensive strategies, and rule variations for tournament or social play. Anyone with a basic familiarity with card suits can play while an ability to do simple mental arithmetic will be advantageous. We will use over-sized cards and computer projected images to demonstrate fundamentals and concepts and will play in small groups with close supervision and analysis. Playing cards will be provided, and suggestions for how and where to obtain your own cards will be offered in class.

**REC101M · 10 Sessions**
Medford Higher Education Center – Room 305  
class size 36  
Thursday · 3:30–5:00PM  
1/9/2020–3/12/2020

**INSTRUCTOR:** Kevin Vergin has been playing Skat socially for over 10 years after learning the game from native Germans. He has played in Skat clubs in Corvallis, Portland, and Adelaide, Australia, and has participated in tournaments in Seattle, Portland, and Adelaide against some of the best players in the western U.S./Canada and Australia. He will demonstrate winning strategies so that students can enjoy this extremely challenging game as much as he does.

**Love Where You Live: Redesign for Everyone**

Simplify, design, and decorate your home to “Love Where You Live.” The principles of organization, decoration, and design, plus color, will be presented in fun interactive ways so that students can leave the class with the ability to tackle and transform problematic spaces in their own homes. New to this session are a more in-depth treatment of specific elements that go into a home, such as rugs, window treatments, upholstery, and more; a discussion of characteristics worth paying for; and a buying guide. Come to class to just listen and learn or to share photos of a space that doesn’t feel right and you don’t know why.

**REC105A · 5 Sessions**
Campbell Center – Room A  
class size 32  
Tuesday · 1:00–3:00PM  
2/11/2020–3/10/2020

**INSTRUCTOR:** L Turner ran her own home staging and interior design company in Los Angeles for many years. She has inspired scores of clients to forget the rules and see their homes in fresh new ways. She has transformed well over 200 homes in the Los Angeles area and has held seminars about the power of staging and design for real estate agents, mortgage brokers, and their clients.

**NEW! Riding RAGBRAI**

RAGBRAI (pronounced RAG-BRY—the Register’s Annual Great Bike Ride Across Iowa) is a seven-day, 400+ mile bike ride across the state of Iowa held the third week in July. Each year the route is different, and a day’s ride may range from 40 to 80 miles. It is one of the oldest bike rides and is billed as the largest bike-touring event in the world with some 15,000+ participants from across the U.S. and several foreign countries. The objective of this class is to inform you about the ride and the options for support over the seven days. If you are interested, the instructor will help you get registered and prepared to ride it.

**REC132A · 2 Sessions**
Campbell Center – Room B  
class size 18  
Friday · 9:00–10:30AM  
1/24/2020–1/31/2020

**INSTRUCTOR:** Mark Gustafson was raised in central Iowa so is very familiar with the landscape, weather, and geography. He has ridden RAGBRAI in 2016, 2018, and 2019. He finds it to be an experience like no other in effort, size, and hospitality.
NEW!  Word Play for Verbivores

The English language provides an ample source of amusement for those who enjoy words (verbivores). Being delighted with language is the only background required by students. This class will introduce dozens of word games and word play techniques through lecture, PowerPoint, and plain old writing on the board. Some may be familiar (such as anagrams, oxymorons, and palindromes). Others, which may prompt cries of delight or groans of disgust, might be unfamiliar, including boustrophedons, cubic words, eponyms, lipograms, monodegreens, pangrams, rhopalics, and univocalics. During each class we also will play some of the word quizzes from the Puzzlemaster segment of NPR’s Sunday morning program. There will be no assigned reading or homework, but students will be welcome to devise examples of word play to share with the class.

**REC120M · 3 Sessions**
Medford Higher Education Center – Room 311
class size 25
Tuesday · 11:00AM–12:30PM
2/4/2020–2/18/2020

**INSTRUCTOR:** Camille Korsmo has a B.A. in English so she has collected examples of word play for 50+ years. As a middle school teacher, she introduced word play techniques to the delight of her students. As a library manager, she enjoyed creating bulletin boards demonstrating word games. As a calligrapher, word play was a favorite source of subject matter. In the past decade, Korsmo has created many OLLI classes in history, literature, and paper crafts.

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Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

NEW!  Cybersecurity in an Online World

The Pew Research Center estimates that 77 percent of Americans connect to the Internet on a daily basis. However, most people don’t understand what cyberattacks they may be subject to, nor do they understand the methods commonly used to secure online transactions or to attack or hack these systems. This course will describe the types of attacks most commonly used by cyber criminals; describe and explain the fundamental capabilities used to secure the Internet; explain how these capabilities are used to authenticate users, secure content, manage digital certificates, and perform other security/cryptographic functions encountered in the online world; and discuss what actions people can personally take to experience a more secure online lifestyle. Students need not be familiar with online security. Security concepts will be described in simple but accurate terms to allow students to better understand the risks and consequences of various online activities.

**STEM130A · 5 Sessions**
ScienceWorks Museum – Theatre
class size 70
Tuesday · 4:00–5:30PM
1/7/2020–2/4/2020

**INSTRUCTOR:** Tom Anderson is an ATIS principal technologist specializing in standards, architecture, and the evolution of service provider networks. In the past, he has worked in the chief technology office for major industry vendors including Cisco, Juniper, Alcatel-Lucent, and Bell Labs, where he managed network technology evolution, strategy, standards, and architecture. His more recent work has focused on AI, 5G, and cybersecurity.
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.

STEM112A · 10 Sessions
Campbell Center – Room B
class size 16
Friday · 11:00AM–12:30PM
1/10/2020–3/13/2020

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

Food, Science, and the Human Body

The Great Courses “Food, Science, and the Human Body” was offered in Medford last winter with great success. The 10 two-hour classes are based on the excellent Great Courses 36-video course by Alyssa Crittenden from the University of Nevada along with YouTube video and TED support. Crittenden studied the history of hunters and gatherers’ food on why we have huge brains versus other species and the effect of different foods on our health. Topics include the gut microbiome; brain food; civilization: diets and diseases; the future of food; the spice trade; science and secrets of chocolate; food as medicine; beer, mead, and the fun of fermentation; roots of tea; and coffee: love or addiction. A fee of $2 to $3 (based on enrollment) will be charged to pay for the Great Courses’ site license fee.

STEM122M · 10 Sessions
Medford Higher Education Center – Room 321
class size 48
Tuesday · 11:00AM–1:00PM
1/7/2020–3/10/2020

INSTRUCTOR: Jeri Mendelson is currently a practicing dermatologist in Medford. Before her career in medicine, she worked as a field biologist in Wyoming, Thailand, and Oregon. She also received a master’s degree studying bats. Her love for zoonotic diseases inspired her to complete a diploma in tropical medicine. She is currently on faculty with the Wilderness Medicine Seminars and teaches at national and international meetings.

Medical Hazards in the Wilderness

This course highlights a variety of medical hazards encountered in the wilderness. All living organisms have developed adaptive mechanisms to insure survival. Unfortunately, these are at times harmful to us. We will study several different organisms, including snakes, wild mammals, insects and spiders, parasites, plants, ticks, and those microbes that can start pandemics or be used for bioterrorism. All of these will be presented in PowerPoint presentations. Time will be reserved at the end of class for discussion and questions. The instructor’s main goal is to inspire awe, wonder, and respect for the phenomenal natural world in which we live. If you’re an outdoor enthusiast or just love science, you will enjoy this course.

NOTE: There will be no class meeting on Friday, January 24 and Friday, February 7.

STEM167M · 8 Sessions
Medford Higher Education Center – Room 321
class size 48
Friday · 11:00AM–12:30PM
1/10/2020–3/13/2020

INSTRUCTOR: Ed McBride obtained a Ph.D. in physical organic chemistry and professionally had a 39-year career as a research scientist for DuPont. A special interest includes understanding theories on the origins of life. Since retirement his studies have included particle physics, history, and science. Over 13 years he has given dozens of classes at OLLI.

PARKING
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.
Organizing and Sharing Digital Photos

This course was designed to help participants take, organize, store, edit, and share digital photos. The emphasis will be on the iPhone (iOS) Photos application and the Apple Photos application for Macs or PCs. For comparison purposes, features of Google Photos on the iPhone will also be briefly 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 activities. Privacy and security issues will also be discussed. Participants should be comfortable taking digital photos (with iPhones or digital cameras), accessing the web, creating accounts, and running basic applications.

STEM135A · 3 Sessions
Campbell Center – Room C
class size 25
Thursday · 1:00–3:00PM
1/9/2020–1/23/2020

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 served as a professor of educational technology and teacher education at the University of Nevada, Las Vegas, for 26 years. Now a full-time Ashland resident, he is thoroughly enjoying teaching OLLI courses.

Physics for Nonphysicists: Quantum Theory

Quantum mechanics is correctly considered mysterious since it is like nothing we encounter in our everyday, macroscopic lives. For example, if you try to say, “an electron is like a _________,” you find nothing in your experience to fill in the blank. The course will cover two of the three major methods of calculating quantum mechanical effects, leading to the periodic table of the elements. The course will not discuss philosophical interpretations of quantum theory. The Nobel-Prize-winning physicist Richard Feynman once said that he didn’t understand quantum mechanics. By the end of this course, neither will you. Some simple mathematics will be used in the course.

NOTE: There will be no class meeting on Martin Luther King, Jr. Day, Monday, January 20.

STEM102A · 7 Sessions
ScienceWorks Museum – Theatre
class size 80
Monday · 11:30AM–12:45PM
1/6/2020–2/24/2020

INSTRUCTOR: John Johnson does not understand quantum mechanics either in spite of his educational career that includes degrees from Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University, where he earned a Ph.D. in physics.

NEW! See like a Geologist: The Landscape of Patagonia

Patagonia has one of our planet’s most distinctive and beautiful landscapes. This course aims to help students understand why Patagonia looks the way it does; it will include the sites travelers are likely to visit. Week 1: Chilean coast and Lake District (west side of Andes) with subduction zone earthquakes and volcanoes like the Pacific Northwest. Week 2: Argentinian Lake District (east side of Andes) with spectacular glacial action on the edge of the Patagonian Ice Field. Week 3: national parks Torres del Paine (Chile) and Tierra del Fuego (Argentina) with distinctive landscape features at the boundaries between the Nazca/Antarctica/Scotia plates. Week 4: east (Atlantic) coast of Patagonia and the Patagonia steppe with colonies of diverse marine life, a rich fossil record of marine and terrestrial life (including dinosaurs), and features formed by the action of Andean glaciers and coastal waves/tides on an uplifting landscape. No prior geologic experience is required.
The Evolutionary Psychology of Morality

Historically, morality has been studied as if it were a human invention. This has been the approach of philosophical thinking and writing in the field of ethics for over 2,000 years. Recently, biologists have been studying morality as an adaptation, attempting to discover how morality functions and how it evolved. Through lecture, readings, videos, and discussion, we’ll examine five types of moral adaptation, all of which share a commonality: they enhance survivorship and reproductive success. Genetically based traits that enhance survivorship and reproduction will be passed on. Over time, both the traits and the suite of genes producing them will increase. Seven sessions cover: 1) evolution and misconceptions, 2) genes and behavior, 3) Jonathan Haidt’s five dimensions of morality, 4) kin selection and caring, 5) reciprocal altruism and fairness, 6) hierarchy and xenophobia, and 7) disgust and liberty.

NOTE: An optional text for the class is “The Righteous Mind: Why Good People Are Divided by Politics and Religion” by Jonathan Haidt, $7.12. There will be no class meeting on Martin Luther King, Jr. Day, Monday, January 20.

STEM140A · 7 Sessions
ScienceWorks Museum – Theatre
class size 35
Monday · 4:00–5:30PM
1/6/2020–2/24/2020

INSTRUCTOR: Dave Ferguson earned a master’s degree in biology from UC Davis. He taught biology at the high school level for 35 years and taught The Evolutionary Psychology of Morality as part of the International Baccalaureate Theory of Knowledge course.

World’s Great Geological Wonders

The 10 two-hour classes will be based on 36 highly-rated Great Courses videos, “World’s Great Geological Wonders,” presented by Michael Wysession, Ph.D., of Washington University in St. Louis. Each class will be followed by group discussion. In this course you will visit geological sites around the world that present exciting features and phenomena of our Earth and beyond. Topics include: snowball Earth—an introduction to the formation of the earth, plate tectonics, and evolution; the Himalayas and their great rivers supporting 3 billion people in China, India, and Bangladesh; the Amazon and other great river basins; our national parks; the African Rift Valley; auroras (northern lights); and planet wonders—similar sites on some other planets. A fee of $2 to $3 (based on enrollment) will be charged to cover the Great Courses’ site license fee.

STEM100M · 10 Sessions
Medford Higher Education Center – Room 321
class size 48
Tuesday · 1:30–3:30PM
1/7/2020–3/10/2020

INSTRUCTOR: Ed McBride obtained a Ph.D. in physical organic chemistry and professionally had a 39-year career as a research scientist for DuPont. A special interest includes understanding theories on the origins of life. Since retirement his studies have included particle physics, history, and science. Over 13 years he has given dozens of classes at OLLI.
Social Sciences

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

NEW! Anthro is Fun: Dogs and Denisovans (Online)

The Ice Age was a pivotal period of human prehistory: in the period from 100,000 to 10,000 years ago, dogs were domesticated, forever changing human society, and the human genome was irrevocably changed by the admixture of DNA from both Neandertals and Denisovans. Dogs (and cats and chickens), as well as non-human DNA, have immeasurably enriched our biology and our civilizations. This online class in the Anthro is Fun series requires no one to face winter’s weather or flu germs to have a fun, interactive experience. One click into the class website allows you to enjoy all the videos, text and photos, presented step-by-step. You are encouraged to email instructors with questions. There will be live phone call-ins every two weeks. If you have Internet access, and can click on a link, you are tech-savvy enough for this class!

SOC179 · 10 weeks
class size 50
online course in weekly segments
1/6/2020–3/13/2020

INSTRUCTORS: Victoria Leo is a clinical hypnotherapist specializing in physical pain. She has master’s degrees in biological anthropology and psychology. She is the author of six recent books, teaches science and writing classes at OLLI, and offers workshops on creative arts and forest and sky bathing at Jackson County libraries and North Mountain Nature Park. She frequently co-teaches with her husband, Rick Baird, chemical engineering graduate of Caltech and MIT.

Campaign 2020: Major Issues

This course will provide opportunities to discuss, analyze, and better understand issues that are central to the 2020 presidential campaign. Each session will be led by an experienced OLLI instructor who will provide questions to encourage discussion and serve as moderator. Possible issues are immigration, health care, the economy, racial and gender equality, and climate change. Before each session, participants should review information related to the upcoming subject using print, broadcast, Internet, and other sources. Although the positions taken by individual candidates on each of the issues may be identified, the merits of individual candidates will not be a part of the discussion. This course is intended to be an examination of the issues, not an evaluation of the candidates. Participants will receive information about the first issue to be discussed in advance of the first class. During that session, participants will determine which additional issues will be discussed.

NOTE: Discussions will be led by Allan Anderson, Bill Hering, Rich Kaplan, David Stone, and Bill Tricarico.

SOC121A · 5 Sessions
Campbell Center – Room C
class size 25
Friday · 11:00AM–12:30PM
1/10/2020–2/7/2020

INSTRUCTOR: This course is facilitated by Bill Hering. He has served as chair of the OLLI Curriculum Committee and continues to develop courses for OLLI.

NEW! Community Assets

The Rogue River Valley is rich with programs and groups seeking to make a difference, to safeguard and enrich our community, to refresh our thinking, to build resiliency. Some of these programs are well known, beginning with the Oregon Shakespeare Festival or the Ashland Food Project. This course will introduce students to local programs and heroes whose work, more often than not, does not attract public attention. It is an eclectic mix, from forest resiliency efforts or being the first in the family to go to college, to transformative storytelling. Each week, voices—doers and program leaders—from the selected field will share their knowledge and experiences and answer questions. Curiosity and valuing making a difference are the best prerequisites for this class. There will be no class assignments. Students will leave the course with a better understanding of the discrete topics raised in each session and an enlarged appreciation of what nonprofits offer the community.
SOC131A · 6 Sessions
Campbell Center – Room B
class size 18
Wednesday · 9:00–10:30AM
1/8/2020–2/12/2020

INSTRUCTOR: Barbara Cervone, EdD, Harvard Graduate School of Education, has worked as a writer, educator, nonprofit founder and foundation officer—as part of a 50-year campaign to improve schools and communities across the country. She has led workshops nationwide. A relative newcomer to Ashland, Cervone has already thrown herself into various local community campaigns. She also maintains a blog about the life and wonders of the Rogue River Valley.

Everyone Can Be a Pundit

Who has 20/20 vision on the 2020 presidential campaign? We’ll see as the voting begins in Iowa and New Hampshire and progresses around the country. In this course, the candidates, issues, campaign strategies, fundraising, advertising, political polling, and other factors will be dissected. Each class will begin with a lecture on a selected topic and then open up for a respectful discussion. Endorsements of candidates will be discouraged, but views on the strengths and weaknesses of the various candidates will be allowed. Past knowledge of political campaigns will not be necessary. All opinions will be welcome, but personal attacks on those expressing opposing views will not be permitted.

SOC112A · 10 Sessions
Campbell Center – Room A
class size 32
Thursday · 9:00–10:30AM
1/9/2020–3/12/2020

SOC112M · 10 Sessions
Medford Higher Education Center – Room 305
class size 35
Friday · 11:00AM–12:30PM
1/10/2020–3/13/2020

INSTRUCTOR: Dave Runkel has been a political junkie for more than 60 years. During his newspaper days, he covered local, state, and national political campaigns in Pennsylvania and Maryland and eventually traveled around the country in the back of campaign buses and airplanes. While serving as acting director of the Institute of Politics at Harvard’s Kennedy School of Government in 1988, he led a discussion by campaign managers that resulted in a book.

Evidence to the Rescue: How We Know What Works

Whether teaching first graders to read, providing job training, or trying to reduce recidivism among ex-prisoners, we want to use a program that “works.” What counts as evidence differs across systems that review and evaluate programs or practices to see if they actually work. Informal lectures, class discussion, and small-group exercises, with occasional fun “homework” suggestions, will take us from the beginnings of evidence-based practice in medicine through the wide use of evidence-based practice in many disciplines. There will be examples, including medicine, early childhood education, criminal justice, and nutrition. Students may bring their concerns about what works from any field they’re interested in. Once we understand the criteria for determining that a practice is evidence-based, those criteria can be applied in any field. Prior research experience is not necessary. When properly used, evidence really can rescue us from bad decisions.

SOC120A · 4 Sessions
Campbell Center – Room A
class size 32
Wednesday · 9:00–10:30AM
2/19/2020–3/11/2020

INSTRUCTOR: John Love has a B.A., UC Davis, and a M.A., San Jose State, in psychology and a Ph.D. in child behavior and development, University of Iowa. After teaching undergraduates for 5 years, he devoted his career to conducting research and program evaluations focusing on programs for young children, birth to about 8, such as Head Start, Early Head Start, child care, and pre-k programs). He and his wife, Marilyn, have lived in Ashland for 16 years.
Hot News and Cool Views

When you switch off your TV, having just watched the evening news, with your fists clenched, brow furrowed, and teeth gritted, this is the class for you. Hot News is a many-years-standing forum for open, but polite, discussion of political topics ranging from local issues to global ones. Every student is free to voice opinions and have them subject to class discussion. The instructor will e-mail each week's topics and some supporting matter to the class before each meeting.

**SOC140A** - 8 Sessions
Campbell Center – Room C
class size 25
Tuesday · 9:00–10:30AM
1/7/2020–2/25/2020

**INSTRUCTOR:** Bruce Barnes is a chemical engineer who grew up in a political family in which politics were dinner-time discussion topics. He has served as an Army officer and a corporate executive for both Big Oil and Big Pharma. His grandfather was governor (for one day) of his home state of Arkansas. Barnes has led discussion groups in corporate, military, grass-roots political, and church settings.

**NEW! What can I do if there’s a Catastrophic Event?**

This class will use a combination of lecture, visuals/PowerPoint presentations, and discussion to clarify the role of Jackson County and Pacific Power in managing and/or preventing disaster/catastrophic events. The first class will cover the causes of power outages and how you can plan for the unexpected, including some information about electrical safety. The next two classes will cover emergency management, including the role of Jackson County emergency management, and how you can best be prepared for an emergency situation. The final class will assess how ready you are for an emergency. Each session will end with students’ questions and with tips, tools, and tricks from the experts.

**SOC132M** - 4 Sessions
Medford Higher Education Center – Room 321
class size 40
Monday · 11:00AM–12:30PM
2/3/2020–2/24/2020

**INSTRUCTOR:** Stacey Anderson Belt, Jackson County emergency manager, concentrates on building community resilience and preparedness and is certified by FEMA as an instructor and exercise program practitioner. Christina Kruger, Pacific Power regional business manager, has over 18 years of experience in the electric utility sector, including work in transmission and distribution operations and outage management.

What’s So Special about Human Language?

How might human language have evolved, and what is it that we know when we know a language? How do the thousands of languages in the world vary, and what features do they have in common? Does your language influence your thought and perceptions? Linguists don’t have full answers to these questions, but we’ll survey what the scientific study of language has uncovered so far. We’ll see what animal communication systems might reveal about the origins of human language and discuss what makes human language special, examining its structure at the level of sounds, words, and sentences. Next, we’ll delve into the controversial topic of how language might influence thought. Finally, we’ll consider the uncertain prospects of languages that are dying out and what can be done to revitalize them. Films, audio, readings, and activities will supplement the presentations. For the first session, students should read the first chapter of the book “The Language Instinct” by Steven Pinker (free online).

**SOC147A** - 5 Sessions
Campbell Center – Room A
class size 32
Tuesday · 1:00–3:00PM
1/7/2020–2/4/2020

**INSTRUCTOR:** Tony Davis holds a Ph.D. in linguistics from Stanford University. Before moving to Ashland in 2016, he taught as an adjunct for 15 years in the Linguistics Department at Georgetown University while working as a computational linguist at various companies in the Washington, D.C., area.
Southern Oregon University Division of Continuing Education

Osher Lifelong Learning Institute Membership Application

Member Information

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Please complete the volunteer questionnaire on the other side of this form. Thank you!

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.

Annual membership payment @ $125 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)

Method of Payment:

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

OLLI at SOU 49 Winter 2020 Catalog
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

WINTER 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, November 11 to Friday, November 22

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, December 9.

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Open Enrollment Begins Monday, December 16

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 you submit your courses online, and the list of courses are in your priority preference, you are done. If you need to reprioritize the list: (1) click on “My Account” on the 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:

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

Drops: As soon as you know you cannot attend a course, please notify the OLLI office by emailing olli@sou.edu or calling 541.552.6048. When you drop a course, it frees up a registration space for someone else. Drops cannot be done online.

Questions: Please contact the OLLI office at 541.552.6048.
Healthy Aging for All Ages

Mary has been with our Y family since 1976 and currently teaches the Keeping Fit and Low Impact Aerobics classes.

Certified Personal Trainers

Jeff joined in 1996, has served on our Board of Directors, and recently lost over 20 pounds, gained strength and improved his posture working with Jane, a Y personal trainer.

Evidence Based Programs

Mary & Dick have enjoyed attending the evidence based class, Enhance Fitness 3 times a week since 2017.

The Y: We’re for youth development, healthy living and social responsibility.