



Central Tucson Monsoon 2019 Catalog

Tuesdays

[The Chemistry of Healthy Eating](#)

Subject Area: Health/Wellness

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Saguaro Room

Course Description

Most dietary programs focus on losing weight or preventing weight gain. Many of today's popular diets have as much potential for damaging the body as nourishing it. The goal of these lectures is to promote healthy eating through a knowledge of food and body chemistry.

Instructor: Jack Gallagher

Jack holds degrees in biochemistry, theology, counseling and education and did his doctoral work in psychology at New York University. He has the ability to speak knowledgeably on a wide variety of subjects due to his varied academic background. Jack held licenses in both counseling and mediation in the State of Idaho. In retirement, Jack has become an avid reader of American and world history. His professional career includes 30 years as an educator and 40 years as a mental health professional.

[Playing Shakespeare](#)

Subject Area: Arts/Culture

Tuesdays: 4 Sessions 9:00 AM - 11:00 AM **Start:** Tue 7/23/19 **End:** Tue 8/13/19

Tucson Place: Ocotillo Room

Course Description

Watch DVDs of eight 50 minute intensive acting workshops conducted by John Barton, who directed more than 50 productions for the Royal Shakespeare Company. How does this world-renowned troupe make classic plays accessible to modern audiences without compromising the text's integrity? How do actors search Shakespeare's verse for hidden clues to their character's motivations? How do they balance intellect and passion to make theater's most famous soliloquies seem fresh, The answers come from Barton and 21 of Britain's finest actors, including Judy Dench, Ben Kingsley, Ian McKellen, Patrick Stewart, and David Suchet.

Instructor: Ray Baxter

Ray Baxter is retired and has been living in Tucson since 2009. He was CEO of a \$300 million food company for 22 years. He has also served for two years as Chairman and interim CEO of a rational process capability development and consulting company prior to his full retirement. He has a BA in political science and an MA in Japanese Area Studies from the University of Michigan and an MBA from the Harvard Business School. Currently, Ray is a volunteer with SCORE, providing pro bono mentoring and education for Tucson residents wanting to start a small business or improve their existing business. Ray's teaching experiences includes

conducting numerous workshops on rational process capability, organization change management and leadership.

[Building Spanish Vocabulary](#)

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Palo Verde Room

Course Description

Members of this Study Group will strengthen their Spanish vocabulary by participating in small-group conversations in specific scenarios: home, office, traveling, shopping, dining out, etc. Beginner to Intermediate levels.

Instructor: Josephine Kelleher

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a master of arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

[Understanding A Course In Miracles](#)

Subject Area: Philosophy/Religion

Tuesdays: Single Session 9:00 AM - 11:00 AM **Start:** Tue 8/20/19 **End:** Tue 8/20/19

Tucson Place: Ocotillo Room

Course Description

A single session, guided discussion that covers: (1) What is A Course In Miracles (ACIM)? (2) What is in ACIM? (3) What are the basic precepts of ACIM? (4) How does ACIM disrupt conventional thinking? (5) Why is study of ACIM sometimes proscribed by mainstream Catholic and Christian groups? (6) What have I learned from being a student of ACIM for the last 31 years? (7) ACIM study groups in the Tucson area.

Instructor: Jamie McMillin

After my first wife died in 1987, I set about a search for meaning that I wasn't able to find in organized religion. (Baptized, confirmed Episcopalian). In 1988, at a forum held at the First Unitarian Church in Memphis, I was Introduced to A Course In Miracles (ACIM). I have been a student ever since. Currently, I attend a weekly study group meeting at the Center for Spiritual Living on East River Road.

Artificial Intelligence and Social Disruption

Subject Area: Science/Math/Technology

Tuesdays: Single Session 9:00 AM - 11:00 AM **Start:** Tue 8/27/19 **End:** Tue 8/27/19

Tucson Place: Ocotillo Room

Course Description

Artificial Intelligence is beginning to have a noticeable impact on our personal, institutional, governmental, and geopolitical functioning. We will outline the major issues and focus more deeply on the areas of education, personal data privacy, government surveillance, and autonomous weapons.

Instructor: Glenn Bacon

Glenn Bacon's formal education is in electrical engineering and computer science. He has followed artificial intelligence technology since the '50s and has led several OLLI study groups on its recent progress.

Enjoying Poetry, no really.

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Palo Verde Room

Course Description

If reading poetry sounds as pleasurable as catching your hand in a drawer, this class is for you. Through class discussions, we will "decode" what poets are saying, so we can enjoy the art form treasured world wide for thousands of years. What have you to lose? It is only 6 classes.

Instructor: Suzanne Rescigna

BA English University of New Mexico, Master of Instruction, University of Delaware, 22 years high school English teacher, 20 years AP Literature, previously taught this course at Olli, Wilmington DE.

Beatles Songs -- Deeper Listening And Enjoyment

Subject Area: Arts/Culture

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 7/23/19 **End:** Tue 7/23/19

Tucson Place: Ocotillo Room

Course Description

The Beatles had dozens of great songs in addition to their most famous tunes. We will explore in depth lesser known and well loved numbers by the world's greatest band ever. No musical knowledge is required. Bring a love of melody and harmony and you will experience the Beatles like never before.

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who has immersed himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

CCO (Chest Compression Only) CPR and use of our AED

Subject Area: Health/Wellness

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 7/23/19 **End:** Tue 7/23/19

Tucson Place: Saguaro Room

Course Description

Sarver Heart Center trainers will lecture and teach us CCO (chest compression only) CPR - NO BREATHING of the victim is required! We also will learn how to use our own AED (automatic external defibrillator) which is located on the wall in our hallway. A combination of didactic lectures about CCO CPR and the AED will be combined with hands-on practice on CPR manikins for all class participants. Come and learn how to save a life!

Instructor: Erika Yee

As the Assistant Health Educator at Sarver Heart Center-UA, Erika Yee leads a team of EMT instructors in CCO (Chest Compression Only) CPR and AED use. Erika is a recent graduate of the UA with a BS in Health Sciences/Physiology. Her research interests have been directed toward genetic cardiomyopathies and the exploration of these diseases in relation to sudden cardiac death.

The Fake Baron of Arizona James Reavis

Subject Area: Arizona History/Culture

Tuesdays: 3 Sessions 11:15 AM - 1:15 PM **Start:** Tue 7/30/19 **End:** Tue 8/13/19

Tucson Place: Saguaro Room

Course Description

James Reavis claimed he was the owner of 18,600 square miles in Arizona and New Mexico from the Peralta Land Grant given to the original owners by the King of Spain. He had a prominent number of co-conspirators in this endeavor and was able to defraud investors of ca. \$5.3 million in pursuit of his claim for ownership of the land upon which Phoenix, Globe, Florence, Casa Grande and Tempe are located all the way to Silver City, N.M. An ebook from Amazon.Com is recommended costing .99 cents by Clarence Budington Kelland for reading during the course.

Instructor: Charles Peters

Chuck is an experienced study group leader.

Home Energizer Workshop

Subject Area: DIY/Self Help

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 7/30/19 **End:** Tue 7/30/19

Tucson Place: Ocotillo Room

Course Description

Would you like to learn several easy, low and no cost ways to save money (& energy) on your utility bills? The Home Energizer Workshop will explore various areas of a typical home to find ways to do just that. At the end of this 60 minute workshop, each participant will go home with an energy savings kit, courtesy of TEP, that is valued at over \$40. We believe that the cheapest and cleanest energy is the energy you don't have to produce because of energy efficiency.

Instructor: Adam Kingery

Adam Kingery was a classroom teacher in Arizona for 13 years before joining the Exchange as an outreach presenter in 2016. For many of those years, Adam's students benefitted from the programs offered by the Exchange. Adam holds a Master's Degree in Educational Leadership and has an undergraduate degree in Political Science from the University of Arizona, as well as a teaching certificate from Prescott College. He manages the logistics and team of energy presenters for the Bright Students middle school program and the Home Energizer Workshop for both Tucson Electric Power and Unisource Energy Services. Adam also assists with curriculum revisions and new program development.

Seeking Security in an Unstable World

Subject Area: History/Current Events

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 8/6/19 **End:** Tue 8/6/19

Tucson Place: Ocotillo Room

Course Description

This class will discuss security from government to home and will be in a fireside chat mode.

Instructor: Frank Figliuzzi

Retired from the FBI in 2012 as assistant director in charge of counterintelligence. Worked as a counterintelligence agent during his 25 years in the FBI

Co-Instructor: Ronald Cohen

Ron is a retired pharmacist and an experienced SGL who has taught numerous OLLI-UA classes.

Essential Oils for Better Health

Subject Area: Health/Wellness

Tuesdays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Tue 8/13/19 **End:** Tue 8/20/19

Tucson Place: Ocotillo Room

Course Description

What do you reach for to treat a burn? A headache? A bruise?

Ever thought of using Frankincense, Sandalwood or Cinnamon essential oil to help dissipate fear?

Instructor: Danielle Dvorak

Danielle discovered yoga through studying the Bhagavad Gita, along with other sacred texts, back in the 1970s. She has been practicing yoga on and off since her early twenties, and started teaching yoga in 2002.

In 2004, Danielle became an Usui Reiki Master/Teacher and was certified by Richard Rudis as a Tibetan Healing Sound Practitioner in 2008 (<http://tibetanbowlschool.com>). In 2010 she became a Certified Aromatherapist (Floracopeia.com). She has had many injuries over the years (not from Yoga!) and has healed herself of Chronic Fatigue, Fibromyalgia, a herniated disc, and more, holistically. Yoga has played a huge role in all of this — maintaining her health, strength, and emotional/mental/spiritual balance into her sixties.

Other unique aspects of Danielle's life experience include: a Buddhist pilgrimage through Tibet; working as a "Ghost Buster"; and sitting a 10-day Vipassana course, in Noble Silence, with 6-10 hours of meditation per day. She continues her spiritual studies and has maintained a meditation practice for close to 40 years. The depth of these experiences come through her work with sound, yoga, and more.

Mold—Protecting Yourself Against the Fungus Among Us

Subject Area: DIY/Self-Help, Health/Wellness, Science/Math/Technology

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 8/20/19 **End:** Tue 8/20/19

Tucson Place: Saguaro Room

Course Description

This thumbnail sketch penetrates the mumbo jumbo about mold, determining whether it is a potential cause of injury, protecting against its dangerous effects and the careless or unscrupulous landlords who allow the condition to reach dangerous levels.

Instructor: Harold Hyams

Personal Injury lawyer who has practiced in Tucson for 45 years with extensive knowledge of mold gained over 15 years of litigation involving it.: B.A. M.A. J.D

[A Cartoonist's Perspective in 2019](#)

Subject Area: Arts/Culture

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 8/27/19 **End:** Tue 8/27/19

Tucson Place: Ocotillo Room

Course Description

My program will include a power point presentation. I will focus on a number of themes:

- Why and how freedom of speech insures the survival of democracy
- A history of social protest art with an emphasis on how political cartooning came to emerge as an art form
- The endangered state of political cartooning today
- My philosophy: How humor helps individuals, communities, nations and political theories to endure
- Today's struggle: The global survival of journalism in an age of ever growing censorship
- Writing comedy: My cancer experience

Instructor: David Fitzsimmons

Dave Fitzsimmons is the Cartoonist, and Columnist, for The Arizona Daily Star, where he began drawing cartoons back when Geronimo was just a paperboy, right around 1986. A Pulitzer Finalist, Fitz' cartoons are syndicated to over 800 news publications around the world. Last year the Arizona Press Club voted him the best columnist in the state. What do they know? No one in the news or in his audience is safe when his pen is uncapped. Described as a "Flaming moderate at the fringe of America's center", Fitz is a snappy dresser who loves reading hate mail from readers and making his kids laugh.

[A Death Checklist - Your Final Gift](#)

Subject Area: DIY/Self-Help

Tuesdays: Single Session 11:15 AM - 1:15 PM **Start:** Tue 8/27/19 **End:** Tue 8/27/19

Tucson Place: Saguaro Room

Course Description

Since we are all going to die, it only makes sense to make plans and to let others know about those plans. The few weeks or months before death can involve dozens of decisions and this discussion will help you make them and communicate them to others.

We'll cover the important documents that will make your death so much easier on your family, how to decide who to name and just what you can control and what you can't.

Instructor: Ruth Bennett

Ruth Bennett has been accused of putting the FUN back in Funerals! Her informative and entertaining talks about death/dying, cremation, burial and whole-body donation have helped hundreds, maybe thousands of Arizonans make plans, talk to their families and know what options and costs are when they die. She is the

Last Updated: 8/2/2019 1:39 PM

Executive Director of the Funeral Consumers Alliance of Arizona and currently serves as the President of the national Funeral Consumers Alliance Board of Trustees. She has been involved with these issues since 2005 and brings a depth of knowledge and a sense of humor to a tough topic, Death, a little easier to learn and talk about.

Understanding “Winners Take All” by Anand Giridharadas

Subject Area: elp

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Palo Verde Room

Course Description

Not since Thomas Piketty's "Capital in the Twenty-first Century" has there been such a disruptive/provocative voice as Anand Giridharadas' who identifies the reason that economic inequality continues to grow despite the good works of Gates, Zuckerberg, Bezos and Warren Buffet. The student will finish this course with a better understanding of not only of the major causes of economic inequality, but with a deeper understanding of why we tolerate intolerable (for most) inequality. Students will be required to read this 276 page book. ISBN 978-0451493248, available for \$27 or less online or in bookstores. Also available electronically.

Instructor: Jamie McMillin

After my first wife died in 1987, I set about a search for meaning that I wasn't able to find in organized religion. (Baptized, confirmed Episcopalian). In 1988, at a forum held at the First Unitarian Church in Memphis, I was Introduced to A Course In Miracles (ACIM). I have been a student ever since. Currently, I attend a weekly study group meeting at the Center for Spiritual Living on East River Road.

Classics of Mexican Cinema

Subject Area: Arts/Culture

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Saguaro Room

Course Description

We will watch six subtitled Mexican films, two or three from the original "Golden Age" of Mexican cinema (1933-1964) and the rest from the current and ongoing "Second Golden Age" (2000-present). I will offer an introduction to each film, placing it within the context of either period, and study group members who are interested can stay after we watch the film for an optional discussion that will extend beyond the scheduled 2-hour window.

Instructor: Lesley Bailey

Lesley Bailey has a BA and MA in English Studies and is a lover of both Mexico and movies but an expert in neither. She welcomes members new to Mexican cinema and those who have some expertise to come and share their questions and knowledge of these selections from an internationally recognized body of work as well as any suggestions they might have for specific titles to be included.

Documentaries to Make You Think

Subject Area: Social Sciences

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 7/23/19 **End:** Tue 8/27/19

Tucson Place: Ocotillo Room

One-time fee of \$5.00 for documentaries and movie snacks, paid at the 1st class.

Course Description

The documentaries shown in this class are diverse, thought-provoking, educational and informational. If you have a documentary or topic that you would like to see, please contact Maureen Metcalf at gumbyaz@aol.com or Mallory Riegger at mallory@rieggers.com. Stay tuned for the exact listing TBD. Please participate in the documentaries that you find stimulating. I attempt to get Documentaries with English Subtitles. NOTE: One-time fee of \$5.00 for documentaries and movie snacks, paid at the 1st class.

Instructor: Mallory Riegger

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. She worked in Accounting and Management for 12 years, 9 years in Copper Mining in Arizona and 3 years in Banking in Belgium before becoming a stay at home mother of 3 and volunteer in various charitable organizations. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, and newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, Curriculum Committee member primarily working with Bob Sklar and Meg Hovell on scheduling starting in February 2017 and was elected to OLLI-UA's Council in March 2017.

Co-Instructor: Maureen Metcalf

Maureen Metcalfe is a retired RN who worked primarily in areas of behavioral health/substance abuse. She grew up in western Pennsylvania, land of coal furnaces, steel mills and great ethnic diversity. Prior to moving to Tucson in 1979, she completed training as a Physician Assistant (a job that had no future in southern AZ at the time). She knows a little bit about a lot of things and is happy to share!

Wednesdays

[Global Warming: How Serious Is It?](#)

Subject Area: Science/Math/Technology

Wednesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Wed 7/24/19 **End:** Wed 7/31/19

Tucson Place: Saguaro Room

Course Description

This talk is an up-to-date version of the global warming talk I did last year. It also shows how the Polar Vortex that affected the northern mid-west was global warming induced.

Instructor: Robert Strom

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.

[Exploring Mexico and Mesoamerica - Part 2](#)

Subject Area: History/Current Events, Social Sciences

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 7/24/19 **End:** Wed 8/28/19

Tucson Place: Ocotillo Room

Course Description

Mexico is the world's 13th largest country and its 11th most populous. It has the most Spanish speakers. Mexico and Mesoamerica are one of the cradles of civilization. It is our neighbor and major trading partner. In this study group, we will explore its fascinating history and diverse cultures and how we are affected by them. Part 2 is a continuation of a study group offered in the Summer Session. However Part 1 is not a prerequisite. You just need to be interested in exploring Mexico and Mesoamerica from the time of the Olmecs to AMLO (the current president).

Instructor: David Shawver

Dr. Shawver spent his 37-year professional career in international education in Asia and Africa. He then explored Mexico residing briefly in Puebla, Veracruz, Merida, and Oaxaca. He experienced a heritage in these locations equivalent to those he found in Asia and Africa. Since coming to Tucson and OLLI, Dr. Shawver has led study groups on Islam, India, Africa, and China.

Fiction Writing

Subject Area: Literature/Writing/Language

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 7/24/19 **End:** Wed 8/28/19

Tucson Place: Palo Verde Room

Course Description

Have you ever thought you might want to write fiction? This class will take you through the basic elements of fiction writing: character, plot, narration, description, voice and structure in order to construct a fiction story of your own. This is not a memoir writing course. Pencil and paper required.

Instructor: Duncan Scott

Duncan is a Tai Chi instructor who has studied and taught Tai Chi, Eastern Religions and martial arts throughout his career.

Civics 101

Subject Area: Social Sciences

Wednesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Wed 8/7/19 **End:** Wed 8/14/19

Tucson Place: Saguaro Room

Course Description

It can be surprising what we don't know or have forgotten about how our government works. Especially for people who haven't spent their lives in Arizona, the quirks of our state government can be a revelation. This class is a bit of what you might have learned in 8th grade had you been paying attention and a bit of how you can be a more effective citizen and watchdog.

Instructor: Gail Kamaras

Gail worked as an attorney and bureau chief for the New York State Department of Environmental Conservation and later as Energy Program Director for the Legal Environmental Assistance Foundation in Florida. She has a longstanding interest in US Revolutionary War period and constitutional history.

Co-Instructor: Greer Warren

Greer has delved deeply into the study of our government structures with a focus on points at which citizens can exercise their influence. She has lead dozens of Civics 101s around southern Arizona for the past year and a half.

Becoming a Better Investor

Subject Area: DIY/Self-Help

Wednesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Wed 8/21/19 **End:** Wed 8/28/19

Tucson Place: Saguaro Room

Course Description

Costly withdrawal mistakes. Exchange traded funds, mutual funds or both. Exchange traded notes, pitfalls and promises. When to buy or sell. Chasing performance and the average investor. Fund evaluation and risk. Portfolio construction strategies. Overview of Behavioral Finance. Hiring a Financial Advisor or going it alone.

Instructor: John Goordman

My career began in mid-town Manhattan and the financial district of N.Y.C. in 1987. After transferring to Tucson I joined Smith Barney where I spent 21 years prior to joining Raymond James Financial Services Inc. as an independent advisor in June 2009. In April 2015 I left RJFS Inc. to establish an RIA practice. I received my B.S. and Certificate in Entrepreneurship from Excelsior College in Albany, N.Y. In my spare time I like to workout, travel and spend time with my dog Chloe.

Are We Alone in Our Galaxy?

Subject Area: Science/Math/Technology

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 7/24/19 **End:** Wed 7/24/19

Tucson Place: Ocotillo Room

Course Description

This talk discusses the possibility of extraterrestrial technological life in our Milky Way galaxy. It uses a modified Drake equation and the current estimate of Earth-like planets in the habitable zone of Sun-like stars.

Instructor: Robert Strom

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.

Basics of Songwriting

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Wed 7/24/19 **End:** Wed 8/28/19

Tucson Place: Palo Verde Room

Course Description

This six-week course will examine examples of hit songs and explore the various song structures commonly heard in those songs; how to develop great song ideas and catchy titles; tools for successful lyric writing such as rhyming, alliteration and utilizing contemporary language; learning effective melody writing skills; utilizing repetition in lyrics and melody; and what goes into composing memorable melodies.

Instructor: Holly Jebb

I have been performing since I was a child, singing in church choirs and school choirs since I was in 3rd grade. Living in Hollywood, I sang in several cover bands as well as a singing and dancing multi-vocalist group. In the mid-70's I began studying first lyric writing, then music theory and composition. I have written several hundred songs and recorded quite a few of them.

Daring Greatly: Discovering Resilience Through Vulnerability

Subject Area: DIY/Self-Help

Wednesdays: 5 Sessions 11:15 AM - 1:15 PM **Start:** Wed 7/24/19 **End:** Wed 8/28/19 - **Class does not meet on 8/14**

Tucson Place: Saguaro Room

Course Description

Brené Brown states that “The more we protect ourselves from vulnerability, the more we grow fearful and discontented.” Utilizing Brown’s book *Daring Greatly* as a springboard to discussion, this class will explore the power of vulnerability. Participants will have the opportunity to understand better the concepts of shame, guilt, and trauma, and how these struggles can be transformed into authentic resilience and self-compassion. Please bring your ideas, experiences, and questions.

Instructor: Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

[So, You Are Thinking of Being an SGL?](#)

Subject Area: Social Sciences

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 7/31/19 **End:** Wed 7/31/19

Tucson Place: Ocotillo Room

Course Description

If you have been thinking of contributing to the vast knowledge of our SGLs, now is your chance. We will review some basics for developing a solid presentation. A group of SGLs will be on hand and we will work in small groups to help you flesh out your ideas. Bring your ideas and walk out with the foundation of a future presentation.

Instructor: Rob Getlan

Rob is chair of the curriculum committee and is looking to help others step up and teach at OLLI.

[Court Appointed Special Advocate Program - I am For The Child](#)

Subject Area: Social Sciences

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 8/7/19 **End:** Wed 8/7/19

Tucson Place: Ocotillo Room

Course Description

This class will teach the community about the Court Appointed Special Advocate (CASA) Program. We are a volunteer-based organization that supports children currently residing in foster care. This class will focus on discussing how children are affected in the foster care system, how one positive relationship can help a child succeed, how CASA volunteers can help, and what is needed to become a CASA volunteer.

Instructor: Diana Ouillette

My name is Diana and I am the recruiter for the Court Appointed Special Advocate (CASA) Program. I have 13 years of experience working with DCS and then 7 years prior working with the severely mentally ill through a behavioral health service. I am excited to share this opportunity to talk about our program with you.

Co-Instructor: Amy Brandhuber

Co Leader Bio: I have been the supervisor for the CASA program for almost two years. I have previous experience as a DCS investigator and then a supervisor. I am passionate about working with children and seeing the positive things CASA volunteers do for our foster children.

Internet Music -- Pandora, Spotify, YouTube & More

Subject Area: Science/Math/Technology

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 8/14/19 **End:** Wed 8/14/19

Tucson Place: Ocotillo Room

Course Description

Internet music services are here to stay. Learn about the different ways to enjoy streaming digital music, both free and paid, in this lively musical introduction. We will cover some recommended headphones, speakers, apps, and web sites. Bring your questions and a love of music.

Instructor: John "Nemo" Nemerovski

John Nemo uses his iPhone and iPad to listen to music every day. He is an experienced iPad and iPhone instructor who leads the monthly iPhone and iPad Basics class at Tucson's Macintosh User Group in addition to his regular courses for The Learning Curve and his private tutorial workshops.

Debunking Henry Ford and His Anti-Semitism

Subject Area: History/Current Events

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 8/14/19 **End:** Wed 8/14/19

Tucson Place: Saguaro Room

Course Description

Henry Ford was a major player in the development of modern anti-Semitism, through the mass production of his own propaganda (1920-1927) and through other treacheries. His propaganda left its own paper trail, but more discreet was his sending funds to Hitler, and his early financing of what would become known as Holocaust denial. We debunk and disempower this history.

Instructor: Evyn Rubin

I am a versatile writer who has been working on my Debunking Henry Ford project for decades. By tackling the anti-Semitism of this dubious hero, I feel I am pitching in to prevent the spread of prejudice. I began by doing amazing original research using primary sources, uncovering Ford's treacheries both obscure and well known. I have shared my research and writing on the grassroots level, very successfully, in the Jewish community and the general community, doing workshops and classes, on panels, on the radio and online, at open mics and tabling events. I now have a book in progress.

Politics and the Law vs. the 2020 Census

Subject Area: History/Current Events

Wednesdays: Single Session 11:15 AM - 1:15 PM **Start:** Wed 8/21/19 **End:** Wed 8/21/19

Tucson Place: Ocotillo Room

Course Description

There is a controversy in the civics

as to whether the U.S. Commerce Department has the legal authority to add a citizenship question to the Decennial Census. There are legal questions and societal/demographic issues as to whether this is appropriate. The issue goes to the core of major uses of the census, including funding at the local area level including the allocation of funds to local areas and the political redistricting of local areas. What were the reasons stated by Commerce for this inclusion, and are there other data that are sufficient.

Instructor: Edward Spar

Mr. Spar has had a number of careers. As a statistician he started out writing regression and other statistical programs. He moved on to managing a sampling and statistics department in a market research firm. Working for someone else was not his thing and he built his own demographic research company, producing population and socio-economic estimates for counties and cities. After 21 years, he knew it was time to move on, and he went to Washington to build a struggling non-profit association: The Council of Professional Associations on Federal Statistics. At the same time, he taught at the graduate level on uses of demography in the private sector. Later he taught at the U.S. Census Bureau to post graduate students who were looking to move up in the government world. Throughout this, he was an international consultant to statistical agencies in countries including Egypt, Ghana, Kuwait, Laos, Kyrgyzstan and others. Mr. Spar is now retired and lives all year round in Tucson. He has given lectures at the University, but is interested in reaching out to a wider audience.

Reading the New Yorker

Subject Area: Literature/Writing/Language

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 7/24/19 **End:** Wed 8/28/19

Tucson Place: Palo Verde Room

Course Description

The New Yorker carries extraordinary information on a vast array of topics on a weekly basis. Join us for a lively and highly insightful discussion class where you need to be heard. You can subscribe as a student to twelve weeks for six dollars and get a swell new tote bag as a gift.

Instructor: Ronald Peterson

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes", a book on investment strategies and tactics, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

Last Updated: 8/2/2019 1:39 PM

"The Soul of America" by Jon Meacham: A Book Discussion Class

Subject Area: History/Current Events

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 7/24/19 **End:** Wed 8/28/19

Tucson Place: Ocotillo Room

Course Description

This is book discussion class for students willing to buy the book, read 30 pages a week and participate in the discussion. Pulitzer Prizing winning Presidential historian Jon Meacham examines in "The Soul of America: The Battle for Our Better Angels" how the authoritarianism, extremism and racism dominating politics now has been here all along. He explores ongoing battles between America's ideals of equality and democracy with the darker side of hate and fear, and how America has overcome these worst periods in our history. The book is available in bookstores and online (ISBN978-0-399-58982-9), as well as electronically.

Instructor: Kathleen Reeve

Kathleen has lead several OLLI Classes; from "How to Help Refugees in Tucson", Pompeii, The West, a book discussion on "Contested Will: Who Wrote Shakespeare", and a movie series, "Love Hurts, Love Heals, Love at the Movies" She was a photojournalist and worked for the Chicago Sun-Times for 13 years.

Gelato, Sorbetto and Ice Cream

Subject Area: Crafts/Cooking

Wednesdays: Single Session 1:30 PM - 3:30 PM **Start:** Wed 7/31/19 **End:** Wed 7/31/19

Tucson Place: Saguaro Room

\$2 fee for ice cream, gelato and sorbetto samples.

Course Description

We will explore the differences between the frozen treats we enjoy. We will talk about the different methods of making these treats and what equipment you will need. We will make a batch of gelato in class and sample examples of other frozen desserts. \$2 fee for ice cream, gelato and sorbetto samples.

Instructor: Rob Getlan

Rob was a former pastry chef early in his career and still enjoys baking. More recently he has been exploring the world of frozen desserts.